

## HEALTHFUL SNACKS

VG  
GF

### MARKET BERRY BOWL 🍓

Mixed Berries, Raw Honey, Mint

8

VG  
GF

### HB YOGURT 🍓 🌿

Greek Yogurt, Raw Honey, Homemade Granola  
CHOOSE TWO TOPPINGS (Additional Charge for Extra Toppings)  
Organic Mixed Berries, Bananas, Chocolate, Almonds, or Walnuts

11

VG  
GF

### PEANUT BUTTER & BANANA 🍓 🌿

Homemade Peanut Butter, Banana, Raw Honey

8

VG  
GF

### BLUEBERRY PARFAIT 🍓 🌿

Greek Yogurt, Blueberries, Homemade Blueberry Compote, Raw Honey, Homemade Granola  
(Contains Nuts)

9

## TOASTS

V

### AVOCADO TOAST 🌿

Avocado, Chia Hemp Flax Seed Medley, EVOO,  
Seeded Sourdough  
8 MINUTE OMEGA-3 EGG (+2)

13.75

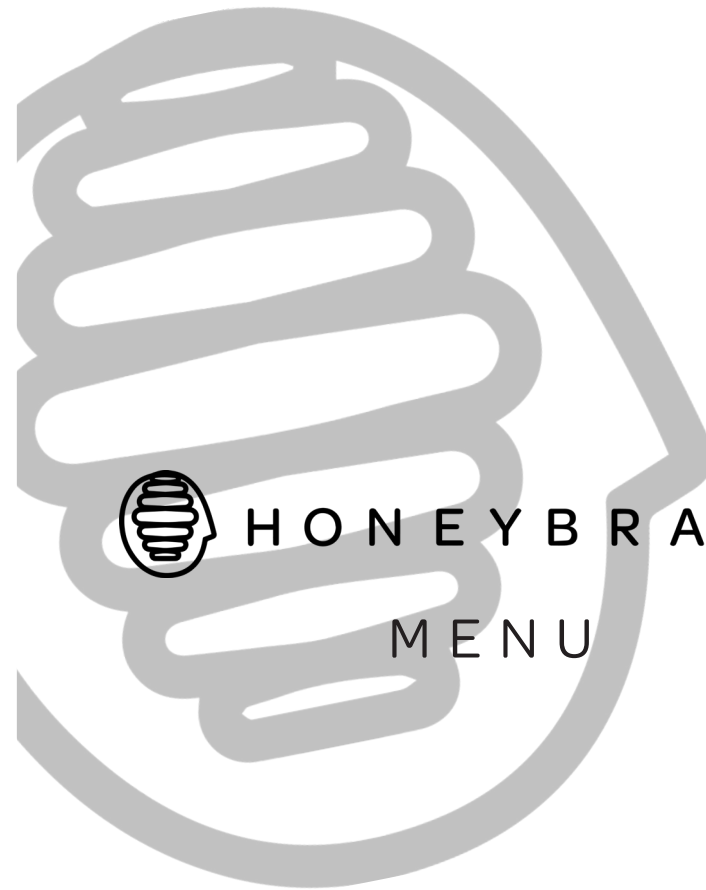
### SMOKED SALMON TOAST 🌿 🍓

Smoked Salmon, Labneh Spread, Cucumber, Dill,  
EVOO, Seeded Sourdough  
8 MINUTE OMEGA-3 EGG (+2)

14.75



SUBSTITUTE GLUTEN FREE BREAD (+2)



HONEYBRAINS

MENU

A happy place to  
nourish your brain.

**SAKS**

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🌿 legumes 🌿 omega-3s 🍓 fruits 🌿 veggies 🌿 whole grains VG vegetarian V vegan GF gluten free

## SALADS

**COBB SALAD**     15.5  
Diced Chicken, Turkey Bacon, 8 Minute Egg,  
Avocado, Grape Tomatoes, Walnuts, Chickpeas,  
Blue Cheese, Mixed Greens

**FARM SALAD**     15.5  
Quinoa, Chickpeas, Avocado, Fennel, Cucumbers,  
Tomatoes, Sweet Peppers, Pickled Radish, Grapes,  
Almonds, Raisins, Mixed Greens

### DRESSINGS:

 • Basil and Honey

 • Honey Balsamic

 • Lemon and Flax

 • EV Olive Oil & Balsamic Vinegar

*All Dressings are Gluten Free*

**ADD HALF TOAST TO ANY  
BOWL OR SALAD (+6)**





## SANDWICHES

**HB SIGNATURE SANDWICH**     14.5  
**Choice Of Protein:**  
**Steak, Salmon, Chicken, or Tofu**  
Mesclun Greens, Tomatoes, Pickled Red Onions,  
Vegan Aioli, Multi-Grain Bread

 SUBSTITUTE GLUTEN FREE BREAD (+2)

 legumes  omega-3s  fruits  veggies  whole grains  vegetarian  vegan  gluten free


## BRAIN BOWLS


**CHICKEN & RICE**     16  
Pulled Chicken, Chickpeas, Ruby Rice, Raw  
Baby Spinach

**STEAK & MASH**  16.75  
Grass-Fed Steak, Mashed Potatoes, Sautéed  
Broccoli, Mixed Greens

**SALMON & SWEET POTATO**    16.75  
Atlantic Salmon garnished with Peanuts, Cilantro &  
Red Chilies, Sweet Potatoes, Kale

**JERK SALMON**     16.75  
Jerk-Spiced Salmon served over HB Bulgur  
Medley and Sautéed Red Cabbage

**PULLED STEAK BURRITO BOWL**     16.75  
Pulled Grass-Fed Steak, Ruby Rice, Black Beans,  
Pico de Gallo, Guacamole

**STEAK & EGGS**  15  
Grass-Fed Steak, Two Over Easy Eggs Served Over  
Mashed Potatoes

**BOWL OF THE MONTH** 16  
Ask Us About Our Bowl Of The Month!

**SUBSTITUTE ANY PROTEIN FOR TOFU**

 legumes  omega-3s  fruits  veggies  whole grains  vegetarian  vegan  gluten free