BREAKFAST

WAFFLES VG

7.5

6.5

9

Whole Wheat Waffles with Maple Syrup and Mixed Berries

Additional Charge for Extra Toppings: Mixed Berries; Bananas; Walnuts; Peanut Butter; Almonds; Dark Chocolate Add Chicken Schnitzel (+6.75)

TEX MEX GF 10.5

Over Easy Eggs, Pico de Gallo, Black Beans,
Potatoes, Sliced Avocado, Chive Mix

Add Steak (+6.75)

POWER OATMEAL (VG) (GF) Gluten-Free Oatmeal, Quinoa, Coconut Milk, Raw Honey

CHOOSE ONE TOPPING:

Additional Charge for Extra Toppings: Strawberries; Blueberries; Bananas; Walnuts; Peanut Butter; Almonds; Dark Chocolate

BRUNCH

BACON, EGG & CHEESE

Turkey Bacon, Over Easy Eggs, Cheddar Cheese, Mixed Greens, Basil-Tomato, Vegan Aioli, Sourdough

BERRY BOWL

(VG) (GF) 7

Strawberries, Blueberries, Raw Honey

GREEK YOGURT

√G 6.5

Served with Raw Honey and Granola

CHOOSE ONE TOPPING:

Additional Charge for Extra Toppings: Strawberries, Blueberries, Bananas, Peanut Butter, Almonds

PB & BANANA

/G) (GF) 8

Homemade Peanut Butter, Bananas, Raw Honey Make it a toast for an additional charge

VVegan VG Vegetarian

GF) Gluten Free

SPECIALTY DRINKS

HOT | ICED | 16 Oz / 20 Oz

SIGNATURE REFRESHERS	
HIBISCUS SUNSET	5 / 5.5
ICED MATCHA ROSE	7 / 7.5
SUGAR SNAP PEA GINGER BEER	7 / 7.5
CHILI VERDE LIMEADE	6.5 / 7
YUZU MATCHA FIZZ	6.5
LAVENDER LEMONADE	1.75 / 5.25

ESPRESSO BASED	
NUT & HONEY LATTE	5 / 5.5
MAGIC MIND LATTE	6.5/7

OTHER		
LONDON FOG TEA	4.75 / 5.25	
HB NUTTY ICED	4.5 / 5	
OR HOT CHOCOLATE		
GOLDEN MILK LATTE	5 / 5.5	

COFFEE	
HOT OR ICED COFFEE	3.25 / 3.75
CAFE LATTE	4.5/ 5
AMERICANO	4 / 4.5
ESPRESSO	3.75
CAPPUCCINO	4.5 / 5
CAFE AU LAIT	3.5 / 4
CAFE MOCHA (Contains Nuts)	5 / 5.5





HONEYBIAINS MENU

Order Online At HONEYBRAINS.COM

CATERING

(917) 472 - 7682 cateringteam@honeybrains.com www.catering.honeybrains.com

BREAKFAST LUNCH DINNER

FLATIRON 34 West 22nd Street 917 - 472 - 7682

NOHO 372 Lafayette Street 646 - 678 - 4092

SAKS 611 Fifth Avenue, 5th Floor 646 - 226 - 6238

TRIBECA 136 Church Street Opening Soon

UWS 495 Amsterdam Avenue Opening Fall '25

@honeybrainslife

SALADS

COBB (GF)

15.5

Free-Range Chicken, Turkey Bacon, 8 Minute Egg, Avocado, Grape Tomatoes, Spiced Walnuts, Zaatar Spiced Chickpeas, Blue Cheese, Mixed Greens

CHOPPED THAI (G) (GF)

12.5

Napa Cabbage, Red Cabbage, Carrots, Edamame, Mango, Cilantro, Scallions, Peanuts

GREEN GODDESS (GF)

12.5

Kale, Avocado, Corn, Pistachios, Red Chilies, Pickled Red Onions, **Anchovy-Labneh Dressing**

HB FRED'S CHICKEN

15.5

Free-Range Chicken, Mixed Greens, Apples, Edamame, Grape Tomatoes, Red Onions, Avocado, Walnuts

SANDWICHES

HB CHICKEN SANDWICH

12.5

Baked Chicken Schnitzel, Mixed Greens, Basil Tomato, Pickled Red Onions, Vegan Aioli, Sourdough

TUNA SANDWICH

12.5

Tuna, 8 Minute Egg, Spinach, Basil Tomato, Vegan Aioli, Sourdough

GRILLED KIM-CHEESE SANDWICH

Kimchi, Cheddar, Mozzarella, Gochujang, Basil, Vegan Aioli, Sourdough

SUBSTITUTE GLUTEN FREE BREAD (+2.5)

Ask About Our Seasonal Selection of Dressings

(V)Vegan





BOWLS

Each Bowl 10.75 (Protein Not Included)

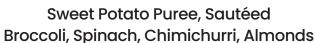
ZEN CURRY (F)(V)

Coconut Corn Curry, Steamed Spinach, Mushrooms, Brown Rice, **Pickled Onions**

CHIRASHI (19) (Sushi Bowl)

Brown Rice, Nori, Shallots, Pickled Ginger, Avocado, Cucumbers, Roasted Scallions, Wasabi Sauce, **Honey Soy**

SUPER SWEET POTATO (GF(V)



HAWAIIAN BOWL (V)

Brown Rice, Scallions, Cucumbers, Avocado, Edamame, Mango Salsa, Roasted Shallots, Vegan Aioli

THE FIESTA (G)

Brown Rice, Pico de Gallo, Black Beans, Corn, Avocado, Chive Mix, Saffron Yogurt

ADD PROTEIN TO ANY BOWL (+6.75)

Miso Salmon, Atlantic Salmon, Baked Chicken Schnitzel, Paillard Styled Chicken, Grass-Fed Coffee Steak, Crispy Tofu

(GF) Gluten Free

TOASTS & SEASONAL SOUP

AVOCADO

Avocado, Chia Salt Medley, Chive Mix, Infused EVOO, Sourdough

Additional Charge for Toppings: Pickled Onions, 8 Minute Egg

SMOKED SALMON

11

Smoked Salmon, Labneh, Cucumbers, Chive Mix, Infused EVOO, Sourdough

Additional Charge for Toppings: Pickled Onions, 8 Minute Egg

SEASONAL SOUP

6.5 / 8

Ask About Our Soup Of The Day



SUBSTITUTE GLUTEN FREE BREAD (+2.5)

WRAPS

CHICKEN

12.5

8.5

Free-Range Chicken, Pico de Gallo, Spinach, Black Beans, Saffron Yogurt, Pickled Onions, Pickled Holland Peppers, Whole Wheat Wrap

EGG & AVOCADO (G)

Scrambled Eggs, Pico de Gallo, Spinach, Avocado, Whole Wheat Wrap

Additional Charge for Cheese, Turkey Bacon



