

# SIDES

- SOUP OF THE DAY** 5  
Seasonal, Made Fresh Daily
- 8 MINUTE EGG** 1.5  
Perfectly Boiled Omega 3 Egg, Chia Hemp Flax Seed Medley, Chia Chili Infused Extra Virgin Olive Oil
- PROTEIN** 6  
CHOOSE ONE:  
*Coffee & Herb Crusted Grass-Fed Sirloin Steak*, *Atlantic Salmon*, *Pulled Free-Range Chicken*, *Free-Range Chicken Breast*, *Sliced Free-Range Chicken Schnitzel*
- HALF AVOCADO** 4  
Chia Hemp Flax Seed Medley, Maldon Salt, Chia Chili Infused Extra Virgin Olive Oil
- SAFFRON CAULIFLOWER & QUINOA RED RICE** 4
- HB SEASONED SWEET POTATOES** 4.5  
Roasted Sweet Potatoes with HB Seasoning
- GARLIC MASHED POTATOES** 5  
Roasted Garlic, Basil & Hemp Seed Mashed Potatoes
- STEAMED SPINACH** 4.5  
Baby Spinach, Chia Hemp Flax Seed Medley, Maldon Salt
- LEMONTUSCAN KALE** 4  
Tuscan Kale, Fresh Lemon Juice
- HIMALAYAN RUBY RICE** 4
- ROASTED VEGETABLES** 4.5  
Roasted Brussels Sprouts, Red Onions, Fennel & Grape Tomatoes

# SNACKS

- HB HUMMUS** 10.5  
House Hummus, 8 Minute Omega 3 Egg, Zaatar Spiced Chickpeas, Lentils, Roasted Red Peppers, Parsley, Sourdough Rye Toast
- ZAATAR SPICED CHICKPEAS** 4  
Zaatar Spiced Chickpeas, Old Chatham Sheep's Yogurt
- HB SEASONED NUTS** 4  
Almonds, Walnuts & Cashews
- EDAMAME** 5  
CHOOSE ONE:  
HB Seasoned or Chia & Maldon Salt
- HB PEANUT BUTTER & BANANA** 4  
Homemade Peanut Butter, Banana, Raw Wildflower Honey

# HEALTHFUL SWEETS

- DARK CHOCOLATE GANACHE PRALINE TOAST** 8  
Toasted Pecan Pralines in Molasses, Banana, HB Raw Wildflower Honey, 80% Belgian Dark Chocolate, Cranberry Walnut Bread
- HONEY TAHINI TOAST** 7  
Tahini, Raw Wildflower Honey & Cinnamon Date Spread, Black and White Sesame Seeds, Seeded Sourdough  
ADD BEE POLLEN (+1)
- MARKET BERRY BOWL** 6.5  
Mixed Organic Berries, HB Raw Wildflower Honey, Mint
- CHIA CHARGE** 8  
Gluten-Free Overnight Oats Blended with Old Chatham Sheep's Milk Yogurt, HB Raw Wildflower Honey, Banana & Almond Milk; Chia Seeds, Homemade Blueberry Compote, HB Granola with Walnuts

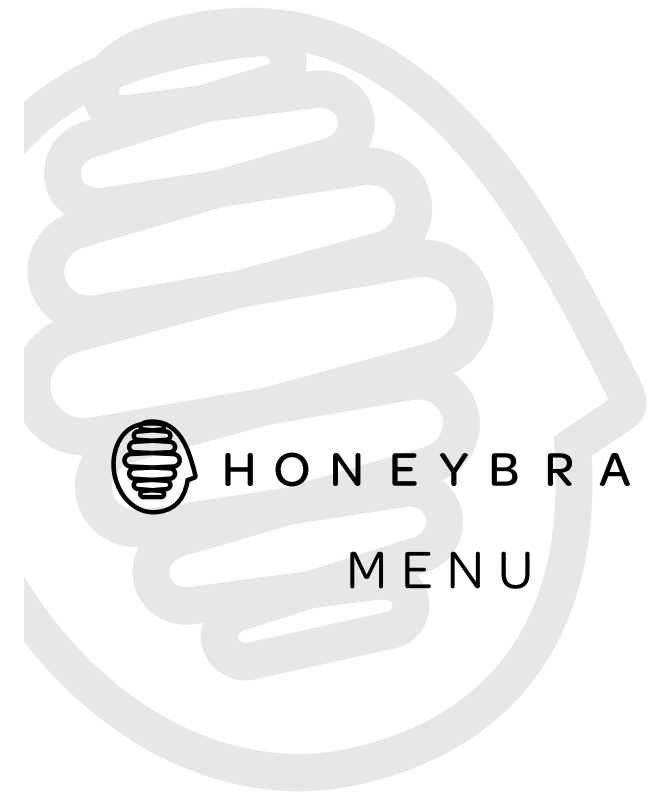
# BREAKFAST (WEEKDAYS UNTIL 11AM WEEKENDS UNTIL 4 PM)

- POWER OATMEAL** 6.5  
Tri-Color Quinoa, Gluten-Free Steel Cut Oatmeal, Warm Spiced Coconut Milk, HB Raw Wildflower Honey  
CHOOSE ONE TOPPING:  
Organic Mixed Berries, Bananas, Almonds, Walnuts, Homemade Peanut Butter, 80% Belgian Dark Chocolate (.50 Each Additional Topping)
- EGGHEAD** 7.5  
Two Over Easy Omega 3 Eggs, HB Honey "Sriracha," Arugula, 8 Grain Ciabatta  
ADD TOPPING (+1):  
Plainville Farms Turkey Bacon or Mashed Avocado
- POWER BREAKFAST** 11  
Two Sunny Side Omega 3 Eggs, Arugula, Red Potatoes, Chickpeas, Hearts of Palm, Lentils, Edamame, Pumpkin Seeds, Red Chilies, Red Onions, Cilantro
- HUEVOS RANCHEROS** 10  
Two Sunny Side Omega 3 Eggs, Tri-Color Quinoa, Himalayan Ruby Rice & Roasted Corn Medley; Micro Greens, Black Beans, Jicama Mango Salad, Seeded Corn Tortilla Crisp
- CHIA CHARGE** 8  
Gluten-Free Overnight Oats Blended with Old Chatham Sheep's Milk Yogurt, HB Raw Wildflower Honey, Banana & Almond Milk; Chia Seeds, Homemade Blueberry Compote, HB Granola with Walnuts
- SAUCY EGGS** 10  
Poached Omega 3 Eggs, San Marzano Tomato Sauce, Piave Cheese, Basil, Arugula, Toasted Seeded Sourdough

# THE HONEYBRAINS STORY

Honeybrains was sparked by a conversation between three siblings. One of them, a neurologist, has spent years studying how nutrition and lifestyle affect brain function. According to science, all of our vital body and brain nutrients can come from five delicious food groups (the "5 HB Food Groups") that are rich in nutrients for the brain with healthful garnishings (herbs, spices, fermented foods and natural sweeteners). As a result, the siblings prioritized ingredients highest in those nutrients and collaborated with talented chefs to create each of our menu items.

Honeybrains is committed to providing only the best quality ingredients that we would serve to our own friends and family. We use sustainably produced foods because better farming practices give us more nutritious soils, which means more nutritious ingredients for you! Each delicious bite is good for your body and your brain. Enjoy!



**HONEYBRAINS**  
MENU

*A happy place to nourish your brain.*

**NOHO** 372 Lafayette St. | 646-678-4092

**FLATIRON** 34 West 22nd St. | 917-472-7682

**MIDTOWN WEST** 916 8th Ave. (between 54th & 55th St.)

honeybrains.com

@honeybrainslife



## THE HONEYBRAINS 5 FOOD GROUPS

Each of our menu items is made from sustainably farmed foods rich in essential nutrients for the brain, so that you can feel good and think clearly throughout life.

According to science, all of our vital body and brain nutrients can come from five delicious food groups: legumes, omega-3s, fruits, vegetables, and whole grains with healthful garnishings (herbs, spices, fermented foods and natural sweeteners). At Honeybrains, we make these five food groups flavorful and fun!



LEGUMES



OMEGA-3s



FRUITS



VEGGIES



GRAINS

## SALADS

- GF** **GREEN GODDESS** 12  
Tuscan Kale, Avocado, Corn, Pistachios, Red Chilies, Pickled Red Onions, Anchovy-Labneh Dressing
- V** **THE FARM** 12  
**GF** Tri-Color Quinoa, Zaatar Spiced Chickpeas, Avocado, Shaved Fennel, Cucumber, Tomatoes, Sweet Peppers, Pickled Radish, Grapes, Almonds, Raisins, Fresh Herbs, Mixed Greens
- V** **MEDITERRANEAN MIND** 12  
**GF** HB Hummus, Tri-Color Quinoa, Zaatar Spiced Chickpeas, Cucumber, Tomatoes, HB Seasoned Walnuts, Baby Spinach
- V** **FOREVER GREEN** 12  
**GF** Tuscan Kale, Spinach, Watermelon Radish, Hearts of Palm, Corn, Grapes, Spiced Edamame, Pumpkin Seeds, Fennel
- GF** **THE COBB** 13  
Sliced Free-Range Chicken, Plainville Farms Turkey Bacon, 8 Minute Omega 3 Egg, Avocado, Grape Tomatoes, HB Seasoned Walnuts, Zaatar Spiced Chickpeas, Bleu Cheese, Mixed Greens
- VG** **RAINBOW GARDEN** 12  
**GF** Mixed Greens, Avocado, Turmeric Saffron Cauliflower, Grape Tomatoes, Fresh Mozzarella, Pickled Cabbage, Beets & Red Onions, Carrots, Flax Seeds

### DRESSINGS:

- VG** • Basil and Honey
- VG** • Lemon and Flax
- V** • White Truffled Tahini
- VG** • Red Curry Vinaigrette
- VG** • Honey Balsamic Vinaigrette
- V** • EV Olive Oil & Balsamic Vinegar

\*All dressings are gluten free.

### ADD PROTEIN TO SALAD (+4):

- GF** • Coffee & Herb Crusted Grass-Fed Sirloin Steak
- GF** • Atlantic Salmon
- GF** • Pulled Free-Range Chicken
- GF** • Free-Range Chicken Breast
- Sliced Free-Range Chicken Schnitzel

\*All proteins are antibiotic and hormone free.

ADD HALF TOAST TO ANY BOWL OR SALAD (+5)

legumes omega-3s fruits veggies grains **VG** vegetarian **V** vegan **GF** gluten free

## BRAIN BOWLS

- GF** **CHICKEN & RICE** 12  
Pulled Free-Range HB Seasoned Chicken, Zaatar Spiced Chickpeas, Himalayan Ruby Rice, Baby Spinach  
\* You can substitute Sweet Potatoes for Chickpeas or Ruby Rice & Kale for Spinach.
- GF** **CHICKEN TIKKA** 13  
Yogurt Marinated Free-Range Chicken Breast with Indian Spices, Tamarind Himalayan Ruby Rice with Chana Dal & Peanuts, Mint, Cilantro, Kale, Roasted Tomatoes, Broccoli & Red Onions
- V** **JACK OF ALL GRAINS** 12  
**GF** Tagine Spiced Jackfruit, Saffron Cauliflower Quinoa Red Rice Mix, Pickled Carrots, Pickled Watermelon Radish, Mung Bean Sprouts, Toasted Almonds, Watercress
- GF** **WAKE & STEAK** 14  
Coffee & Herb Crusted Grass-Fed Sirloin Steak, Roasted Garlic, Basil & Hemp Seed Mashed Potatoes; Mixed Greens
- VG** **RANCHERO POWER** 12  
**GF** Two 8 Minute Omega 3 Eggs, Tri-Color Quinoa, Himalayan Ruby Rice & Roasted Corn Medley; Micro Greens, Black Beans, Jicama Mango Salad, Seeded Corn Tortilla Crisp
- GF** **DAILY CATCH** 13.5  
Atlantic Salmon, Kale, HB Seasoned Sweet Potatoes, Crushed Peanuts, Cilantro, Red Chillies  
\* You can substitute Sweet Potatoes for Chickpeas or Ruby Rice & Kale for Spinach.
- GF** **CARNE ASADA** 14  
Grass-Fed Sirloin Steak with HB Achiotte Marinade, Pinto & Black Beans Mixed with Himalayan Ruby Rice, Mixed Greens, Watermelon, Watermelon Radishes, Red Onions, Red Chillies, Cilantro
- VG** **HB FIESTA** 12  
**GF** HB Achiotte Marinated Tempeh, Avocado, Himalayan Ruby Rice, Kidney Beans, Roasted Corn, Mixed Greens, Pico de Gallo, Chili Labneh

### ADD PROTEIN TO BOWLS (+4):

- GF** Coffee & Herb Crusted Grass-Fed Sirloin Steak
- GF** Pulled Free-Range Chicken
- GF** Free-Range Chicken Breast
- GF** Atlantic Salmon
- Sliced Free-Range Chicken Schnitzel

\*All proteins are antibiotic and hormone free.

legumes omega-3s fruits veggies grains **VG** vegetarian **V** vegan **GF** gluten free

## SANDWICHES

- FARMA SHAWARMA** 12  
Shawarma Spiced Free-Range Chicken Breast, Pickled Red Onions, Arugula, Cucumber, Tomato, Yogurt Dill Sauce, Whole Wheat Roll
- SOUTHERN CHICKEN** 11.5  
Pulled Free-Range HB Seasoned Chicken, Daikon-Carrot Slaw, Mango Chutney, Pickled Red Radishes, Whole Wheat Roll
- CHICKEN SCHNITZEL** 11.5  
Crisp Free-Range Chicken, Tangy Mango Amba Sauce, House Pickled Onions, Micro Greens, Kalamata Olives, 8 Grain Ciabatta
- VEGAN OPTION: TAGINE SPICED JACKFRUIT** 12
- SLOW ROASTED STEAK** 13  
Slow Roasted Grass-Fed Black Angus Steak, Spinach, BBQ Sauce, Bleu Cheese-Labneh Spread, Seeded Sourdough Bread
- THE ATLANTIC** 12  
Atlantic Salmon, Sliced Vine-Ripened Tomato Marinated with Olive Oil & Basil, Hummus, 8 Grain Ciabatta
- “BLT” EGG** 9  
Two Poached Omega 3 Eggs, Plainville Farms Turkey Bacon, Tomato, Avocado Spread, Mixed Greens, 8 Grain Ciabatta
- HB PB & J** 8  
**VG** HB Raw Wildflower Honey, Homemade Blueberry Compote, Homemade Peanut Butter, 8 Grain Pullman Bread

SUBSTITUTE GLUTEN FREE BREAD (+1.5)

## TOASTS

- V** **AVOCADO CRUSH** 11  
Crushed Avocado, Chia Hemp Flax Seed Medley, Maldon Salt, Chia Chili Infused Extra Virgin Olive Oil, Seeded Sourdough  
ADD 8 MINUTE OMEGA 3 EGG (+1.5)
- VG** **SEASONAL VEGGIE** 9.5  
Roasted Brussels Sprouts, Red Onions, Fennel & Grape Tomatoes, Basil Labneh Spread, Piave Cheese, Extra Virgin Olive Oil, Seeded Sourdough
- VG** **HONEY TAHINI** 7  
Tahini, Raw Wildflower Honey & Cinnamon Date Spread, Black and White Sesame Seeds, Seeded Sourdough  
ADD BEE POLLEN (+1)
- VG** **HONEY & BUTTER** 6.5  
House Butter with Chia Hemp Flax Seed Medley, Black and White Sesame Seeds, HB Raw Wildflower Honey, Seeded Sourdough  
ADD 8 MINUTE OMEGA 3 EGG (+1.5)
- V** **DR. SMOKED SALMON** 11.5  
Atlantic Salmon, Labneh Spread, Cucumber, Fresh Dill, Extra Virgin Olive Oil, Lemon Zest, Sourdough  
ADD 8 MINUTE OMEGA 3 EGG (+1.5)
- V** **MUSHROOM MASTERMIND** 10  
Roasted Portobello Mushrooms, Roasted Red & Yellow Peppers, Vegan Aioli, Arugula, Pomegranate Molasses, Seeded Sourdough

legumes omega-3s fruits veggies grains **VG** vegetarian **V** vegan **GF** gluten free