



HONEST MARY'S

SIGNATURE BOWLS

GF **Smoky Poblano:** Basmati Rice, Wild Arugula, Spicy Corn, Pickled Onions, Texas Goat Cheese, Avocado, Pumpkin Seeds, Creamy Poblano Sauce, Lime Wedge / 9.25
(add Grilled Naturally Raised Chicken +3.5)

V **Dear Quinoa:** Tricolored Quinoa, French Green Lentils, **GF** Organic Kale w/ Lemon, Roasted Sweet Potatoes, **DF** Fresh Herb Blend, Spicy Peanut Sauce / 8.5
(add Grilled Naturally Raised Chicken +3.5)

GF **Aloha Poke:** Hand-line Caught Poke*, Basmati Rice, **DF** Avocado, Asian Slaw, Edamame, Pickled Onions, Fresh Organic Jalapeños, Black Sesame Seeds, Sesame Vinaigrette, Lime Wedge / 12

GF **Golden Grain:** Tricolored Quinoa, Wild Arugula, Organic Apples, Roasted Beets, Crispy Chickpeas, Texas Goat Cheese, Toasted Texas Pecans, Apple Cider Vinaigrette / 9
(add Grilled Naturally Raised Chicken +3.5)

V **Sedona Lime:** Basmati Rice, Organic Spinach, **GF** Roasted Sweet Potatoes, Black Beans, Toasted Pumpkin **DF** Seeds, Cashew Lime Crema Sauce, Lime Wedge / 8.5
(add Grilled Hormone-Free Steak +4.5)

SEASONAL SPECIAL
V **Caribbean Jerk Summer Bowl:** Basmati Rice, **DF** Chilled Summer Squash, Black Beans, Avocado, Toasted Cashews, Caribbean Jerk Finish, Pineapple Pico de Gallo / 9
(add Grilled Naturally Raised Chicken +3.5)

ORDER ONLINE AT HONESTMARYS.COM
OPEN DAILY 11AM – 9PM



NO REFINED SUGARS



NO ARTIFICIAL INGREDIENTS



DIRTY DOZEN ALWAYS ORGANIC



ANTIBIOTIC AND HORMONE FREE MEAT



HAND-LINE CAUGHT WILD AHI TUNA



NON-GMO OILS

V VEGAN | **GF** GLUTEN FREE | **DF** DAIRY FREE | **S** SEASONAL ITEM

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESSES.

OR BUILD YOUR BOWL

1 SELECT A BOWL

START HERE

- Grilled Naturally Raised Chicken / 11.5
- Hormone-Free Steak / 12.5
- Hand-line Caught Poke* / 13
- Baked Organic Non-GMO Tofu / 10.5
- Farmers' Market (extra mkt side) / 9.75
- Kids Bowl / 7

3 CHOOSE MARKET SIDES

PICK 2*

- Roasted Sweet Potatoes
- Spicy Corn
- Roasted Beets
- Organic Kale w/ Lemon
- Baby Portobello Mushrooms
- Charred Broccoli with Sesame
- Roasted Carrots with Coriander
- Roasted Brussels Sprouts
- French Green Lentils
- Black Beans
- Summer Squash (chilled) **S**
- *Farmers' Market Bowl pick 3
Add an extra for \$1.75

5 FINISH WITH A SAUCE

PICK 1

- Creamy Poblano **V GF DF**
- Cashew Lime Crema **V GF DF**
- Lemon Garlic **GF DF**
- Apple Cider Vinaigrette **GF DF**
- Spicy Peanut **V GF DF**
- Sesame Vinaigrette **V GF DF**
- Pineapple Pico de Gallo **V GF DF S**
- Ginger Chile Sriracha **V GF DF**
- Add an extra for \$1

2 PICK A BASE

PICK 1

- Basmati Rice
- Black Forbidden Rice
- Tricolored Quinoa
- Organic Spinach
- Wild Arugula
- Add an extra for \$1

4 ADD TOPPINGS

UP TO 2

- Avocado
- Pickled Onions
- Fresh Organic Jalapeños
- Asian Slaw
- Edamame
- Organic Apples
- Texas Goat Cheese
- Toasted Pumpkin Seeds
- Toasted Texas Pecans
- Crispy Chickpeas
- Fresh Herb Blend
- Toasted Cashews **S**
- Add an extra for \$1

GROWN LOCAL Made Fresh

We hand-prepare our food from scratch daily, using whole ingredients sourced locally & organically when possible.

DRINKS

- Handcrafted Agua Fresca / 2.75
- Iced Yaupon Tea / 2.75
- Local Kombucha (on tap) / 5
- Cuvee Cold Brew (on tap) / 4.5
- Local Craft Beer (on tap) / 4.5-6
- Local Wine (on tap) / 4.5
- Sparkling Prebiotic / 4
- Local Rainwater (Still & Sparkling) / 2.25

SWEETS

- Almond Butter Cookie / 3.25
with Maldon Salt

V VEGAN | **GF** GLUTEN FREE | **DF** DAIRY FREE | **S** SEASONAL ITEM

PLEASE NOTE: KOMBUCHA CONTAINS TRACE AMOUNT OF ORGANIC CANE SUGAR;
WINE MADE FROM GRAPES NOT VERIFIED AS ORGANIC.