



HONEST MARY'S

SIGNATURE BOWLS

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

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

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

GF Toro Verde: Grilled Hormone-Free Steak, Texas Sweet **DF** Potatoes, Baby Portobello Mushrooms, Toasted Cashews, Crispy Black Beans, Herb Mix, Chimichurri Sauce / 12.25

V Dear Quinoa: Tricolored Quinoa, French Green Lentils, **GF** Steamed Kale, Texas Sweet Potatoes, Microgreens, Spicy **DF** Peanut Sauce / 8
(add Grilled Naturally Raised Chicken +3.5)

SEASONAL SPECIAL
GF Butternut Spice Bowl: Basmati Rice, Ras El Hanout **DF** Butternut Squash, French Green Lentils, Kale with Lemon, Pickled Onions, Crispy Chickpeas, Green Herb Sauce / 8.75
(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*

- Kale with Lemon
- Baby Portobello Mushrooms
- Texas Sweet Potatoes
- Charred Broccoli with Sesame
- Roasted Carrots with Coriander
- Roasted Beets
- Roasted Brussels Sprouts
- Black Beans
- French Green Lentils
- Ras El Hanout Butternut Squash **S**
- *Farmers' Market Bowl pick 3*
- Add an extra for \$1.5*

5 FINISH WITH A SAUCE

PICK 1

- 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**
- Chimichurri **V GF DF**
- Ginger Chile Sriracha **V GF DF**
- Green Herb Sauce **GF DF S**
- Add an extra for \$1*

2 PICK A BASE

PICK 1

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

4 ADD TOPPINGS

UP TO 2

- Avocado
- Pickled Onions
- Fresh Jalapeños
- Asian Slaw
- Edamame
- Organic Apples
- Texas Goat Cheese
- Toasted Cashews
- Toasted Pumpkin Seeds
- Toasted Pecans
- Crispy Chickpeas
- Crispy Black Beans
- Herb Blend
- 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
- Organic 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.