



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of December 23rd, 2024

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

CHARRED ONION SOUP PB/W30

Farmstand Spanish Onion, Thyme, Sea Salt & **California Blonde Stock** (Parsnip, Cauliflower, Thyme, Onion)

Cook Time: Place in medium saucepan over medium high flame for 8-10 minutes

Cal: 63 Protein: 2g Fat: .3g Carb: 14.2g

THREE COLOR SALAD PB/V/GF

Arugula, Endive, Radicchio, Candied Walnuts **BALSAMIC VINAIGRETTE**

(Balsamic, Dijon Mustard, Avocado Oil & Sea Salt)

Cook Time: Serve Chilled

Cal: 300 Protein: 3g Fat: 30g Carb: 32g

MAINS

MARINATED CAULIFLOWER STEAKS GF/PB

Organic Cauliflower, Mixed Herbs, EVOO & Sea Salt, Turmeric and Cauliflower Purée

Cook Time: Remove lid, wrap container in foil, place in 350 oven for 10-12 minutes

Cal: 109 Protein: 5.5g Fat: .5g Carb: 19.3g

HARISSA & WHITE BEAN CHILI PB/GF

Organic White Beans, Sweet Harissa Chili Paste, Sweet Bell Pepper, Baby Tomato, Red Onion, Jalapeño, Roasted Garlic,

Cilantro, Oregano, Tamari, EVOO & Sea Salt

Cook Time: Remove lid and place container in 350 oven for 8-10 minutes

Cal: 139 Protein: 3.7g Fat: 6g Carb: 21.1g

CRISPY TOFU & GINGER TERIYAKI SAUCE PB/GF

Tofu, Broccoli, Sesame Seeds, Scallions, **TERIYAKI SAUCE** (Tamari, Mirin, Sake, Maple Syrup, Ginger, Garlic)

Cook Time: Remove lid, Place container in 350 oven for 8 - minutes

Cal: 439 Protein: 10.3g Fat: 25.2g Carb: 52.2g

PROTEINS

GRILLED PORK LOIN WITH HERBS GF

Pork Loin, Lemon Juice, Garlic Confit, Parsley, Cilantro, Thyme, EVOO & Sea Salt
Cook Time: Remove Lid, Place container in 350 oven for 8-10 minutes
Cal: 411 Protein: 29.2g Fat: 28g Carb: 12.7g

TAMARI & GINGER MARINATED BONE-IN CHICKEN BREAST W30/GF

Organic Chicken, Tamari, Ginger, Crushed Red Pepper & EVOO
Cook Time: Remove lid, place container in 350 oven for 8-10 minutes
Cal: 263 Protein: 35g Fat: 8.6g Carb: 11.3g

SAUTÉED LOCAL CLAMS GF

Local Steamer Clams Out of the Shell, White Wine, EVOO, Parsley, Grass-Fed Butter
Cook Time: Remove lid and place glass container in 350 oven for 8-10 minutes
Cal: 482 Protein: 54.5 g Fat: 20.3g Carb: 12g

GRILLED SHRIMP GF

Shrimp, Confit Garlic, Parsley & Sea Salt
Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes
Cal: 364 Protein: 40g Fat: 5.4g Carb: 40g

*DUE TO THE VARIATION IN HOME OVENS, ALL OF OUR COOK TIMES ARE SUGGESTED TIMES & TEMPERATURE MAY VARY FROM OVEN TO OVEN

**** We do not use seed oils in any of our meals. We only use Olive, Coconut or Avocado Oil. Consuming oils in their whole food form provides a broader array of nutrients, including vitamins, minerals, and antioxidants, which are essential for overall health. ****

SIDES

HERB AND LEMON CAULIFLOWER GF/PB

Cauliflower, Parsley, Rosemary, Thyme, Lemon Juice, Lemon Zest, Avocado Oil & Sea Salt
Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes
Cal: 281 Protein: 6.8g Fat: 20.6g Carb: 21.9g

GARBANZO BEAN SALAD

Organic Garbanzo Beans, Red Onion, Parsley, Baby Heirloom Tomato, Avocado Oil, Rice Wine Vinegar & Sea Salt
Cook Time: Serve Chilled
Cal: 446 Protein: 23.3g Fat: 7.1g Carb: 76.3g

Chef's Choice Selections!!

HEALTHY CHOCOLATE MOUSSE PB/GF/V

Chia Seeds, Almond Milk, Cacao Powder, Maple Syrup, Vanilla Extract & Sea Salt

Cook Time: Serve Chilled

Cal: 187 Protein: 6g Fat: 9.7g Carb: 19.3g

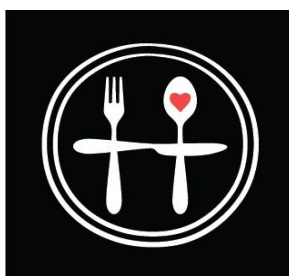
SPINACH, FETA, BELL PEPPER OMELETTE

Fresh Eggs, Spinach, Bell Pepper, Feta Cheese, EVOO & Sea Salt

Cook Time: Remove lid and place glass container in 350 oven for 4-6 minutes

Cal: 265 Protein: 17g Fat: 19.7g Carb: 6.6g

**ADD THESE DELICIOUS OPTIONS TO YOUR MEAL PLAN TODAY!*



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$14.00

TRUFFLE MASHED POTATOES GF

Potato, Whole Milk, Parsley, Truffle, Unsalted Butter, Confit Garlic & Sea Salt

Cook Time: Place in a medium saucepan over medium high heat for 8-10 minutes

Cal: 442 Protein: 10.3g Fat: 15.2g Carb: 68.4g

BLACK LABEL ENTRÉE

\$28.00

GRILLED SWORDFISH

Line-Caught, Cast-Iron Grilled Swordfish, over Whipped Cauliflower & Wilted Greens

Cook Time: Remove Lid, place container in 350 oven for 8-10 minutes.

Cal: 288 Protein: 38.6g Fat: 12.4g Carb: 5.1g

KIDS' MENU

KIDS' MEAL 1

GRILLED CHEESE AND TOMATO SOUP GF

GF Bread, Cheddar Cheese, **TOMATO SOUP** (Tomatoes, Basil, White Onion, Garlic, Olive Oil)

Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes

Cal: 380 Protein: 14g Fat 25g Carb: 28.9g

KIDS' MEAL 2

CAULIFLOWER TOTS AND DIPPING VEGGIES GF

Cauliflower, Apple Cider Vinegar, Yogurt, GF Bread Crumbs, Nutritional Yeast, Sea Salt, **VEGGIES** (Celery, Carrots, Bell Pepper) **GREEK YOGURT DIP** (Greek Yogurt, Garlic, Maple Syrup, Parsley & Sea Salt)

Cook Time: Remove lid and place the Cauliflower Tots in 350 oven for 8-10 minutes

Cal: 358 Protein: 11.9g Fat: 2.5g Carb: 74.8g

SMOOTHIES

HONEST SMOOTHIE

Organic Greens, Avocado, Mixed Berries, Dates, Almond Milk & Banana

Cook Time: Serve Chilled

Cal: 267 Protein: 6g Fat: 5g Carb: 53g

SUPER HONEST SMOOTHIE

With Adaptogens, Flaxseeds & Collagen Peptides

Cook Time: Serve Chilled

Cal: 283 Protein: 8g Fat: 6g Carb: 53g

HONEST IMMUNE BOOSTER

Garlic, Ginger, Apple Cider Vinegar, Cayenne Pepper, Black Pepper, Turmeric & Fresh Orange Juice

Cook Time: Serve Chilled

Cal: 6 Protein: 0g Fat: 0g Carb: 0g

STRAWBERRY SMOOTHIE

Organic Strawberries, Raw Honey & Almond Milk

Cook Time: Serve Chilled

Cal: 163 Protein: 1g Fat: 1g Carb: 40g

FRESH BERRY SMOOTHIE

Blueberries, Raspberries, Strawberries, Raw Honey & Almond Milk

Cook Time: Serve Chilled

Cal: 183 Protein: 2g Fat: 1g Carb: 43g

MANGO SMOOTHIE

Almond Milk, Mango & Raw Honey
Cook Time: Serve Chilled
Cal: 185 Protein:1g Fat:1g Carb: 47g

PRO TIP: If you want to make your smoothie less thick, just add a little oat milk or water and mix it in. This also helps your smoothie go further.

**PLEASE NOTE: DUE TO THE FACT THAT WE USE AND COOK WITH FRESH INGREDIENTS
AND NON-PROCESSED FOODS, WE RECOMMEND A 3-5 DAY SHELF LIFE MAXIMUM
FOR ALL OUR MEALS
THANK YOU
CHEF NICK**