

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
GF 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
- V** • EV Olive Oil & Balsamic Vinegar

Extra Dressing (+.50)

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.

SANDWICHES

FARMA SHAWARMA    12
Shawarma Spiced 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

V VEGAN OPTION: TAGINE SPICED JACKFRUIT

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

VG "BLT" EGG     9
Two Poached Omega 3 Eggs, Plainville Farms Turkey Bacon, Tomato, Avocado Spread, Mixed Greens, 8 Grain Ciabatta

VG HB PB & J    8
HB Raw Wildflower Honey, Homemade Blueberry Compote, Homemade Peanut Butter, 8 Grain Pullman Bread

 **SUBSTITUTE GLUTEN-FREE BREAD (+1.5)**

BRAIN BOWLS

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

GF CHICKEN & RICE    

Pulled Free-Range HB Seasoned Chicken, Zaatar Herb Chickpeas, Himalayan Ruby Rice, Baby Spinach

** You can substitute Sweet Potatoes for Chickpeas or Ruby Rice & Kale for Spinach.*

12

GF CHICKEN TIKKA     

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

13

V JACK OF ALL GRAINS    

GF Tagine Spiced Jackfruit, Saffron Cauliflower Quinoa Red Rice Mix, Pickled Carrots, Pickled Watermelon Radish, Mung Bean Sprouts, Toasted Almonds, Watercress

12

GF WAKE & STEAK  

Coffee & Herb Crusted Grass-Fed Sirloin Steak, Roasted Garlic, Basil & Hemp Seed Mashed Potatoes; Mixed Greens

14

VG RANCHERO POWER     

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

12

GF DAILY CATCH   

Atlantic Salmon, Kale, HB Seasoned Sweet Potatoes, Crushed Peanuts, Cilantro, Red Chilies

** You can substitute Sweet Potatoes for Chickpeas or Ruby Rice & Kale for Spinach.*

13.5

GF CARNE ASADA     

Grass-Fed Sirloin Steak with HB Achiote Marinade, Pinto & Black Beans Mixed with Himalayan Ruby Rice, Mixed Greens, Watermelon, Watermelon Radishes, Red Onions, Red Chilies, Cilantro

14

VG HB FIESTA    

GF HB Achiote Marinated Tempeh, Avocado, Himalayan Ruby Rice, Kidney Beans, Roasted Corn, Mixed Greens, Pico de Gallo, Chili Labneh

12

ADD PROTEIN TO BOWLS (+4):

*All proteins are antibiotic and hormone free.

GF Coffee & Herb Crusted Grass-Fed Sirloin Steak

GF Free-Range Chicken Breast

GF Atlantic Salmon

Sliced Free-Range Chicken Schnitzel

GF Pulled Free-Range Chicken

SIDES

SOUP OF THE DAY

Seasonal, Made Fresh Daily

5

VG 8 MINUTE EGG

1.5

GF 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* **GF**, *Atlantic Salmon* **GF**, *Pulled Free-Range Chicken* **GF**, *Free-Range Chicken Breast* **GF**, *Sliced Free-Range Chicken Schnitzel*

V HALF AVOCADO

4

GF Chia Hemp Flax Seed Medley, Maldon Salt, Chia Chili Infused Extra Virgin Olive Oil

V SAFFRON

4

GF CAULIFLOWER

QUINOA RED RICE

V HIMALAYAN

4

GF RUBY RICE

V HB SEASONED **GF** SWEET POTATOES

4.5

Roasted Sweet Potatoes with HB Seasoning

VG **GF** GARLIC MASHED POTATOES

5

Roasted Garlic, Basil & Hemp Seed Mashed Potatoes

V **GF** STEAMED SPINACH

4.5

Baby Spinach, Chia Hemp Flax Seed Medley, Maldon Salt

V **GF** LEMON TUSCAN KALE

4

Tuscan Kale, Fresh Lemon Juice

V **GF** ROASTED VEGETABLES

4.5

Roasted Brussels Sprouts, Red Onions, Fennel & Grape Tomatoes

HEALTHFUL SWEETS

VG DARK CHOCOLATE GANACHE PRALINE TOAST

8

Toasted Pecan Pralines in Molasses, Banana, HB Raw Wildflower Honey, 80% Belgian Dark Chocolate, Cranberry Walnut Bread

VG HONEY TAHINI TOAST

7

Tahini, Raw Wildflower Honey & Cinnamon Date Spread, Black and White Sesame Seeds, Seeded Sourdough

ADD BEE POLLEN (+1)

VG **GF** MARKET BERRY BOWL

6.5

Mixed Organic Berries, HB Raw Wildflower Honey, Mint

VG **GF** 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

SNACKS

V HB HUMMUS

10.5

House Hummus, 8 Minute Omega 3 Egg, Zaatar Spiced Chickpeas, Lentils, Roasted Red Peppers, Parsley, Sourdough Rye Toast

VG **GF** ZAATAR SPICED CHICKPEAS

4

Zaatar Spiced Chickpeas, Old Chatham Sheep's Yogurt

V **GF** HB SEASONED NUTS

4

Almonds, Walnuts & Cashews

V EDAMAME

5

GF CHOOSE ONE: *HB Seasoned* or *Chia & Maldon Salt*

V **GF** HB PEANUT BUTTER & BANANA

4

Homemade Peanut Butter, Banana, Raw Wildflower Honey



legumes



omega 3s



fruits



veggies



grains



vegetarian



vegan



gluten free



SHOTS

TURMERIC OMEGA

Turmeric, Carrot, Orange, Ginger, Vegan DHA, Cardamom, Cinnamon, Chili Powder, Black Pepper
\$3.50

GINGER

Ginger, Raw Honey, Turmeric
\$3.50
Turn your Ginger Shot into a Hot Toddy +50¢

CITRUS IMMUNITY

Red Grapefruit, Raw Honey, Ginger, Lemon, Vitamin C, Zinc
\$3.50

PROTEIN BOOST

Apple, Whey Protein, Beet, Fibergum, Strawberry, Tart Cherry, Lemon, Black Currant, Vegan DHA
\$3.50

SPECIALTY DRINKS (Hot or Iced)

NUT & HONEY LATTE

Japanese Knotweed Honey, Espresso, Unsweetened Almond Milk
\$4.50 / \$5.00

GOLDEN MILK LATTE

Raw Wildflower Honey, Turmeric, Cinnamon, Juniper Berries, Peppercorn, Vanilla, Unsweetened Almond Milk
\$5.00 / \$5.50

MATCHA FOR LIFE

Raw Wildflower Honey, Organic Matcha, Unsweetened Almond Milk
\$5.25 / \$5.75

GREEN TEA REFRESH LONDON FOG TEA

Organic Matcha, Cucumber, Peppermint Lime Tea, Raw Wildflower Honey
\$4.50 (Iced Only)

Earl Grey with Lavender Tea, Raw Wildflower Vanilla Honey, Unsweetened Almond Milk
\$4.50

LEMONADE KICK

Fresh Lemon Juice, Japanese Knotweed Honey, Cayenne, Bee Pollen
\$4.50 (Iced Only)

FRUIT—INFUSED ICED TEAS

Ginger Mango Peach or Pear Green
\$4.25

WATERMELON & KEFIR COOLER

Watermelon, Kefir, Whole Milk, Raw Wildflower Honey
\$4.50

BELGIAN HOT CHOCOLATE

80% Dark Belgian Chocolate, Raw Wildflower Honey, Choice of Milk
\$4.00 / \$4.50

 Customer Favorite

★ Sizes: Small 12 oz. / Large 16 oz.

 Add Bee Pollen Boost \$1.00

La COLOMBE COFFEE | TEAS

DRIP COFFEE

\$2.75 / \$3.50

CAPPUCCINO

\$4.00 / \$4.50

ASSORTED TEAS

\$3.75

CAFE LATTE

\$4.00 / \$4.50

CAFE MOCHA

\$4.50 / \$5.00

CHAI LATTE

\$4.00 / \$4.50

AMERICANO

\$3.25 (Regular or Decaf)

CAFE AU LAIT

\$3.25 / \$3.75

ORGANIC MATCHA

\$4.25

RED EYE

\$4.50

ESPRESSO

\$3.50

MATCHA LATTE

\$4.50 / \$5.00

KOMBUCHA

\$5.00

 Oat or Almond Milk +75¢