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BREAKFAST/BRUNCH

HUMMUS CRUDITE

V GF 7.5

Ve GF 7.5

VG GF 7.5

VG GF 8

VG G 9

Roasted Bell Pepper Hummus served with Seasonal Vegetables

QUINOA SALAD SNACK

Quinoa, Romaine, Cucumbers, Grape Tomatoes, Greek Yogurt, Pickled Red Onions, Pickled Holland Peppers, **Toasted Almonds**

RAW SALAD SNACK

Carrots, Red Onions, Almonds, Grape Tomatoes, Corn, Cilantro-Herb Mix, **Honey Mustard Dressing**

8 - MINUTE EGG W/ GUACAMOLE

FRUIT CUP

FRUIT CUP W/ **VO GE 9 MOLASSES WALNUTS**

YOGURT W/ VG G ■ 9 **BLUEBERRY COMPOTE**

YOGURT W/ STRAWBERRY COMPOTE STEAK & EGGS

YOGURT W/ **VO G** 9 **ANCIENT GRAIN CRUNCH**

STRAWBERRY COMPOTE AND MOLASSES WALNUTS

V GF 9

12

12

16

BERRY OATMEAL

Gluten-Free Oatmeal, Quinoa, Coconut Milk, Choice of Blueberry or Strawberry Compote

PROTEIN OATMEAL @ 10

Gluten-Free Oatmeal, Quinoa, HB Peanut Butter, Bananas, Raw Honey, Coconut Milk

Gluten-Free Oatmeal, Quinoa, Matcha, Strawberry Compote, Molasses-Glazed Walnuts, Coconut Milk

THE PERFECT EGG **SANDWICH**

Over Easy Omega Egg, Creamy Jalapeño-Spinach Sauce, Basil-Tomato, Turkey Bacon, Pepper Jack Cheese

FARMER'S VEGAN SANDWICH

Tofu Scramble, Tahini-Bean Sauce, Turmeric, Basil-Tomato, Pickled Jalapeños, Red Onions

PROTEIN PEPPER

Coffee Rubbed Grass-fed Steak with Au Poivre Sauce, Omega Eggs, Sautéed Spinach

LUNCH/DINNER

FORBIDDEN BLACK RICE

VG GF 7.5

Black Rice with Mixed Vegetables

HB VEGETABLE RICE

Brown Rice with Mixed Vegetables

CRISPY BAKED TOFU

Crispy Tofu with Choice of Sweet & Sour or BBQ Sauce

BUFFALO CHICKEN 8.5

Whole Wheat Pasta, Long Beans, Three-Cheese Blend, Hemp Seeds, Pickled Jalapeños

CHICKEN BREAST W/ MEDITERRANEAN G 8.5 **SEASONING**

SWEET & SOUR GB 8.5 **CHICKEN**

ATLANTIC SALMON

BLACKENED **SALMON**

COFFEE RUBBED **G** 9.5 **GRASS-FED STEAK**

CHILI STREET VG G₽ 9.5 CORN

HB Elote, Chipotle Crèma, Cilantro, Lime Juice, Cotija Cheese

HB MAC & CHEESE

Whole Wheat Pasta, Long Beans, Three-Cheese Blend, Hemp Seeds, Pickled Jalapeños

10

10

V 11

12

12

16

VO G 3 16

CHICKEN POT PIE

Chicken, Potatoes, Long Beans, Carrots, Mushrooms, Onions, Parmesan Cheese, Whole Wheat Pita

MEDITERRENEAN **HUMMUS**

Red Bell Pepper Hummus with Couscous

TUNA SANDWICH

Tuna, Pickled Jalapeños, Capers, Pickles, Red Onions, Cabbage Slaw

STEAK & EGG WRAP

Coffee Rubbed Grass-Fed Steak, Scrambled Eggs, Jalapeño-Spinach Aioli, Whole Wheat Wrap

STEAK & QUINOA

Coffee Rubbed Grass-Fed Steak, Quinoa, Romaine, Cucumbers, Grape Tomatoes, Pickled Red Onions, Pickled Holland Peppers, Toasted Almonds over a Yogurt Base

ARUGULA SEASONAL SALAD

Seasonal Fruit, Arugula, Roasted Beets, Pistachios, Halloumi Cheese, Grape Tomatoes, Cucumbers, Balsamic Vinaigrette

GREEN GODDESS



Kale, Pickled Red Onions, Pickled Holland Peppers, Corn, Avocado, Apples, Molasses-Glazed Walnuts, Green **Goddess Dressing**

BBQ TOFU

18.75

18.75

18.75

Crispy BBQ Tofu, Corn and Long Bean Medley, HB Brown Rice, Cabbage Slaw

BLACKENED 18.75 **SALMON SANDWICH**

Spicy Remoulade, Basil-Tomato, Red Onions, Pickles, Cabbage Slaw, HB Signature Bread

PRIME CUT STACK SANDWICH

Pepper-crusted Grass-fed Steak, HB Rueben Sauce, Cabbage Slaw, **HB Signature Bread**

PROTEIN PEPPER 18.75 STEAK

Coffee Rubbed Grass-fed Steak w/ Au Poivre Sauce, Forbidden Rice, Sautéed Spinach, Mushrooms, Seasonal Sweet Peppers

SALMON WITH **VEGGIE-MASH**

Blackened Salmon, Celery Root Mash, Steamed Spinach, Roasted Garlic Broccoli, **Toasted Seed Crunch**

6 16 SPICY CHICKEN 18.75 **SANDWICH**

Free-Range Chicken, Carrot-Celery Slaw, Blue Cheese Dressing, Pickles, Buffalo Sauce, HB Signature Bread

SWEET & SOUR CHICKEN



18.75

Free-Range Sesame Chicken, HB Brown Rice, Seasonal Vegetables, Hemp Seeds, Housemade Sweet & Sour Sauce

SWEET & SOUR **CHICKEN**



18.75

Free-Range Sesame Chicken, HB Brown Rice, Seasonal Vegetables, Hemp Seeds, Housemade Sweet & Sour Sauce

THE VALENCIA



G 18.75

Free-Range Chicken, Forbidden Rice, Roasted Carrots, Long Beans, Corn, Mushrooms, Bell Peppers

ALL DAY

GUACAMOLE TO GE

11

14

Avocado, Basil Oil, Chia Salt, **Plantain Chips**

PB & BANANA TOAST 12

HB Peanut Butter, Sliced Bananas, Raw Honey, Toasted Seed Crunch, Sourdough

AVOCADO TOAST

Guacamole, Basil Oil, Pickled Onions, Chives, Sourdough

BUILD YOUR OWN BOWL

SELECT TWO BASES. TWO PROTEINS, THREE SIDES & OPTIONAL DRESSING



FEEDS 20 PEOPLE

\$400

BASE

CELERY MASH

COUSCOUS

HB MEDLEY BLACK RICE

HB MEDLEY **BROWN RICE**

MAC & CHFFSF

QUINOA

PROTEINS

All Proteins are Antibiotic and Hormone Free

ATLANTIC SALMON

BBQ **TOFU** **BLACKENED SALMON**

BUFFALO CHICKEN

CHICKEN BREAST W/ MEDITERRANEAN **SEASONING**

GRASS-FED COFFEE STEAK

SWEET & SOUR CHICKEN

SIDES

ARUGULA BROCCOLI **CABBAGE** SLAW

CARROT-**CELERY SLAW**

ROASTED CORN

SEASONAL VEGETABLES

SPINACH

HOUSEMADE SAUCES

JALAPEÑO JALAPEÑO SPINACH AIOLI **BEAN-TAHINI**

BALSAMIC AU POIVRE

VINAIGRETTE

BBO

HONEY **MUSTARD**

SRIRACHA

SWEET & SOUR

10

SIDE PLATTERS

ARUGULA	35/55	MAC & CHEESE 80 / 150
CARROT-CELERY SLAW	35 / 55	MIXED GREENS 35/55
CELERY MASH	45 / 75	QUINOA 50/90
ROASTED CORN	40 / 70	ROASTED GARLIC 50/90
couscous	45 / 80	ROASTED POTATOES 50/90
GUACAMOLE	55 / 100	SCRAMBLED EGGS 60/110
HB MEDLEY BROWN RICE	50/90	TOFU SCRAMBLE 75 /140 TURKEY BACON 75 /140
HB MEDLEY BLACK RICE	50/90	SEASONAL 50/85 VEGETABLES
HOUSEMADE CHEDDAR CHIPS	45 / 80	SPINACH 35/55
HOUSEMADE PLANTAIN CHIPS	45 / 80	HOUSEMADE

35 / 55

100 / 190

PROTEINS

KALE

Atlantic Salmon **BBQ Tofu Blackened Salmon Buffalo Chicken** Chicken Breast w/ **Mediterranean Seasoning Grass-Fed Coffee Steak Sweet & Sour Chicken**

USEMADE SAUCES

12 OZ BOTTLE

Au Poivre **Balsamic Vinaigrette** BBO Blue Cheese Dressing **Buffalo Sauce Honey Mustard** Jalapeño Spinach Aioli Jalapeño-Bean Tahini Rueben Sauce Sriracha Spicy Remoulade Sweet & Sour

BREAKFAST PLATTERS

OATMEAL BAR 4 50 / 90

Gluten Free Oatmeal with Quinoa. Raw Honey and Coconut Milk

Add Banana, Molasses-Walnuts, Peanut Butter, Ancient Grain Crunch, Strawberries, or Blueberries +10 Each

Matcha Oatmeal +20

MULTI-GRAIN @ 55 / 95 **CROISSANTS**

60 / 120 MIXED BERRIES TO

Blueberries, Strawberries, Raw Drizzled Honey

YOGURT BAR 👁 125/240

Greek Yogurt with Raw Honey, served with Platters of Granola and Mixed Berries

Add Banana, Molasses-Walnuts, Peanut Butter, Ancient Grain Crunch, Strawberries, or Blueberries +10 Each

Matcha Yogurt +20

TOAST PLATTERS

AVOCADO 100/190

PB & BANANA 100 / 190

ASSORTED 110 / 210

MINI-TOASTS 70 / 130

Tray of Mini Toasts with choice of Avocado OR PB & Banana

Assorted +10

WAFFLES TO

125 / 235

Waffles, Maple Syrup, Turkey Bacon, Strawberries, Blueberries, Scrambled Eggs

ASSORTED 140/270 **SANDWICHES**

Choice of Chicken, Steak, Tuna, Blackened Salmon, or Tofu

BREAKFAST PACKAGE

170/330

80 /150

Scrambled Eggs, Roasted Potatoes, Turkey Bacon, Toast





SIDE PLATTERS

ROASTED POTATOES 45/80

GUACAMOLE

with Housemade Plantain Chips

SCRAMBLED EGGS 60 / 110

TOFU SCRAMBLE 100 / 190

TURKEY BACON 70 / 130







SALADS

150 / 290

SLIDERS

GREEN GODDESS

Kale, Pickled Red Onions, Pickled Holland Peppers, Corn, Avocado, Apples, Molasses-Glazed Walnuts, Green **Goddess Dressing**

ARUGULA SEASONAL SALAD

Seasonal Fruit, Arugula, Roasted Beets, Pistachios, Halloumi Cheese, Grape Tomatoes, Cucumbers, **Balsamic Vinaigrette**

CHICKEN

Cabbage Slaw, Basil-Tomato, Pickles, Red Onions

TOFU 100 / 190

Cabbage Slaw, Basil-Tomato, Pickles, Red Onions

BLACKENED SALMON

110 / 200

100 / 190

Cabbage Slaw, Basil-Tomato, Pickles, Red Onions

STEAK

110 / 200

Cabbage Slaw, Basil-Tomato, Pickles, Red Onions

ASSORTED

120 / 210

40

40

60

DESSERT PLATTERS

DRINK TRAVELERS

ASSORTED PASTRIES

55/100 **COFFEE**

ASSORTED GLUTEN FREE PASTRIES

65 / 120

Coffee Traveler, Milk, & Sugar. Add Raw Honey +15

MIXED BERRIES 60/120

Mixed Blueberries, Strawberries, Raw Drizzled Honey

100 / 190 FRUIT PLATTER

Assorted Seasonal Fruit





ORGANIC TEA

Mix Of Organic Herbal And Caffeinated Tea Blends Add Raw Honey +15

HIBISCUS SUNSET

Hibiscus Peach Tea, Lime Juice, **Blueberry Extract, Raw Honey**

LAVENDER LEMONADE 60

Lemon Verbena Tea, Lavender Tea, Butterfly Pea Flower, Fresh Lemon Juice, Raw Honey, Cardamom

DINNER & LUNCH PLATTERS

BBQ

140 / 270

CLASSIC

130 / 240

Mac & Cheese, Slaw, Corn, Protein w/ BBQ Sauce

Chicken Breast w/ Mediterranean Seasoning, HB Brown Rice, Celery Mash, Spinach

SURF & TURF

140 / 270

VEGAN

130 / 240

A split of our Coffee Steak & Blackened Salmon, Roasted Broccoli, Celery Mash, and **Mixed Greens**

BBQ Tofu, HB Brown Rice, Broccoli, Seasonal Vegetables, Arugula





