

CRUNCH



ON THE TOP

3.5

ANCIENT GRAIN CRUNCH

Tri-color Toasted Quinoa, Amaranth, Buckwheat, Flax Seeds, Hemp Seeds, Pumpkin Seeds, Sunflower Seeds, Raw Honey



MOLASSES WALNUTS

Molasses, Walnuts, Vanilla



TOASTED SEEDS CRUNCH

Hemp Seeds, Pumpkin Seeds, Sunflower Seeds



ON THE SIDE

4

HOUSEMADE PLANTAIN CHIPS

HOUSEMADE CHEDDAR CHIPS

CATERING

(917) 472 - 7682

cateringteam@honeybrains.com

www.catering.honeybrains.com

Drinks



ICED SPECIALTIES

HIBISCUS SUNSET

5 / 5.5

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

YUZU MATCHA FIZZ

6.5

Yuzu, Ceremonial Matcha, Sparkling Water, Raw Honey

LAVENDER LEMONADE

5 / 5.5

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



HOT SPECIALTIES

NUT & HONEY LATTE

5 / 5.5

Espresso, Raw Honey, Unsweetened Almond Milk

MATCHA FOR LIFE

6 / 6.5

Raw Honey, Ceremonial Matcha, Unsweetened Almond Milk

MAGIC MIND LATTE

6.5 / 7

Espresso, Lion's Mane, Bacopa Monnieri, Choice of Milk

FEEL GOOD LATTE

8 / 8.5

Espresso, Ashwaganda, L-Theanine, MCT Powder, Huperzine A, Chicory, Choice of Milk

GOLDEN MILK LATTE

5.5

Raw Honey, Turmeric, Cinnamon, Juniper Berries, Peppercorn, Vanilla, Unsweetened Almond Milk

LONDON FOG TEA

5.25

Earl Grey Tea, Raw Honey, Unsweetened Almond Milk

BELGIAN HOT CHOCOLATE

5

70% Organic Dark Chocolate, Raw Honey, Choice of Milk



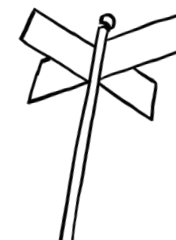
Honey Brains

BREAKFAST LUNCH DINNER

FLATIRON | NOHO | SAKS | TRIBECA | UWS

Order Online At [HONEYBRAINS.COM](https://www.honeybrains.com)

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A.M. Breakfast

Served Until 11 A.M.

OMEGA EGGS

THE PERFECT EGG SANDWICH 10

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

FARMER'S VEGAN 10

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

PROTEIN PEPPER STEAK & EGGS 14

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

POWER OATMEAL

ANCIENT OATMEAL 7

Gluten-Free Oatmeal, Quinoa, Ancient Grain Crunch, Raw Honey, Coconut Milk

BERRY OATMEAL 7

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

PROTEIN OATMEAL 8

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

MATCHA OATMEAL 9

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

P.M Lunch & Dinner

FOR SITTING

THE VALENCIA 16.75

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

SWEET & SOUR CHICKEN 16.75

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

SALMON WITH VEGGIE-MASH 16.75

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

PROTEIN PEPPER STEAK 16.75

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

BBQ TOFU 16.75

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

FOR STANDING

SPICY CHICKEN SANDWICH 14

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

PRIME CUT STACK SANDWICH 14.5

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

BLACKENED SALMON SANDWICH 14.5

Spicy Remoulade, Cherry Tomatoes, Red Onions, HB Pickles, Cabbage Slaw, HB Signature Bread

ALL DAY

AVOCADO TOAST 12

Avocado, Basil Oil, Pickled Onions, Sourdough

GUACAMOLE 9

Avocado, Basil Oil, Chia Salt, Plantain Chips

PB + BANANA TOAST 10

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

SEASONAL SOUP 6.5/8

 VEGETARIAN  VEGAN  GLUTEN FREE