

# 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

### HONEY ALMOND CRUNCH

### HOUSEMADE PLANTAIN CHIPS

### HOUSEMADE CHEDDAR CHIPS

## CATERING

cateringteam@honeybrains.com  
honeybrains.com/catering

## 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

#### MAGIC MIND LATTE

6.5 / 7

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

#### FEEL GOOD LATTE

8 / 8.5

Espresso, Ashwagandha, 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



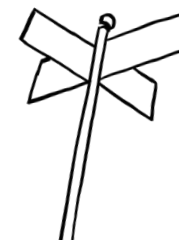
# Honey Brains

BREAKFAST LUNCH DINNER

FLATIRON | NOHO | SAKS | TRIBECA | UWS

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

@honeybrainslife



# A.M. Breakfast

SERVED UNTIL 12 P.M. (WEEKENDS UNTIL 4 P.M.)

## OMEGA EGGS

### THE PERFECT EGG SANDWICH 10

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

### PROTEIN PEPPER STEAK & EGGS 14

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

## QUINOA OATMEAL

### ANCIENT OATMEAL 7

Spiced Quinoa Oatmeal, Ancient Grain Crunch, Raw Honey, Coconut Milk

### BERRY OATMEAL 7

Spiced Quinoa Oatmeal, Coconut Milk, Choice of Blueberry or Strawberry Compote

### PROTEIN OATMEAL 8

Spiced Quinoa Oatmeal, HB Peanut Butter, Bananas, Raw Honey, Coconut Milk

# P.M Lunch & Dinner

## FOR SITTING

### THE VALENCIA 16.75

Chicken & Forbidden Rice Medley, 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

### BLACKENED 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

Substitute Gluten-Free Bread +2

 VEGETARIAN  VEGAN  GLUTEN FREE

## FOR STANDING

### SPICY CHICKEN SANDWICH 14

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

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

## ALL DAY

### GREEK YOGURT 7

Served with Raw Honey and Ancient Grain Crunch  
Additional Toppings: Strawberries, Blueberries, Bananas, Molasses Walnuts, Peanut Butter +1

### AVOCADO TOAST 12

Avocado, Basil Oil, Diced Tomatoes, Pickled Onions, Chives

### GUACAMOLE 9

Avocado, Basil Oil, Chia Salt, Plantain Chips

### PB + BANANA TOAST 10

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

### SEASONAL SOUP 6.5/8