

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



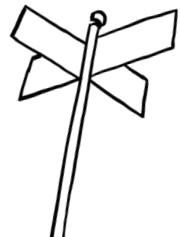
Honey Brains

BREAKFAST **LUNCH** **DINNER**

FLATIRON | NOHO | SAKS | TRIBECA | UWS

Order Online At HONEYBRAINS.COM

@honeybrainslife



A.M. Breakfast

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

OMEGA EGGS

THE PERFECT EGG SANDWICH

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

10

PROTEIN PEPPER STEAK & EGGS

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

14

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



Chicken & Forbidden Rice Medley, Roasted Carrots, Long Beans, Corn, Mushrooms, Bell Peppers

16.75

SWEET & SOUR CHICKEN



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

16.75

BLACKENED SALMON WITH VEGGIE-MASH



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

16.75

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