

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



MENU

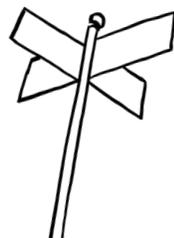
Honey Brains

BREAKFAST LUNCH DINNER

FLATIRON | 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

Substitute Gluten-Free Bread +2

 VEGETARIAN  VEGAN  GLUTEN FREE

P.M Lunch & Dinner

BOWLS 16.75

THE VALENCIA

Homestyle Free-Range Chicken blended in Forbidden Black Rice, Roasted Carrots, Long Beans, Corn, Mushrooms, Bell Peppers

Chef Recommended Sauce: BUFFALO  

SWEET & SOUR CHICKEN

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

Chef Recommended Sauce: SRIRACHA   

BLACKENED SALMON WITH VEGGIE-MASH

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

Chef Recommended Sauce: BBQ 

PROTEIN PEPPER STEAK

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

Chef Recommended Sauce: BLUE CHEESE

BBQ TOFU

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

Chef Recommended Sauce: JALAPEÑO-BEAN TAHINI

SANDWICHES

TUNA 12

Tuna, Spicy Remoulade, Pickled Jalapeños, Capers, Pickles, Red Onions, Cabbage Slaw, HB Signature Bread

SPICY CHICKEN *Served Warm* 14

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

PRIME CUT STACK *Served Warm* 14.5

Thinly Sliced Pepper-Crusted Grass-Fed Steak, HB Reuben Sauce, Cabbage Slaw, HB Signature Bread

BLACKENED SALMON *Served Warm* 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, Chia Salt Medley, Chive Mix, EVOO, Sourdough

PB + BANANA TOAST 10

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

SEASONAL SOUP 6.5/8