

www.honeybrains.com/hbcatering cateringteam@honeybrains.com

(347) 287-4417

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BREAKFAST

12

TEX MEX BOWL

Two Over Easy Eggs, Pico de Gallo, Black Beans, **Roasted Potatoes**, Sliced Avocado, Chive Mix

BACON. EGG *\mathcal{E}* 10.5 CHEESE SANDWICH

Turkey Bacon, Over Easy Eggs, Cheddar Cheese, Mixed Greens, Basil-Tomato, Vegan Aioli, Sourdough

EGG & AVOCADO WRAP

Scrambled Eggs, Pico de Gallo, Spinach, Avocado in a Whole Wheat Wrap

SMOKED SALMON

GREEK YOGURT

Served with Raw Honey and Granola

POWER OATMEAL

Gluten-Free Oatmeal, Quinoa, Coconut Milk, Raw Honey, **Mixed Berries**

PB & BANANA BOWL

Peanut Butter, Raw Honey, Banana

BERRY BOWL

Strawberries, Blueberries, Honey

WAFFLES

Whole Wheat Waffles with Mixed Berries and Maple Syrup (Add Baked Chicken For +6.75)

TOASTS

12

10

Smoked Salmon, Labneh, Cucumbers, Infused EVOO, Chive Mix, Sourdough

AVOCADO Avocado, Chia Salt Medley, Chive Mix, Infused EVOO, Sourdough

PROTEIN

ADD TO ANY INDIVIDUAL ORDER

5

5

	SIDES
BROWN	RICE

ROASTED BROCCOLI

MANGO SALSA

Atlantic Salmon 5 Miso Salmon SWEET POTATO MASH 5

- Grass Fed Coffee Steak Crispy Tofu
- **Paillard Chicken**
- **Baked Chicken Schnitzel Buffalo Chicken**

SALADS

COBB

8

8

8

8

9

12

6.75

Diced Chicken, Turkey Bacon, 8 Minute Egg, Avocado, Grape Tomatoes, HB Seasoned Walnuts, Corn, Avocado, Saffron Yogurt, Zaatar Spiced Chickpeas, Blue Cheese, Mixed Greens

CHOPPED THAI

Napa Cabbage, Red Cabbage, Carrots, Edamame, Mango, Cilantro, Scallions, Peanuts

GREEN GODDESS

Kale, Avocado, Corn. Pistachios, Red Chilies, Pickled Red Onions, Anchovy-Labneh Dressing

HB FRED'S CHICKEN 17.5

Chicken Breast, Mixed Greens, Apples, Edamame, Avacado, Grape Tomatoes, Red Onions, Walnuts

SANDWICHES

TUNA SANDWICH

Tuna, 8 Minute Egg, Spinach, Basil Tomato, Vegan Aioli, Sourdough

GRILLED KIM-CHEESE 11

Kimchi, Cheddar, Mozzarella, Gochujang, Basil, Vegan Aioli, Whole Wheat Pullman Bread

HB CHICKEN SANDWICH

Baked Chicken Schnitzel, Mixed Greens, Basil Tomato, Pickled Red Onions, Vegan Aioli, Sourdough

BOWLS

THE FIESTA 17.5

Choice of Protein, Brown Rice, Pico de Gallo, Black Beans, Chive Mix, Sriracha

ZEN CURRY

16

16

14

14

17.5

17.5

17.5

17.5

Choice of Protein, Coconut Corn Curry, Brown Rice, Steamed Spinach, Ovster Mushrooms, Golden Raisins, **Pickled Onions**

THE HAWAIIAN

Choice of Protein, Brown Rice, Scallions, Cucumbers, Avocado, Edamame, Mango Salsa, Roasted Shallots, Vegan Aioli

SUPER SWEET POTATO 17.5

Choice of Protein, Sweet Potato Puree, Sautéed Broccoli, Spinach, Chimichurri, Almonds

CHIRASHI (SUSHI BOWL)

Choice of Protein, Brown Rice, Nori, Roasted Shallots. Pickled Ginger, Avocado, Cucumbers, Scallions, Wasabi Sauce, Honey Soy



PASTRIES

N/A Pastry Selection Depends On Order

LUNCH PLATTERS

Small Serves 10 | Large Serves 20

SALADS

COBB

150 / 290

Diced Chicken, Turkey Bacon, 8 Minute Egg, Avocado, Grape Tomatoes, HB Seasoned Walnuts, Sweet Potatoes Zaatar Spiced Chickpeas, Blue Cheese, Mixed Greens

CHOPPED THAI 150 / 290

Napa Cabbage, Red Cabbage, Carrots, Edamame, Mango, Cilantro, Scallions, Peanuts

GREEN GODDESS 150 / 290

Kale, Avocado, Corn, Pistachios, Red Chilies, Pickled Red Onions, Anchovy-Labneh Dressing

HB FRED'S CHICKEN 150/290

Chicken Breast, Mixed Greens, Apples, Edamame, Avacado, Grape Tomatoes, Red Onions, Walnuts

WRAPS

CHICKEN WRAP 135 / 260

Chicken Paillard, Pico de Gallo, Spinach, Black Beans, Saffron Yoaurt, Pickled Onions, Pickled Holland Peppers, Whole Wheat Wrap

TOFU WRAP

135 / 260

Pico de Gallo, Spinach, Black Beans, Vegan Aioli, Pickled **Onions, Pickled Holland** Peppers, Whole Wheat Wrap

ASSORTED WRAPS 140/270

BOWLS

VEGAN PACKAGE 185/360

Comes With A Platter Of Crispy Tofu, Rice, Spinach, Mashed

CLASSIC PACKAGE 185/360

Comes With A Platter Of Chicken Paillard, Rice, Spinach, Mashed Sweet Potatoes

SURF 'N' TURF 185/360 PACKAGE

Comes With A Split Of Our Coffee Steak & Miso Salmon, **Roasted Broccoli, Garlic** Mashed Potatoes, Mixed Greens

SANDWICHES

SANDWICH SLIDERS 95/180

Choice Of Chicken, Tofu, Tuna, or Steak (+10 upcharge) (Make It Assorted For An Additional +20)

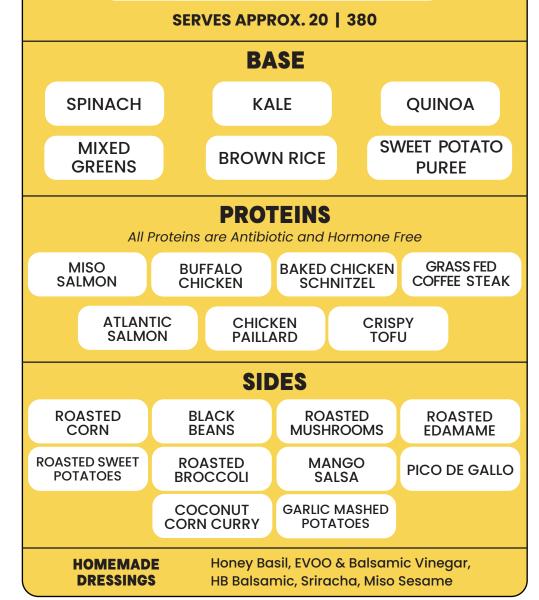
SANDWICH PLATTER 135/260

Choice of Chicken, Tuna, Tofu, or Steak (+10 upcharge) (Make It Assorted For An Additional +20)



BUILD YOUR OWN BOWL

Choose Two Bases, **Two Proteins. Three Sides** E Two Dressing



SIDE PLATTERS

SIDE PEATIERS		DESSERTFE
PROTEINS	95 / 180	ARRANGED FRU
Small Serves 10 Large Se	erves 20	PLATTER Assorted Seasonal
Atlantic Salmon Miso Salmon		MIXED BERRY
Coffee Steak		BOWL PACKAG
Crispy Tofu Paillard Chicken		Mixed Blueberries,
Baked Chicken Schnitzel		Strawberries, Drizze
Buffalo Chicken		ASSORTED
SPINACH	30 / 50	GLUTEN FREE PASTRIES PLAT
MIXED GREENS	30 / 50	
KALE	30 / 50	ASSORTED PASTRIES PLAT
BROWN RICE	40 / 70	TRAVEL
BLACK BEANS	45 / 80	COFFEE TRAVE
PICO DE GALLO	45/80	Coffee Traveler, Com
QUINOA	40 / 70	& Sugar. Cups Upon Add Honey At An Add
ROASTED BROCCOLI	45/00	ORGANIC
	-	TEA SERVICE
MANGO SALSA	60 / 90	Mix Of Organic Herl Caffeinated Tea Blo
ROASTED VEGETABLES	45 / 80	
COCONUT CORN CURRY	50 / 90	
GARLIC MASHED	40 / 70	
POTATOES		CHR A
ZAATAR CHICKPEAS	40 / 70	
MASHED SWEET	45 / 80	
POTATOES	-	



DESSERT PLATTERS

BREAKFAST PLATTERS

Small Serves 10, Large Serves 20

120 / 230

165 / 320 BREAKFAST PACKAGE

Scrambled Eggs, Roasted Potatoes, Turkey Bacon, **Toasted Pullman Bread**

WAFFLE PACKAGE 120/230

Waffles, Maple Syrup, Turkey Bacon, Mixed Berries, Scrambled Eggs (Add Baked Chicken For +95) 50/90

OATMEAL BAR

Gluten Free Oatmeal with Quinoa, Honey and Coconut Milk And A Side of **Mixed Berries** Add Banana, Walnuts, Peanut Butter &

Extra Mixed Berries for an Additional Fee

GREEK **YOGURT BAR**

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

Add Banana, Walnuts, Peanut Butter & Extra Mixed Berries for an Additional Fee

TOASTS PLATTERS

TOAST PLATTER 100/190 Choice of Avocado, or Smoked Salmon Toast, Peanut Butter & Banana Toast

ASSORTED 70/130 **MINI-TOAST PLATTER**

Assorted Mini Avocado and Smoked Salmon Toast

WRAPS OR SANDWICHES

135/260

Bacon, Egg & Cheese Egg & Avocado Bacon, Lettuce & Tomato (Make It Assorted For An Additional +20)

CROISSANT 95 / 180 **SANDWICH PLATTER**

Bacon, Egg & Cheese Smoked Salmon Avocado, Tomato-Basil & Spinach (Make It Assorted For An Additional +20)

MULTI-GRAIN 50 / 90 **CROISSANT PLATTER**

MIXED BERRY **BOWL PACKAGE**

60 / 120

Mixed Blueberries. Strawberries, Drizzled Honey

SIDE PLATTERS

SCRAMBLED EGGS 60 / 110 **TURKEY BACON** 70 / 130 **BLACK BEANS** 45/80 **ROASTED POTATO** 45/80

SMASHED AVOCADO 50/90

