



Salt & Honey is committed to sustainable practices by using locally sourced and seasonal ingredients whenever possible. All of our meat is humanely, sustainably raised, antibiotic and hormone free. Each special is served with an organic mixed greens salad with house made vinaigrette. Desserts are available upon request.

Weekly Sandwich Special: Grilled Chicken with a Basil Pistu, Provolone & Sun Dried Tomato on Artisan 9-Grain Bread

Monday

Pot Roast

*with red wine au jus*

Creamed Kale

Oven Roasted Fennel & Wild Mushrooms

Tuesday

Rosemary Grilled Chicken Under Brick

Roasted Baby Beets

*with fresh mozzarella & toasted hazelnuts*

Brussels Sprout Gratin

Wednesday

Za'atar Spiced Chicken Kabobs

*with tzatziki sauce*

Flat Bread

*with roasted red pepper hummus*

Orzo Pasta Salad

*with fresh mozzarella, roasted red pepper, pine nuts & pesto*

Thursday

Turkey Meatballs

*with arrabiata sauce*

“Penne-Boney”

*penne with marinara & mozzarella*

“Killer” Kale

Roasted “Jack-O’-Lantern” Pumpkin Salad

*with pepitas, goat cheese & arugula*

*(in place of mixed greens)*

Friday

Herb Roasted Chicken

Oven Roasted Brussels Sprouts

Kimchi Smashed Potatoes