



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

Italian Submarine

with Mortadella, Genoa Salami, Prosciutto, Provolone, House Made Jardiniere, Lettuce & Balsamic Vinaigrette on Local Artisan Bread

Monday

Gourmet Chopped Salad

with seasonal vegetables & grilled chicken

House Made Buttermilk Biscuits

with maple butter

Seasonal Fruit Salad

Tuesday

Roast Chicken on the Bone

with herbs de provence

Mixed Ancient Grains

with parmesan brodo, rosemary-thyme wild mushrooms finished with truffle salt

Heirloom Beans

with roasted seasonal vegetables

Wednesday

Fish Tacos

with corn tortillas, roasted tomatillo salsa, cilantro lime crema, jalapeño & cabbage slaw

Cumin & Coriander Roasted Squash

Black Bean Salad

with roasted chayote squash

Thursday

Broccolini & Beef

Seasonal Stir Fried Vegetables

Kimche Brown Fried Rice

with sunny side up fried eggs

Friday

Beer Braised BBQ Persimmon Pork Shoulder

South West Penne Pasta Salad

with red pepper, red onion, cilantro, crumbled ricotta salta & siracha aioli

Grilled Chayote Squash

with mint, lime & caper vinaigrette