



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

Weekly Sandwich Special

Waldorf chicken salad with dried cherries & walnuts with organic mixed greens on Metropolis 9 grain

Monday

Teriyaki Glazed Chicken

Cilantro Mixed Grains

forbidden rice, brown rice & tricolor quinoa

Seasonal Vegetable Stir Fry

glazed in house made teriyaki sauce

Tuesday

Cumin Scented Chick Pea & Sausage Stew

with Yukon gold potatoes, onions, stewed tomatoes & mint

Saffron Cous Cous

with pine nuts & dried currants

Braised Kale

in spicy tomato broth & finished with crispy chick peas

Wednesday

House Made Chicken Taquitos

with house made tomatillo salsa

Braised Spring Leeks

with purple & Yukon gold potatoes

Rice & Black Bean Morro

Thursday

House Made Fennel Sausage

with caramelized onions

Cauliflower "Alfredo" Penne

with a creamy cauliflower & parmesan sauce

Pan Seared Seasonal Vegetables

with oregano & Meyer lemon

Friday

Steak Au Poivre

Potato Gratin

with wild mushrooms & thyme

Grilled Spring Asparagus

with Meyer lemon compound butter