



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

Italian sub with Zoe's salamis, shredded romaine, tomato & balsamic vinaigrette on hoagie roll

Monday

Grilled 5 Spice Chicken

Vietnamese Bun Bowls

vermicelli noodles, cucumber, mint, shredded romaine, carrots & cilantro with nuoc cham vinaigrette

Vegetable Summer Rolls

rice paper wrappers filled with shredded vegetables, lettuce, herbs with spicy peanut sauce

Tuesday

Moroccan Baked Chicken

with preserved lemon, saffron & mint

Tri Colored Quinoa

citrus, olives, pine nuts & scallions

Roasted Chick Peas

with sautéed kale, curry & currants

Wednesday

Slow Braised Cilantro Lime Pork Shoulder

with orange, caper, garlic

Sweet Roast Plantain

with cinnamon agave glaze

Avocado & Tomato Salad

with pickled red onions, greens & orange vinaigrette

Thursday

Ricotta & Fennel Sausage Cannelloni

with spicy marinara sauce

White Bean Salad

with hot house tomatoes, olives & baby arugula

Sautéed Kale

with red chile flake & garlic confit

Friday

Gourmet Chop Salad Bar

chick peas, hard cooked egg, bacon bits, red bell peppers, sliced button mushrooms, sliced cucumber & cherry tomatoes

Grilled Citrus & Rosemary Chicken

Cheddar Chive Scones