



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

turkey Bhan Mi with pickled radish & carrot, sliced jalapenos, cilantro, Siracha aioli a on French roll

Monday

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

Tuesday

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

Wednesday

Asian Style Rainbow Steak Salad

with bok choy, red cabbage, yellow bell peppers & purple potatoes

Stir Fried Haricot Vert

with sesame seeds & housemade teriyaki sauce

Lo Mein

with shredded cabbage & carrots

Thursday

Sopes

masa cakes filled with refried black beans, lettuce, tomato, lime cilantro crema, queso fresco & sliced avocado

Cilantro Lime Grilled Chicken

Spanish Rice & Accompaniments

fire roasted tomatillo salsa, pickled jalapeno & carrots, house made salsa picante

Friday

Steak Au Poivre

black peppercorn encrusted with a cognac cream sauce

Sauteed Spring Vegetables

with herbed compound butter & shallots

Spiced Mashed Sweet Potato