



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

*roasted eggplant & roasted red pepper with baby arugula and whipped oregano feta in a whole wheat tortilla*

#### Monday

##### Black Bean Cakes

*with pineapple & jalapeno salsa*

##### Spanish Rice

*with annatto seed, carrot & peas*

##### Summer Citrus & Avocado Salad

*with baby spinach & arugula*

#### Tuesday

##### Southwestern Chicken Cobb Salad

*with chopped romaine, crispy tortilla strips, black beans, queso fresco, cherry tomatoes, avocado & cilantro buttermilk dressing*

##### Jalapeno & Cheddar Corn Muffins

#### Wednesday

##### Curry Encrusted Trout

*with house made garam marsala*

##### Cardamom scented Basmati Rice

##### Curried Chick Peas

*with sauteed kale & stewed tomato*

#### Thursday

##### Gourmet Hot Dogs

*with grilled onions & peppers*

##### Yankee Cole Slaw

*with red & green cabbage, heirloom carrots, scallions & apple*

##### Classic Potato Salad

*with hard boiled egg, red onion, caper & parsley*

#### Friday

*Closed in Observance of Independence Day*