



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

*grilled fontina & house made broccoli pesto panini*

#### Monday

##### Grilled Chicken

*with house made pesto*

##### Green Pasta Salad

*with blanched broccoli, baby spinach, English peas & diced ricotta salta in green goddess vinaigrette*

##### Shaved Summer Squash Salad

*with fresh herbs & honey mustard vinaigrette*

#### Tuesday

##### Grilled Flank Steak

*with salsa verde*

##### Summer Faro Salad

*with summer stone fruit, wild baby arugula, Greek feta cheese with balsamic vinaigrette*

##### Grilled Summer Squashes

*with garlic oil, fresh herbs & Aleppo pepper*

#### Wednesday

##### Grilled Chicken & Baby Spinach Salad

*with chopped candied walnuts, sliced strawberries, blueberries, Laura Chennel goat cheese & balsamic vinaigrette*

##### Chive & Teahive Biscuits

#### Thursday

##### Herbed Chicken Roulades

*stuffed with 18 month prosciutto & fontina cheese*

##### White Bean & Amaranth Salad

*with diced tomato, wild baby arugula & ricotta salata*

##### Sautéed Green Beans

*with citrus & fresh herbs*

#### Friday

##### Chicken & Broccoli

*in house made teriyaki sauce & sesame seeds*

##### Steamed White Rice

*with fresh coriander & sesame oil drizzle*

##### Stir Fried Seasonal Vegetables

*with sweet & sour sauce*