



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

Zoe's thick cut bacon, organic spring mix, smoked tomato jam, Haas avocado on sliced sourdough

Monday

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

Tuesday

Italian Turkey Meatballs

in housemade marinara

Penne Pasta

in housemade marinara sauce & parmesan cheese

Sautéed Haricot Vert

with red pepper flake & lemon zest

Wednesday

Seasonal White Fish Wrapped in Parchment

with tomato, olives & caper ragout

Platanos Maduros

fried sweet plantain chips with sweet & spicy dipping sauce

Morro

long grain white rice cooked with black beans, cilantro & onions

Thursday

Citrus Grilled Chicken

with house made spice rub & roasted Meyer lemon

Pan Roasted Heirloom Carrots

Sautéed Haricot Vert

with herbed compound butter & truffle salt

Friday

Cambodian Beef Salad

with English cucumber, cherry tomatoes, red onions, poppy & sesame seeds

Stir-Fried Rice Noodles

with sautéed kale, red onions & cashews

Sautéed Sesame Seasonal Squash