



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

18 month prosciutto, fig preserves, wild baby arugula & fresh mozzarella on pressed roll

Monday

Grilled Chicken

with house made pesto

Green Pasta Salad

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

Shaved Summer Squash Salad

with fresh herbs & honey mustard vinaigrette

Tuesday

Grilled Calamari

with salsa verde & almonds

Sautéed Summer Broad Beans

with fresh herbs, garlic oil & citrus

Grilled Polenta Squares

with marscapone & chives

Wednesday

Grilled Chicken Tortas

with black bean puree, chopped romaine, sliced hot house tomato, pickled red onion & jalapenos, queso fresco & avocado on rolls

Patatas Bravas

with chipotle aioli

Grilled Mexican Street Corn

with chile lime butter & queso fresco

Thursday

Wok Tossed Shrimp

with sambal & garlic

Pad Thai Style Peanut Noodles

with penne pasta, scallions, carrots & tofu in peanut sauce

Marinated Sesame Kale

lightly sautéed with crispy garlic chips

Friday

California Chicken Kale Salad

with quinoa, dried cranberries, sliced almonds, currants, chick peas with blueberry vinaigrette

House Made Sundried Tomato Focaccia