



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, grilled chicken, heirloom tomato & Haas avocado on sliced sourdough

Monday

Shrimp Fra Diavolo

sautéed shrimp in spicy marinara

Penne Pasta

with housemade marinara

Heirloom Tomato Caprese

with fresh mozzarella, basil pistou & balsamic reduction

Tuesday

Grilled Herbed Roasted Chicken

with fresh thyme & lemon

Summer Faro Salad

with sliced strawberries, baby spinach, Laura Chennel goat cheese with balsamic vinaigrette

Sweet Summer Corn on the Cob

with Aleppo pepper & parmesan crust

Wednesday

Herbs de Provence Encrusted Steak Salad

chopped romaine & mixed greens, cherry tomatoes, bleu cheese, roasted rosemary potatoes

Black Pepper & Fontina Popovers

Thursday

Turkey Koftas

Greek style meatballs with fresh coriander, parsley, dill, mint, lemon, red pepper flake & scallions

Pita Bread & Condiments

tomato wedges, cucumber spears, housemade tzatziki & roasted garlic hummus

Tabouli Salad

with parsley, chopped tomato & bulgur

Friday

Grilled 5 Spice Chicken

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

3 Bean Sesame Salad

with black beans, chick peas & white beans with red bell pepper & cucumber

Sautéed Baby Spinach

with garlic & sambal