



HONEYBRAINS
CATERING MENU

ORDER ONLINE AT **HONEYBRAINS.COM**

catering@honeybrains.com

(917) 472-7682

Avocado Crush



Cobb Salad



Dr. Smoked Salmon



BREAKFAST

À LA CARTE

BACON, EGG, AND CHEESE 11

Turkey Bacon, Two Over Easy Eggs, Tomato, Labneh Cheese, Multi-Grain Bread

ADD SLICED AVOCADO (+4)

EGGS & VEGGIES (GF) (VG) 13

Two Over Easy Eggs, Arugula, Potatoes, Chickpeas, Pumpkin Seeds, Chilies, Red Onions, Cilantro

AVOCADO TOAST (V) 14

Avocado, Chia Hemp Flax Seed Medley, EVOO, Seeded Sourdough

SMOKED SALMON TOAST 15

Smoked Salmon, Labneh Spread, Cucumber, Dill, EVOO, Lemon Zest, Sourdough

BLUEBERRY PARFAIT (VG) 9

Greek Yogurt, Blueberries, Homemade Blueberry Compote, Raw Honey, HB Granola with Walnuts

MARKET BERRY BOWL (GF) (VG) 9

Mixed Berries, Raw Wildflower Honey, Mint

PEANUT BUTTER & BANANA (GF) (VG) 8

Homemade Peanut Butter, Banana, Raw Wildflower Honey

ASSORTED GLUTEN FREE PASTRIES (GF) (VG) 8

MULTI-GRAIN CROISSANTS (VG) 6

BREAKFAST

PLATTERS

serves 6 unless indicated otherwise

MIXED BERRY BOWL (GF) (VG) 54

Mixed Berries, Raw Wildflower Honey, Mint

BLUEBERRY PARFAIT (VG) 54

Greek Yogurt, Blueberries, Homemade Blueberry Compote, Raw Honey, HB Granola with Walnuts

HB TOAST PLATTER 85

Dr. Smoked Salmon or Avocado Crush

HB GRANOLA CEREAL BAR 55

HB Granola Cereal Mix, Assorted Fresh Fruit, Choice of Milk
Serves 10

MULTI-GRAIN CROISSANTS 55

Served with Blueberry Compote
Serves 10

CROISSANT SANDWICHES 75

•Mashed Avocado & Marinated Tomato
•8-Minute Egg, Marinated Tomato, Turkey Bacon, Labneh
•Smoked Salmon, Cucumber, Dill, Labneh

BRAIN BOWLS

À LA CARTE | 16

PULLED STEAK (GF) **BURRITO BOWL**

Pulled Grass-Fed Steak, Ruby Rice, Black Beans, Pico de Gallo, Chive Mix, Guacamole

*YOU CAN SUBSTITUTE STEAK FOR CHICKEN

CHICKEN & RICE (GF)

Pulled Free-Range Chicken, Chickpeas, Ruby Rice, Raw Baby Spinach

*YOU CAN SUBSTITUTE CHICKPEAS OR RUBY RICE FOR SWEET POTATOES & SPINACH FOR KALE

BOWL OF THE MONTH

Ask Us About Our HB Bowl of the Month!

STEAK & MASH (GF)

Grass-Fed Steak, Mashed Potatoes, Sautéed Broccoli, Mixed Greens

SALMON & SWEET POTATOES (GF)

Atlantic Salmon garnished with Peanuts, Cilantro & Red Chilies, Sweet Potatoes, Kale

*YOU CAN SUBSTITUTE SWEET POTATOES FOR CHICKPEAS OR RUBY RICE & KALE FOR SPINACH

JERK SALMON

Jerk-Spiced Salmon served over HB Bulgur Medley and Sautéed Red Cabbage

BUILD YOUR OWN BRAIN BOWL

Choose One Green,
One Protein, Two Sides &
One Dressing

SERVES APPROX. 10 | 195

GREENS

MIXED GREENS

ARUGULA

LEMON KALE

RAW BABY
SPINACH

PROTEINS

All Proteins are Antibiotic and Hormone Free

COFFEE & HERB CRUSTED
GRASS-FED STEAK (GF)

ATLANTIC SALMON or
JERK SALMON (GF)

PULLED FREE-RANGE
CHICKEN (GF)

ROASTED CHICKEN
BREAST (GF)

CHICKEN
SCHNITZEL

PANKO CRUSTED
TOFU (V)

SIDES

RUBY RICE (V, GF)

SWEET
POTATOES (V, GF)

GARLIC MASHED (VG, GF)
POTATOES

BULGUR (V)

ZAATAR SPICED (V, GF)
CHICKPEAS

SAUTÉED (V, GF)
RED CABBAGE

BLACK (V, GF)
BEANS

SAUTÉED GARLIC (V, GF)
BROCCOLI

DRESSINGS

All Dressings are Served on the Side

BASIL & (VG, GF)
HONEY

LEMON (VG, GF)
& FLAX

HONEY (VG, GF)
BALSAMIC

EVOO & (VG, GF)
BALSAMIC
VINEGAR

SRIRACHA (VG, GF)

ADDITIONAL SIDE PLATTERS

Serves 10

HB HUMMUS

*Served with Pita &
Mixed Vegetables*

60

ISRAELI SALAD

*Freshly Chopped Vegetable
Salad Made to Order*

65

FRUIT PLATTER

Seasonal Fruit

95



SALADS

PLATTERS

Serves 10 (Additional Protein +20)

COBB SALAD (GF)

Sliced Chicken Breast, Turkey Bacon, 8 Minute Egg, Avocado, Grape, Tomatoes, Walnuts, Chickpeas, Blue Cheese, Mixed Greens

165

THE FARM (GF) (V)

Quinoa, Chickpeas, Avocado, Fennel, Cucumbers, Tomatoes, Sweet Peppers, Pickled Radish, Grapes, Almonds, Raisins, Mixed Greens

165

BUILD YOUR OWN SALAD

Choice of Greens, Dressing, & Choice of Five Toppings: Tomatoes, Cucumbers, Red Onions, Chickpeas, Quinoa, Grapes, Pickled Radish, Avocado, Carrots, Fennel, Raisin, Blue Cheese, Almonds, 8 Minute Egg

175

SALADS & SANDWICHES

À LA CARTE

SPICY CHICKEN SANDWICH 15

CHOICE OF PROTEIN:

Chicken, Steak, Salmon, or Tofu

Mesclun Greens, Tomatoes, Pickled Red Onions, Vegan Aioli, Multi-Grain Bread

PB & J (VG) 10

Homemade Peanut Butter, Homemade Blueberry Compote, Raw Honey, Multi-Grain Bread



SUBSTITUTE GLUTEN FREE BREAD (+2)

SANDWICH

PLATTERS

20 pieces

PB&J (VG)

Homemade Peanut Butter, Homemade Blueberry Compote, HB Raw Honey, Multi-Grain Bread

60

SPICY CHICKEN SANDWICH BITES

CHOICE OF PROTEIN!:

Chicken, Steak, Salmon or Tofu

Mesclun Greens, Tomatoes, Pickled Red Onions, Vegan Aioli, Roll

80



SUBSTITUTE GLUTEN FREE BREAD (+2)



Farm Salad

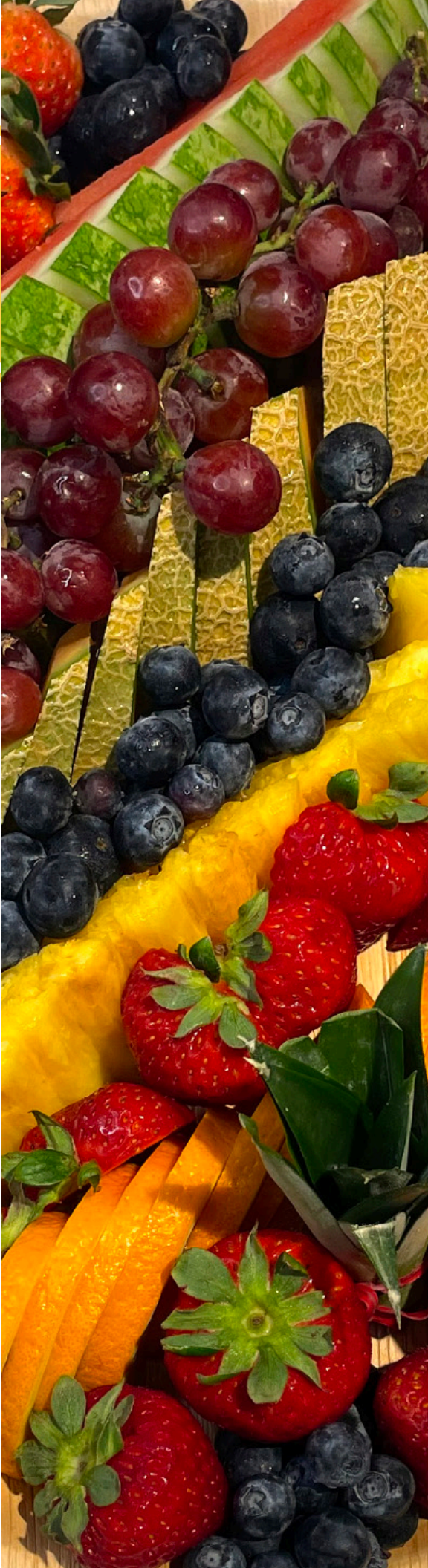


HB Granola Cereal Bar



Croissant Sandwiches





EVENTS

Made to Order Platters

HB HUMMUS PLATTER

Homemade HB Hummus, Pita, Carrots, Celery, & Tomatoes

(Serves 10 - 12) **95**

MINI-TOASTS

Avocado Crush with 8 Minute Egg & Smoked Salmon Toast with 8 Minute Egg

(20 Pieces) **65**

CHEESE PLATTER

Assorted Cheese, Grapes, Strawberries, Olives, HB Spiced Walnuts, Fresh Bread

(Serves 10) **150**

ISRAELI SALAD

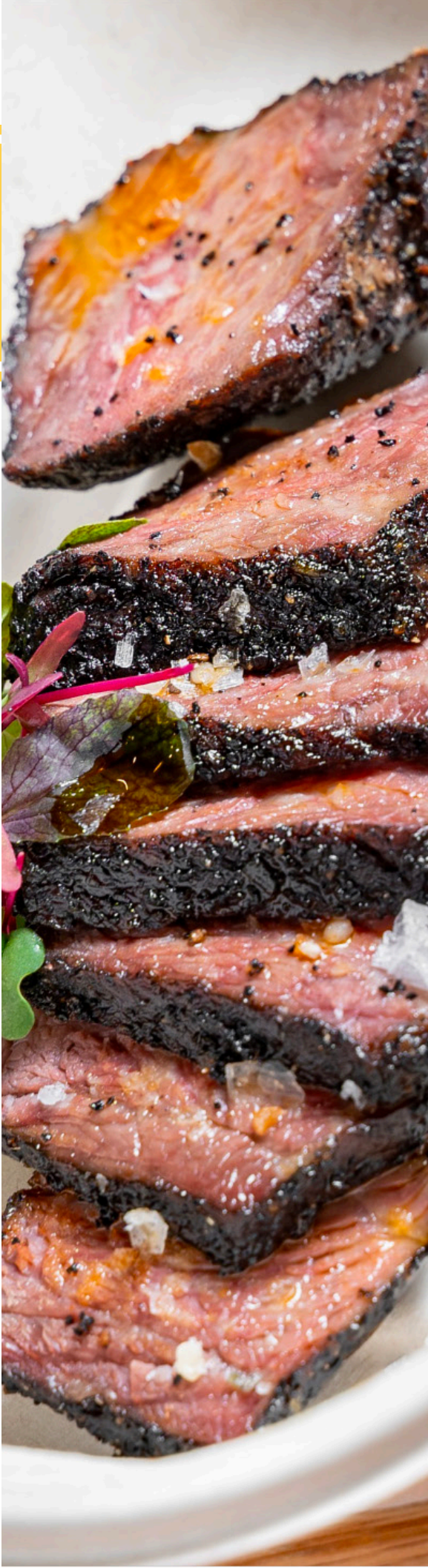
(Serves 10) **65**

ARRANGED FRUIT PLATTER

(Serves 10) **95**

DESSERT BITES

(Serves 10) **65**



SIDES & ADDITIONS

Served as a Side or Individually
Serves 10

SIDE OF PROTEIN

Pulled Chicken, Chicken Breast, Chicken Schnitzel, Crispy Tofu, Pulled Steak, Coffee & Herb Crusted Steak, Atlantic Salmon, Jerk Salmon, Smoked Salmon

95

GARLIC MASHED POTATOES

45

HB SEASONED SWEET POTATOES

45

SAUTÉED RED CABBAGE

45

ZAATAR SPICED CHICKPEAS

40



BEVERAGES

TRAVELERS & INDIVIDUAL

COFFEE TRAVELER

Choice of Milk

Oat, Almond & Cashew Milk (+ 4)

Add a Jar of HB Raw Honey (+ 17)

35

ORGANIC TEA SERVICE

Choice of Earl Grey, English Breakfast, Green, Energy, Peppermint, or Chamomile Tea served

with Choice of Milk

Oat, Almond & Cashew Milk (+ 4)

Add a Jar of HB Raw Honey (+ 17)

35

HB SPECIALTY ICED TEAS

Flavors include London Fog, Green Tea Refresh, Hibiscus Sunset, and Lemonade Kick (12 oz)

(Individual) 6.75

COLD PRESSED JUICES

(Individual / Serves 10) 9 / 90

COLD PRESSED SHOTS

(Individual / Serves 10) 4 / 40

FRESH SQUEEZED OJ

Fresh Squeezed Organic Orange Juice

6.5

CARBONATED DRINKS

Poppi, Spindrift, Kombucha


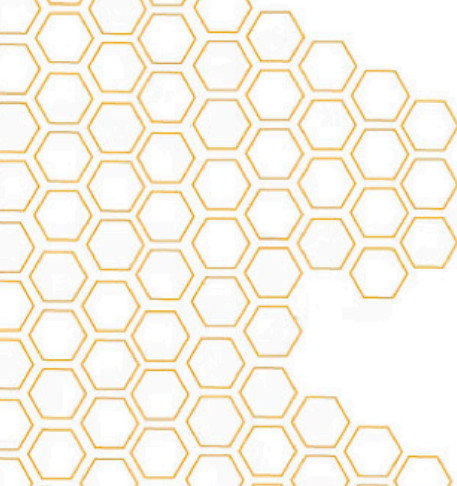
5

WATER

Saratoga Still or Sparkling

5





At Honeybrains, we believe that healthy food doesn't have to be boring or bland, and we love creating new recipes that are both delicious and nutritious. From corporate events to private parties and business lunches, we are committed to making each event unique and extraordinary.

-Honeybrains

HOW WE SERVE YOU

When you choose Honeybrains Catering, we will cater to your event and style. Whether you prefer individually packaged items, or buffet, family-style catering, we have got you covered. We know that different types of events may call for different serving styles, and that is why we are happy to offer a variety of ordering and serving options for your guests.

✓ INDIVIDUAL STYLE

Individually packaged and labeled meals are not only great for accommodating allergies, dietary restrictions, and other modifications, but they help to ensure everyone gets exactly what they want.

✓ BUFFET STYLE

If you are having a larger event and prefer traditional family-style catering, we do offer healthy meal options in the form of a buffet. Buffet-style catering includes larger portion trays, bowls, and more for your corporate or private event.

✓ POP-UPS

Want to take your private or corporate event to the next level? Honeybrains Catering now comes to you through our exclusive Pop-Ups! If you are hosting a private event, we can serve a selection of some of your favorite Honeybrains items upon request. Bring a mini Honeybrains to your next corporate or private event with Honeybrains Pop-Ups!





EVENTS WE CATER

At Honeybrains, we believe that healthy food doesn't have to be boring or bland, and we love creating new recipes that are both delicious and nutritious. From corporate events to private parties and business lunches, we are committed to making each event unique and extraordinary.

✓ **BUSINESS LUNCHEONS**

We know how important it is to keep your employees happy and healthy. That's why we offer healthy catering options for all types and sizes of business luncheons. Not only will your employees feel valued, but it's sure to boost morale.

✓ **CORPORATE EVENTS**

From client meetings to larger B2B events, our culinary team will work with you to provide healthy meal options for all budgets, preferences, and dietary restrictions. The best part? Everyone will feel satisfied, energized, and ready to take on the rest of the work day.

✓ **PRIVATE EVENTS**

We know how hard it can be to plan a party, which is why we offer catering that's both delicious and healthy for your next private event. Honeybrains Catering is perfect for any occasion: birthdays, anniversaries, bridal showers, or even just an afternoon gathering with friends!

Sautéed Cabbage



Tofu Curry



Chopped Salad



HONEYBRAINS CATERING POLICIES

- **24 hour notice is required to cancel catering orders without incurring a fee.**
- **We are happy to accommodate any last minute requests. However, please be advised certain items may require 24-hour notice.**
- **All orders must be pre-paid via Credit Card or by ACH.**
- **Delivery costs \$35 or 10% of the order subtotal depending on the size of the order.**
- **A 10% gratuity will be added to all catering delivery orders.**
- **We deliver to all five boroughs. However, deliveries in extended delivery zones are subject to an additional fee.**
- **We care about the environment, so utensils, plates and napkins are available at a cost of \$1 per guest. However they must be requested in order to be included.**
- **Policies and prices are subject to change.**



Power Oatmeal



Daily Catch





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