

# HONEST MARY'S

## Signature Bowls

*Build Your Bowl on other side*

### Za'atar Spring Bowl 10.25

GF S

Wild Arugula, Black Forbidden Rice, Za'atar Roasted Carrots, French Green Lentils, Cherry Tomato with Dill, Cucumber Salad, Crispy Chickpeas, Spicy Chili Pequin Sauce, Za'atar Sprinkle

### Garlic Pepper Chimichurri 15.75

GF DF

Garlic Pepper Steak, Organic Spinach, Basmati Rice, Sweet Corn, Charred Broccoli with Sesame, Crispy Chickpeas, Chimichurri Sauce

### Honey Mustard Chicken 13.75

GF DF

Tender Kale, Wild Rice, Honey Mustard Chicken, Brussels Sprouts, Sweet Potatoes, Organic Apples, Herb Blend, Organic Jalapeños, Lemon Garlic Sauce

### Aloha Poke\* 14

GF DF

Wild-Caught Poke, Basmati Rice, Avocado, Asian Slaw, Edamame, Pickled Onions, Organic Jalapeños, Black Sesame Seeds, Sesame Vinaigrette, Lime Wedge

### Smoky Poblano 10.75

GF

Basmati Rice, Wild Arugula, Sweet Corn, Pickled Onions, Texas Goat Cheese, Avocado, Pumpkin Seeds, Creamy Poblano Sauce, Lime Wedge

### Sedona Lime 10.25

GF DF V

Basmati Rice, Organic Spinach, Roasted Sweet Potatoes, Black Beans, Toasted Pumpkin Seeds, Cashew Lime Crema Sauce, Lime Wedge

Add Protein

Grilled Chicken + 4.25

Honey Mustard Chicken + 4.25

Grilled Steak + 5.5

Garlic Pepper Steak + 5.5

Baked Tofu + 4

Fresh Poke + 5.75

GF GLUTEN FREE

DF DAIRY FREE

V VEGAN

S SEASONAL

## Broths

### Sipping Broths

12oz / 16oz 5.5 / 6.75

Organic Chicken GF DF

Organic bone broth, vegetables

Seaweed and Mushroom GF DF V

Kombu, cremini, shiitaki, vegetables

CHOOSE ADD-INS

Lemon & Parsley

Chili Oil & Lime

Ginger & Turmeric

## Extras

### Drinks

House-Made Agua Fresca 3.5

Cucumber lime or Ginger limeade

Iced Yaupon Tea 3.5

Black or Green

### Sweets

Almond Butter Cookie 3.25

GF DF V

with Maldon salt

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illnesses.*

# Build Your Bowl

## Bowl

START HERE

Grilled Chicken	13.25
Honey Mustard Chicken	13.25
Grilled Steak	14.50
Garlic Pepper Steak	14.50
Fresh Poke*	14.75
Baked Tofu	13
Farmers Market <i>Pick 3 Market Sides</i>	11.25
Kids Bowl <i>Pick 1 Protein, 3 Sides, and 1 Sauce</i>	8

## Base

PICK 1

Basmati Rice	Organic Spinach
Black Forbidden Rice	Wild Arugula
Tricolored Quinoa	Wild Rice
	Tender Kale

Add an extra + 1.25

## Market Sides

PICK 2

Roasted Sweet Potatoes	Sweet Corn
Black Beans	Baby Portobello Mushrooms
Charred Broccoli with Sesame	Roasted Brussels Sprouts
Curry Roasted Cauliflower	French Green Lentils
Roasted Beets	Za'atar Roasted Carrots <span>S</span>

Add an extra + 2.25

## Toppings

PICK UP TO 2

Pickled Onions	Asian Slaw
Toasted Pumpkin Seeds	Texas Goat Cheese
Edamame	Toasted Texas Pecans
Cucumber Salad	Crispy Chickpeas
Crumbled Feta	Herb Blend
Avocado	Organic Apples
Organic Jalapeños	Cherry Tomato with Dill <span>S</span>

Add an extra + 1.25

## Sauce

PICK 1

Sesame Vinaigrette <span>GF</span> <span>DF</span> <span>V</span>	Apple Cider Vinaigrette <span>GF</span> <span>DF</span>
Creamy Poblano <span>GF</span> <span>DF</span> <span>V</span>	Chimichurri <span>GF</span> <span>DF</span> <span>V</span>
Cashew Lime Crema <span>GF</span> <span>DF</span> <span>V</span>	Spicy Chili Pequin <span>GF</span> <span>S</span>
Lemon Garlic <span>GF</span> <span>DF</span> <span>V</span>	

Add an extra + 1.5

GF GLUTEN FREE

DF DAIRY FREE

V VEGAN

S SEASONAL



Seed Oil Free  
*excludes Creamy Poblano & Lemon Garlic sauces*



No Artificial Ingredients



No Refined Sugar



Dirty Dozen Organic  
*when possible*



Wild-Caught Tuna



Hormone Free Meat