



MENU

AT EMPIRE STATE PLAZA

MEAL COMBOS \$8.49

1/2 SANDWICH AND SIDE SALAD

OR

1/2 SANDWICH AND 12 OZ. SOUP



HOUSEMADE

WRAPS

FULL: \$8.49
Turkey: \$10.99

HALF: \$4.99
Turkey: \$5.99

- Turkey Pesto
- Awesome Chicken
- Sriracha Chicken
- Tuna
- Vegan BLT **V**
- Falafel **V**

HOUSEMADE SALADS

8 OZ

ALL \$4.49 EACH

Poultry and Seafood Salads: \$5.49/8oz

- Massaged Kale **VEG GF**
- Lemon Almond Broccoli **VEG GF**
- Fiesta Black Bean **V GF**
- Crunchy Chickpea **V GF**
- Curry Cashew Tofu **V GF**
- Toasted Sesame Slaw **V GF**
- Sweet Potato Cranberry **V GF**
- "Bread and Butter" Potato **V GF**
- Garden Salad **V GF**
- Vegan Macaroni **V**
- Awesome Chicken
- Sriracha Chicken
- Tuna



SOUPS

12 OZ

ALL \$4.79 EACH

Rotating selection, including vegan and gluten-free options.



HOUSEMADE SWEETS



BARS \$2.99
COOKIES.. 99¢

Super Garden Salad

Choice of awesome chicken or tuna salad served over a garden salad, with choice of dressing on the side

\$6.49

V VEGAN **GF** MADE WITHOUT GLUTEN **VEG** VEGETARIAN

Please inform us if anyone in your party has a food allergy.



EDSON \$8.99

Carrot, Apple, Orange & Ginger

GREEN DINO \$8.99

Kale, Celery, Cucumber, Carrot & Parsley

APPLE ZINGER \$8.99

Carrot, Apple, Lemon & Ginger

SWEET SUNSET \$8.99

Carrot, Apple & Beet

REPTAR \$9.49

Pear, Lemon, Ginger, Cucumber, Kale & Spinach

COLD KILLER \$2.99

Lemon, Ginger, Turmeric, Cayenne Pepper & Honey

HOT DRINK



BANANA \$4.99

Banana, Local Milk & Local Honey

GREEN \$8.99

Apple, Lemon, Kale & Ginger

BERRY-BERRY BANANA \$7.49

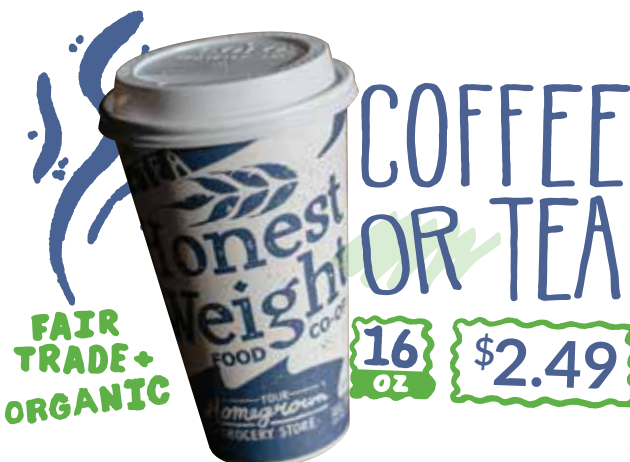
Strawberry, Blueberry, Banana & Local Apple Cider

TROPICAL \$7.49

Fresh Orange Juice, Pineapple, Mango & Coconut Water

STRAWBERRY LEMONADE \$7.49

Strawberries, Apple & Lemon Juice



Grab'n Go!

SNACKS

Selections include potato chips, plantain chips, portabella jerky, and nuts



BEVERAGES

Selections include water, seltzer, iced tea, kombucha, coconut water, and hot tea





COME VISIT US AT THE MOTHERSHIP, JUST 6 MILES FROM ESP, AND A HOP, SKIP AND JUMP FROM BOTH I-90 AND CENTRAL AVE.

You will find the Capital District's most impressive selection of local and organic produce, an incredible bulk department for zero-waste shopping, sustainable meat and seafood, local and international cheeses, and everything else that you'd find at a regular supermarket but without any artificial or potentially harmful ingredients. A large wellness department features natural remedies, essential oils, make-up, soaps, vitamins & supplements, natural cleaning supplies, gifts, housewares, and so much more!

Honest Weight Café at Empire State Plaza

MON.-FRI. 10:30^{AM} - 2:30^{PM}
SAT-SUN: Closed



Empire State Plaza, Food Court
Concourse Level,
Albany, NY 12210

Honest Weight Food Co-op

OPEN DAILY 8^{AM} - 9^{PM}
(518)-482-C00P(2667)
100 Watervliet Ave, Albany



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www.HonestWeight.coop

