

# Munch while you wait!

 **ROASTED GARLIC HUMMUS VG**  
MARKET VEGETABLES & TOAST 8. \*\*

**CASHEW QUESO VG GF**  
PICO DE GALLO, VEGAN TACO MEAT,  
HOUSE TORTILLA CHIPS 9. \*\*

## Featured Supplier

### BLUE HORIZON SEAFOOD

Fresh from the boat, Blue Horizon Seafood Owner Frixos Chrisinis strives to provide the freshest fish that the Gulf has to offer.

 LOOK FOR THIS ICON ON OUR MENU

SANDWICHES  
COME WITH  
2 HOUSE SIDES  
OR A CUP  
OF SOUP

## Sandwiches

SUB A HOMEMADE  
GLUTEN FREE WRAP \$2.5

**TRUFFLED EGG SALAD**  
GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 11.


**“CRUNCHY” CHICKEN**  
NUT-SEED CRUMBLE, CRUSHED CHIPS,  
TOMATO, HOUSE PICKLES, PROVOLONE,  
BUTTERMILK RANCH, PRETZEL BUN 13. \*\*


**SMOKED SALMON**  
ONION JAM, LEMON CREAM CHEESE,  
GOLDEN'S EVERYTHING BAGEL 14. \*\*

**“BANH MI”**  
CHARRED ‘BHR’ PORK, PICKLED ONION,  
JALAPEÑO, CILANTRO, SAMBAL, AIOLI,  
FRENCH BAGUETTE 13.  
(make it veggie by subbing local San San Tofu)

**GULF SEAFOOD **  
SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION,  
LETTUCE, GREEN GODDESS DRESSING, CIABATTA 14.

**GARDEN SAMMIE VG**  
BRUSSELS SPROUTS, AVOCADO, HUMMUS,  
PICKLED ONION, SPROUTS, TOMATO,  
CURRIED CAULIFLOWER, CIABATTA 11.

 **VEGAN MEATBALL SUB VG**  
MUSHROOM-QUINOA “MEAT”BALLS,  
SPINACH-BASIL PESTO, MARINARA,  
SPICY GIARDINIERA, BAGUETTE 12. \*\*

 **AVOCADO BLT**  
FRIED FARM EGG, BACON, ROMAINE, TOMATO,  
AVOCADO SPREAD, AIOLI, WHEAT 14. \*\*

## Soup

CUP 3.5 / BOWL 5.5

**OUR CLASSIC CHICKEN POSOLÉ GF**  
POBLANO, GREEN CHILES, HOMINY, CILANTRO  
& PUMPKIN SEED GARNISH \*\*

 **VEGAN GUMBO VG**  
KIDNEY BEANS, CARROTS, SCALLIONS, BROWN RICE

## Wine

7 GLASS / 32 GURGLE POT

ÆRENA BY BLACKBIRD ROSÉ  
ST. SUPÉRY ESTATE SAUVIGNON BLANC  
CHEHALEM ‘INOX’ CHARDONNAY



9 GLASS / 40 GURGLE POT

DECOY BY DUCKHORN PINOT NOIR  
THE COUNSELOR CABERNET

SEE REVERSE SIDE  
FOR COCKTAILS,  
BEER, & WINES BY  
THE BOTTLE


## Salads

**SPRING HARVEST V GF**  
GREENS, MARKET VEGGIES, TX GOAT CHEESE,  
SPROUTS, TOASTED SUNFLOWER SEEDS,  
SPICED APPLES, FRESH HERB VINAIGRETTE 12.5 \*\*

**TACO SALAD VG**  
BABY KALE, VEGAN “TACO MEAT,” AVOCADO, TOMATO,  
CILANTRO-CORN, PICKLED ONIONS, TORTILLA STRIPS,  
PUMPKIN SEEDS, LIME VINAIGRETTE 13.5 \*\*

**ASIAN CHICKEN GF**  
NAPA CABBAGE, PICKLED CUCUMBER, BEAN SPROUTS,  
CRISPY RICE NOODLES, CASHEWS, GINGER-SOY  
VINAIGRETTE, SPICY PEANUT SAUCE 13. \*\*

 **SHRIMP COBB GF **  
ROMAINE, TOMATO, EGG, BACON, CUCUMBER,  
AVOCADO, RED WINE VINAIGRETTE 15.

 **“DECONSTRUCTED” HAMBURGER SALAD**  
44FARMS BEEF PATTY, CHOPPED ROMAINE,  
RED ONION, CROUTONS, PICKLES, TOMATO,  
FRENCH FRIES, “SECRET” SAUCE 14.

 **SALMON POKÉ**  
SESAME-CILANTRO QUINOA, AVOCADO, EDAMAME,  
BOK CHOY, RADISH, PICKLED EGG, SANBAIZU 17. \*\*

ADD A PROTEIN TO ANY SALAD  
TOFU OR CHICKEN 3. SHRIMP 5. SALMON 8.

## Drinks

STRAWBERRY-THYME AGAVE LEMONADE 3.5

ICED COFFEE 4.5

KATZ COLD BREW NITRO DRAFT 4.

PAT GREER'S SPRING KOMBUCHA 4.5

‘JUST MADE FOODS’ COLD-PRESSED JUICES 5.

## Sweets

CHOCOLATE CHIP COOKIE 2.5

GLUTEN FREE 7-LAYER BAR GF 3. \*\*

VEGAN CARROT CUPCAKE VG 4.

### UNDERSTAND OUR MENU

 NEIGHBORHOOD FAVORITES

\*\* CONTAINS NUTS/SEEDS

GF GLUTEN FREE

V VEGETARIAN

VG VEGAN

PLEASE INFORM US OF ANY FOOD ALLERGIES  
BEFORE ORDERING



### Neighborhood Favorites

This icon means the dish is exclusive to this Local Foods. Perhaps it highlights seasonal ingredients or reflects our chef's style of cuisine, a favorite preparation or unique recipe. Enjoy.

We are committed to using fresh, locally-sourced, high quality ingredients. Our shrimp is wild caught; our chicken, beef, pork and eggs are cage free, hormone free, and come from sustainable farms.

