

Munch while you wait!

JALAPENO HUMMUS VG GF
OLIVE OIL, HEIRLOOM CARROTS,
RADISHES, CUCUMBER 8.**

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

BLUE HORIZON SEAFOOD

Fresh from the boat, Blue Horizon Seafood owners Frixos Chrisinis and Sallie Osborne Chrisinis strive 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 V
GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 11.

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

“BANH MI”
FALCON LAKE FARMS CHARRED PORK,
PICKLED ONION, JALAPEÑO, CILANTRO,
SAMBAL, AIOLI, FRENCH BAGUETTE 13.
(make it veggie by subbing SAN SAN tofu)

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

VEGAN MEATBALL SUB VG
MUSHROOM & PECAN MEATBALLS, MARINARA, PESTO,
SPICY GIARDINIERA, TOASTED BAGUETTE 11.5 **

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

ROAST BEEF
HOUSE ROAST BEEF, TEXAS GOAT CHEESE, TOMATO,
ARUGULA, BALSAMIC AIOLI, CIABATTA 15.

AVOCADO BLT
FRIED EGG, BACON, BIBB LETTUCE, AIOLI,
HEIRLOOM TOMATO, SOURDOUGH 15.

SMOKED SALMON
HOUSE CURED AND SMOKED SALMON, ONION JAM,
GREENS, LEMON CREAM CHEESE,
“EVERYTHING” BAGEL 14. **

Soup

CUP 3.5 / BOWL 5.5

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

VEGAN APPLE & BUTTERNUT SQUASH GF VG
BUTTERNUT SQUASH, GREEN APPLES
CANBERRY-PECAN CHUTNEY, FRESH HERBS***

Market Sides

- DILL PICKLE SPEARS**
- HOUSEMADE CHIPS** OLD BAY SEASONING
- PUMPKIN SEEDS** SPICY SEASONING
- POTATO SALAD** ONION, CELERY, EGG,
HONEY, DILL, CREOLE MUSTARD
- SEASONAL FRUIT** HONEY CRISP APPLE
- TUSCAN KALE** PINE NUTS, PARMESAN **
- BROCCOLI-QUINOA-** CASHEW YOGURT, VEGAN BACON, PUMKIN SEEDS**

**ANY
SANDWICH
MAY BE
PREPARED AS
A SALAD**

Salads

FALL HARVEST V GF
LOCAL GREENS, MARKET VEGGIES, PURE LUCK CHEVRE,
SPROUTS, PECANS, BEETS, POMEGRANATE SEEDS, FRESH
HERB VINAIGRETTE 12.5. **

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

SHRIMP COBB GF
ROMAINE, TOMATO, EGG, BACON, CUCUMBER,
WHITE CHEDDAR, AGAVE-CREOLE MUSTARD 15.

ASIAN CHICKEN GF
NAPA CABBAGE, PICKLED CUCUMBER, BEAN SPROUTS,
SUGAR SNAP PEAS, BROCCOLI, CASHEWS, CRISPY GARLIC,
GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 13. **

SEARED SALMON SALAD GF
GREENS, MARINATED TEXAS FETA,
CRISPY ARTICHOKE HEARTS, KALAMATA OLIVES,
SUNDRIED TOMATOES,
ROASTED RED PEPPER VINAIGRETTE 15.

MARKET PICK 3
YOU DECIDE--CHOOSE ANY 3 ITEMS FROM OUR CASE OF
HOUSE SIDES OR SOUP 11. **

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

Drinks

- SEASONAL LEMONADE 3.5**
- KATZ COLD BREW NITRO DRAFT 5.**
- HONEY ICED COFFEE 4.5**
- PAT GREER’S SPRING KOMBUCHA 4.5**

Sweets

- CHOCOLATE CHIP COOKIE 2.5**
- VEGAN CARROT CUPCAKE** 4. VG**
- GLUTEN FREE SNICKERDOODLE 3.**

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

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.

