


Munch while you wait!

 **LOCAL "BEAN" HUMMUS VG GF**
TOPPED WITH A "SALSA SECA",
WITH HOUSEMADE CHIPS AND VEGGIES 9.

CASHEW QUESO ** VG
PICO DE GALLO,
HOUSE TORTILLA CHIPS 9. **

Featured Supplier

FALCON LAKE FARMS

Founded by Felix Florez, he has been around the industry his whole working life. He strives to supply the finest breeds and highest quality meat to many restaurants around the city.



LOOK FOR THIS ICON ON OUR MENU

SANDWICHES
COME WITH
2 HOUSE SIDES
OR A CUP
OF SOUP


SANDWICHES

SUB GLUTEN FREE WRAP \$2.5

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

"CRUNCHY" CHICKEN
OVEN ROASTED CHICKEN BREAST, NUT-SEED CRUMBLE, CRUSHED CHIPS, TOMATO, HOUSE PICKLES, PROVOLONE, BUTTERMILK RANCH, PRETZEL BUN 13. **


 **SMOKED SALMON**
ONION JAM, LEMON CREAM CHEESE, MIXED GREENS, EVERYTHING BAGEL 14. **

 **"BANH MI"**
CHARRED FLF PORK, PICKLED ONION, JALAPEÑO, CILANTRO, SAMBAL, AIOLI, FRENCH BAGUETTE 13.
make it vegan by subbing tofu & vegan aioli

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

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

 **AVOCADO BLT**
APPLEWOOD BACON, FRIED EGG, AVOCADO, SPICY AIOLI, SOURDOUGH 15.

 **VEGAN "MEATBALL" SUB VG**
MUSHROOM & QUINOA "MEATBALLS", MARINARA, HOUSE MADE GIARDINIERA, ARUGULA PESTO, BAGUETTE 11.5 **

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

SOUP

CUP 3.5 / BOWL 5.5

OUR CLASSIC CHICKEN POSOLÉ GF
POBLANO, GREEN CHILES, HOMINY, CILANTRO & PEPITAS GARNISH **

 **BUTTERNUT SQUASH "BISQUE" VG GF**
CRANBERRY-WALNUT CHUTNEY, PAPRIKA, OLIVE OIL **

HOUSEMADE SIDES

HOUSEMADE CHIPS VG GF OLD BAY SEASONING

LOCAL FRUIT TRULY TEXAS APPLES VG GF

TUSCAN KALE V GF GOLDEN RAISINS, PINE NUTS, PARMESAN **

RED POTATO SALAD V GF EGG. AIOLI, MUSTARD, DILL, HONEY

 **BROCCOLI-QUINOA VG GF** PICKLED RED ONION, "BACON BITS", CASHEW YOGURT **


PUMPKIN SEEDS VG GF CURRY POWDER **

PICKLE SPEARS VG GF


4 EA. / 5 PINT / 8 QUART


SALADS

FALL HARVEST V GF
GREENS, ROASTED BEETS, TEXAS GOAT CHEESE, BRUSSEL SPROUTS, DELICATA SQUASH POMEGRANATE, TOASTED TEXAS PECANS, FRESH HERB VINAIGRETTE 12.5 **

 **TACO SALAD VG GF**
ROMAINE, BRAISED JACKFRUIT, AVOCADO, ROASTED CILANTRO-CORN, TOMATO, PICKLED ONIONS, TORTILLA STRIPS, PUMPKIN SEEDS, ANCHO-CHILE VINAIGRETTE 13.5 **

ASIAN CHICKEN GF
NAPA CABBAGE, BEAN SPROUTS, FRIED GARLIC, CASHEWS, BROCCOLI, GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 13. **

 **JOSPER SALMON SALAD GF**
"CITY'S BEST" TOFU, ROMAINE, POPPED RICE, CARROTS, PEANUTS, AVOCADO, FRESH HERBS, LEMONGRASS VINAIGRETTE 17.**

 **BUDDHA BOWL VG GF**
WARM QUINOA-MUSHROOM MIX, BROCCOLI, SNOW PEAS, WINTER SQUASH, BASIL, CILANTRO, MINT, TOFU, AVOCADO, PICKLED ONION, GINGER-TAHINI 14. **

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.
SMOKED SALMON FILET 8.

DRINKS

CRANBERRY-FALL SPICED LEMONADE 3.5
HONEY ICED COFFEE (WITH DAIRY FREE MILK) 4.5 **
KATZ COLD BREW NITRO DRAFT 6.
PAT GREER'S SEASONAL KOMBUCHA 4.5

DESSERT

CHOCOLATE CHIP COOKIE V 2.5
VEGAN CARROT CUPCAKE VG 4.
SEE OUR DAILY SELECTIONS OF DESSERTS!

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.

