** Sandwhiches with Choice of 2 Sides or a Cup of Soup **} 

** TURKEY CONFIT **
MELTED BRIE, CRANBERRY JAM, ARUGULA, AIOLI, MARBLED RYE 15.

** SMOKED SALMON **
SWEET PEPPER REMOULADE, DILL HUMMUS, GREENS, GOLDEN BAGEL’S EVERYTHING BAGEL 12 **

** "BANH MI" **
GRILLED BLACK HILL RANCH PORK, PICKLED ONION, CARROT-CUCUMBER MIX, JALAPENO, CILANTRO, SAMBAL, AIOLI, FRENCH BAGUETTE 12.
(TOFU AVAILABLE UPON REQUEST)

** TRUFFLED EGG SALAD **
TOMATO, MIXED GREENS, PARMESAN, PRETZEL 9.5

** AVOCADO B.L.T. **
FRIED EGG, BACON, ROMAINE, TOMATO, AVOCADO SPREAD, WHEAT 14.

** FALAFEL VEGAN **
TOMATO, SWEET PEA HUMMUS, ROMAINE, OLIVE CRUMBLE, SPICY VEGAN AIOLI, WHEAT 12 **

** GULF SEAFOOD **
SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION, ROMAINE, GREEN GODDESS DRESSING, CIABATTA 13.5

** "CRUNCHY" CHICKEN **
NUT-SEED CRUMBLE, CRUSHED CHIPS, TOMATO, HOUSE PICKLES, ROMAINE, PROVOLONE, BUTTERMILK RANCH, PRETZEL BUN 12 **

** GARDEN SAMMIE VEGAN **
BRUSSELS SPROUTS, AVOCADO, HUMMUS, PICKLED ONION, TOMATO, CURRIED CAULIFLOWER, SPROUTS, CIABATTA 10.

** ADD CHICKEN AS A SALAD W/ CHICKEN 13.5 **

** Salads **

** SEASONAL HARVEST **
MIXED GREENS, SLICED ALMONDS, BRUSSELS SPROUTS, MARKET VEGGIES, SEASONAL FRUIT, GOAT CHEESE, FRESH HERB VINAIGRETTE 11 **

** 44FARMS BURGER SALAD **
CHOPPED ROMAINE, TOMATO, RED ONIONS, CROUTONS, PICKLES, FRENCH FRIES, “SECRET SAUCE” 14.

** TACO SALAD VEGAN **
BABY KALE MIX, VEGAN “TACO MEAT,” AVOCADO, CILANTRO-CORN, PICKLED ONIONS, TORTILLA STRIPS, PUMPKIN SEEDS, LIME VINAIGRETTE 12 **

** Shrimp Cobb **
BACON, TOMATO, SWEET CORN, EGG, AVOCADO, PICKLED RED ONION, ROMAINE, RED WINE VINAIGRETTE 15.

** Asian Chicken **
NAPA CABBAGE, BEAN SPROUTS, CRISPY RICE NOODLES, CASHEWS, GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 12 **

** Sides **

** BRUSSELS BOWL **
PARMESAN, SCALLIONS, RED WINE VINEGAR 6.

** CASHEW QUESO VEGAN (CONTAINS NUTS) **
MARINATED PEPPERS, VEGAN TACO MEAT, HOUSE TORTILLA CHIPS 9 **

** SEASONAL HUMMUS CRUDITE **
MARKET VEGGIES, BAGEL CHIPS 8.

** Drinks **

** ESPRESSO, CAPPUCCINO, OR LATTE **
4-4.5 MATCHA LATTE 5.5
CINNAMON OR VANILLA ICED COFFEE 4.5 COLD BREW NITRO DRAFT 4.
TEA / FOUNTAIN SODA / SEASONAL LEMONADE 3.

** Wine by the Glass **

** 7 OZ / 17 OZ CARAFE / 32 OZ CARAFE **

** CHEHALEM INOX UNOAKED CHARDONNAY **
ARNA BY BLACKBIRD ROSE **
TORII MOR PINOT NOIR **
** BEER & WINE NOW AVAILABLE TO-GO **

** Salads **

DOWNTOWN 420 MAIN STREET 713.227.0531 10AM-8PM MON-FRI

** Contains Nuts/Seeds **
PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING

SUB OF WRAP FOR $1.50 PROUDLY SERVING SLOW DOUGH BREAD

** Consuming raw or undercooked seafood may increase risk of foodborne illness. **

5% SURCHARGE FOR ALL TO-GO ORDERS