AVOCADO & EGG TOAST
RED PEPPER BABA GANOUJ, CRISPY ONIONS, HERB GARLIC OIL, FETA CHEESE CRUMBLES 13.

TRUFFLED SMOKED SALMON TOAST
HOUSE CURED SALMON, EGG SALAD, PICKLED SHALLOTS, CUCUMBER, CAPERS, “EVERYTHING” SPICE 14. **

BREAKFAST PLATE
SCRAMBLED EGGS, SEASONAL CORNMEAL MUFFIN, MAPLE BUTTER, SMASHED GARLIC POTATOES, BACON 14.

CHICKEN CHILAQUILES
BRAISED CHICKEN THIGHS, GUAJILLO CHILI SAUCE, CREMA, SUNNY SIDE UP FARM EGG, RADISH, ONION 14.

GARDEN BREAKFAST BOWL
WARM SALAD WITH KALE, EGG WHITES, CAULIFLOWER, KOREAN CHILI, BROCCOLI, FALAFEL 13. **

HEALTH NUT BOWL
OVERNIGHT OATS, QUINOA, CHIA SEEDS, SEASONAL FRUIT, COCONUT, AVOCADO YOGURT, MAPLE SYRUP, PECANS 13. **

CHICKEN POBLANO BOWL
RICE Grits, GREEN CHILE BROTH, HOMINY, AVOCADO, EGGS, ROASTED CORN AND TORTILLA STRIPS 14.

FAJITA BOWL
SEARED 44 FARMS SKIRT STEAK, KIDNEY BEANS, KALE, SWEET POTATOES, PUMPKIN SEEDS, CHIMICHURRI, EGG 14. **

Sandwiches
PROUDLY SERVING SLOW DOUGH BREAD
WITH CHOICE OF 2 SIDES OR A CUP OF SOUP
SANDWICHES MAY ALSO BE PREPARED AS SALADS | SUB GF WRAP FOR $2.50

SMOKED SALMON
SWEET PEPPER REMOULADE, TRUFFLE DILL SPREAD, EVERYTHING BAGEL 12. **

MUSHROOM SWISS BURGER
44 FARMS BEEF, WILD MUSHROOMS, SWISS, ROMAINE, CRISPY ONIONS, SECRET SAUCE, SESAME SEED CHALLAH 14.

GULF SEAFOOD
SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION, LETTUCE, 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
BRUSSELLS BROCCOLI, AVOCADO, HUMMUS, PICKLED ONION, TOMATO, CURRIED CAULIFLOWER, BROCCOLI, CIABATTA 10. ADD CHICKEN 12.5 AS A SALAD W/ CHICKEN 13.5

Salads
**CONSUMING RAW OR UNDERCOOKED MEATS, Poultry, Seafood, Shellfish, or Eggs May Increase Your Risk Of Foodborne Illness**

SEASONAL HARVEST
CITRUS GOAT CHEESE, BRUSSELS SPROUTS, SEASONAL FRUIT, CANDIED SUNFLOWER SEEDS, SEASONAL VEGETABLES
FRESH HERB VINAIGRETTE 11. **
ADD CHICKEN, TOFU 13. OR SHRIMP 14.

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

Soups

CUP 3.5 / BOWL 5.5

CHICKEN POSOLE
POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEED GARNISH 15. **

SUMMER SQUASH AND QUINOA
ZUCCHINI, YELLOW SQUASH, COCONUT MILK, TUMERIC, CILANTRO, PAPRIKA OIL
** CONTAINS NUTS/SEEDS
PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING

Drinks

ESPRESSO, CAPPUCCINO, LATTE 4-4.5
MATCHA LATTE 5.5
HOT COFFEE 3.
COLD BREW NITRO DRAFT 4.
HOUSE ICED COFFEE 4.5 CINNAMON OR VANILLA
SEASONAL LEMONADE 3.
ORANGE JUICE 3.5
APPLE JUICE 3.5
GRAPEFRUIT JUICE 3.5
RAMBLER SPARKLING WATER 3

Small Plates

BRUSSELS BOWL $6
PARMESAN, SCALLIONS, RED WINE VINEGAR

VEGAN CASHEW QUESO $9 ** (CONTAINS NUTS) SERVED W/ CORN TORTILLA CHIPS

HUMMUS CRUDITE $8 SERVED W/ SEASONAL VEGGIES & CIABATTA TOAST

Sides

4. EACH / 3 SIDES FOR 11.
TO-GO: 5. PINT / 8. QUART

PESTO ORZO TOMATO, CUCUMBER, SQUASH, BASIL
TUSCAN KALE PINE NUTS, PARMESAN **
QUINOA BROCCOLI, FETA, SUNFLOWER SEEDS **
SEASONAL FRUIT
POTATO SALAD DILL, HONEY, ONION
CORN NUTS CHILI-CHEESE SEASONING
HOUSEMADE CHIPS W/ OLD BAY SEASONING
DILL PICKLE SPEARS

Seasonal Harvest
CITRUS GOAT CHEESE, BRUSSELS SPROUTS, SEASONAL FRUIT, CANDIED SUNFLOWER SEEDS, SEASONAL VEGETABLES
FRESH HERB VINAIGRETTE
ADD CHICKEN, TOFU 13. OR SHRIMP 14.

Gulf Shrimp Grains Bowl
TUMERIC BROWN RICE, BABY KALE, RADISH, SUGAR SNAP PEAS, WILD BLACK RICE, ALMOND-RICOTTA, SESAME SALT, KAFFIR LIME VINAIGRETTE 15. **

Salmon Poke
BOK CHOY, AVOCADO, EDAMAME, PICKLED EGG, RADISH, SESAME-CILANTRO QUINOA, SANBAIZU 17. **

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

420 MAIN STREET 713.227.0531 10AM-3PM SEVEN DAYS A WEEK WEEKEND BRUNCH