


# Munch while you wait!

 **SPRING PEA HUMMUS VG GF**  
OLIVE OIL, HEIRLOOM CARROTS,  
RADISHES, CUCUMBER 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 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**  
NUT-SEED CRUMBLE, CRUSHED CHIPS,  
TOMATO, HOUSE PICKLES, PROVOLONE,  
BUTTERMILK RANCH, PRETZEL BUN 13. \*\*

**“BANH MI”**  
CHARRED BHR 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.

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

 **BLACKENED STEAK**  
44 FARMS SIRLOIN, CARAMELIZED ONIONS, TOMATO,  
BUTTER LETTUCE, GOCHUJANG AIOLI,  
LOCAL CHEESE, CIABATTA 16.

 **AVOCADO BLT**  
FRIED EGG, BACON, BIBB LETTUCE, AIOLI,  
HEIRLOOM TOMATO, SOURDOUGH 14.

## Soup

CUP 3.5 / BOWL 5.5

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

ANY  
SANDWICH  
MAY BE  
PREPARED AS  
A SALAD


## Salads

**SPRING HARVEST V GF**  
GREENS, MARKET VEGGIES, GOAT CHEESE, SPROUTS,  
TOASTED SUNFLOWER SEEDS, NINJA RADISH,  
SPICED APPLES, 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,  
CRISPY RICE NOODLES, CASHEWS, GINGER-SOY  
VINAIGRETTE, SPICY PEANUT SAUCE 13. \*\*

 **GRILLED SALMON SALAD GF**  
MIXED GREENS, MARINATED TEXAS FETA,  
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

STRAWBERRY-THYME LEMONADE 3.5  
KATZ COLD BREW NITRO DRAFT 5.  
PAT GREER’S SPRING KOMBUCHA 4.5

## Sweets

CHOCOLATE CHIP COOKIE 2.5  
VEGAN CARROT CUPCAKE VG 4.

## 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** STRAWBERRIES  
**TUSCAN KALE** PINE NUTS, PARMESAN \*\*

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.

