

SANDWICHES

SANDWICHES COME W/ CHOICE OF 2 SIDES OR A CUP OF SOUP
SUBSTITUTE **GLUTEN-FREE WRAP** FOR 2.5

ROAST BEEF 44FARMS BEEF, CHEDDAR,
CURRIED CAULIFLOWER, KALE, TOMATO,
HORSERADISH AIOLI, WHEAT 14.

FALAFEL LETTUCE, TOMATO, PICKLE, KALAMATA OLIVES,
SPICY VEGAN YOGURT, HARVEST WHEAT 12.

TRUFFLED EGG SALAD MIXED GREENS, TOMATO,
PARMESAN, AIOLI, PRETZEL BUN 9.5

SMOKED SALMON COLD CURED & SMOKED IN-HOUSE,
MIXED GREENS, ONION JAM, CREAM CHEESE,
POPPY SEED BAGEL 11.5 **

“CRUNCHY” CHICKEN NUT CRUMBLE, CRUSHED CHIPS,
TOMATO, HOUSE PICKLES, ROMAINE, PROVOLONE,
BUTTERMILK RANCH, PRETZEL BUN 12.**

GULF SEAFOOD SHRIMP & CRAB MEAT, PICKLED RED
ONION, TOMATO, GREEN GODDESS, CIABATTA 13.5

GARDEN SAMMIE BRUSSELS SPROUTS, AVOCADO,
HUMMUS, TOMATO, SPROUTS, CURRIED CAULIFLOWER,
PICKLED ONIONS, CIABATTA 10.
ADD CHICKEN 12.5, **AS A SALAD W/ CHICKEN** 13.5

“BANH MI” PORK, PICKLED ONION, CUCUMBER,
JALAPENO, CILANTRO, SAMBAL, AIOLI, BAGUETTE 12.
SUB TOFU OPTIONAL

SANDWICHES MAY ALSO BE PREPARED AS A SALAD



HEIGHTS

713.360.6133 - 714 YALE ST. #1A
10AM-9PM SEVEN DAYS A WEEK

PROUDLY SERVING SLOW DOUGH BREAD.

STARTERS

AVOCADO TOAST

LEMON ZEST, SESAME SEEDS,
LOCAL SPROUTS 7. **

VEGAN CHILI CON QUESO

RED CHILI TACO MEAT, BAKED PITA 8. **

SEASONAL HUMMUS

SERVED WITH VEGGIES, TEXAS OLIVE OIL,
& TOASTED BREAD 9.

SALADS

SEASONAL HARVEST

MIXED GREENS, MARKET VEGGIES, BRUSSELS SPROUTS,
GOAT CHEESE, SPROUTS, SEASONAL FRUIT, PECANS,
FRESH HERB VINAIGRETTE 11. **

ADD CHICKEN 14. ADD TOFU 13. ADD SHRIMP 15.

ASIAN CHICKEN

GINGER-SOY DRESSING, SPROUTS,
TOASTED CASHEWS, CRISPY RICE NOODLES,
PEANUT SAUCE 12. **

TURKEY COBB

TOMATO, EGG, BACON, CUCUMBER, CHEDDAR,
AGAVE CREOLE MUSTARD DRESSING 14.

TACO SALAD

BABY KALE & ROMAINE, VEGAN “TACO MEAT,”
AVOCADO, PICKLED ONION, CILANTRO-CORN,
TORTILLA STRIPS, PUMPKIN SEEDS, LIME VINAIGRETTE 12. **

SIDES

4. EACH / 5. TO-GO OR 3 SIDES FOR 11.

BEETS WHEAT BERRY, GREEN APPLES, MINT, PISTACHIOS **

TUSCAN KALE GOLDEN RAISINS, PINE NUTS, PARMESAN **

RED POTATO SALAD HARD BOILED EGG, MUSTARD, DILL

QUINOA BELL PEPPER, CARROTS, ALMONDS **

PUMPKIN SEEDS WITH CURRY POWDER

HOUSEMADE CHIPS WITH OLD BAY SEASONING

LOCAL FRUIT TEXAS CITRUS

HOUSE DILL PICKLE SPEARS

SOUP

CUP 3.5 / 5.5 BOWL

VEGAN LEMONGRASS

OUMPH, COCONUT MILK,
CILANTRO AND TOMATO GARNISH

POSOLE

CHICKEN, HOMINY, POBLANO,
CILANTRO, PUMPKIN SEED GARNISH

SWEETS

CHOCOLATE CHIP PECAN COOKIE 2. **

GLUTEN FREE 7 LAYER BAR 3. **

VEGAN CHOCOLATE BROWNIE 3.

DRINKS

PRICKLY PEAR LEMONADE 3.

HONEY ICED COFFEE 4.5

KATZ VELVET ESPRESSO COLD BREW COFFEE 6.

PAT GREER'S LOCAL FOODS KOMBUCHA 4.

WILD SOUTH TEA (ASSORTED FLAVORS) 4.

MEXICAN COKE, TOPO CHICO, DR. PEPPER 3.

GUS (GROWN UP SODA) STAR RUBY GRAPEFRUIT
OR DRY MEYER LEMON OR BLACKBERRY 4.

PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING / ** CONTAINS NUTS OR SEEDS

THERE IS A 5% SERVICE CHARGE ADDED TO ALL TO-GO ORDERS