

Munch while you wait!

CHARRED JALAPENO HUMMUS VG
VEGGIES, BAGEL CHIPS &
GARLIC-HERB OIL 8.

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

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
NUT-SEED CRUMBLE, CRUSHED CHIPS, TOMATO,
ROMAINE, HOUSE PICKLES, BUTTERMILK RANCH,
PROVOLONE, PRETZEL BUN 13. **

SMOKED SALMON
ONION JAM, LEMON CREAM CHEESE, GREENS,
GOLDEN'S EVERYTHING BAGEL 14. **

“BANH MI”
CHARRED ‘BHR’ PORK, PICKLED ONION,
CARROT-CUCUMBER MIX, JALAPEÑO, CILANTRO,
SAMBAL, AIOLI, FRENCH BAGUETTE 13.
(MAKE IT VEGGIE BY SUBBING FOR ‘SAN SAN’ TOFU)

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

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

AVOCADO BLT
BACON, HEIRLOOM TOMATO, ROMAINE, AIOLI,
SLICED AVOCADO, FRIED EGG, HARVEST WHEAT 14.

Soup

CUP 3.5 / BOWL 5.5

OUR CLASSIC CHICKEN POSOLÉ
POBLANO, GREEN CHILES, HOMINY,
CILANTRO & PUMPKIN SEED GARNISH **

VEGAN CHILI VG
NAVY BEANS, TOMATO, BELL PEPPER,
PICKLED ONION & PUMPKIN SEED GARNISH **

Wine

10 GLASS / 38 GURGLE POT

POMELO ROSÉ
DRY CREEK CHENIN BLANC
BOLD CHARDONNAY NATURAL WINE
SANS WINE CO. CARBONIC CARIGNON



OAK FARMS CABERNET 10 GL / 40
BOLD PINOT NOIR NATURAL WINE 10 GL / 32
DOMAINE BOUSQUET BRUT ROSE 8 GL / 28
LOREN PROSECCO 10 GL / 32

Featured Supplier

BLUE HORIZON SEAFOOD

Fresh from the boat, Blue Horizon Seafood Owner, Frixos Chrisinis, strives to provide the freshest fish that the Gulf has to offer.



LOOK FOR THIS ICON ON OUR MENU

Salads

SEASONAL HARVEST V GF
GREENS, MARKET VEGGIES, TX GOAT CHEESE,
SPROUTS, TOASTED SUNFLOWER SEEDS,
SPICED APPLES, FRESH HERB VINAIGRETTE 12.5 **

TACO SALAD VG
KALE & ROMAINE, VEGAN “TACO MEAT,” AVOCADO,
ROASTED CILANTRO-CORN, TOMATO, PICKLED ONIONS,
TORTILLA STRIPS, PUMPKIN SEEDS,
LIME VINAIGRETTE 13.5 **

ASIAN CHICKEN
NAPA CABBAGE & ROMAINE, PICKLED CUCUMBER,
BEAN SPROUTS, CRISPY RICE NOODLES, EDAMAME, CASHEWS,
GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 13. **

CAESAR SALAD VG
ROMAINE, RADICCHIO, HEIRLOOM CARROTS,
SEED GRANOLA, HOUSEMADE CROUTONS,
MISO-CAESAR DRESSING 11. **

MARKET PICK 3
YOU DECIDE--CHOOSE ANY 3 ITEMS FROM OUR CASE OF
HOUSE SIDES OR SOUPS 11. **

ADD A PROTEIN TO ANY SALAD
TOFU OR CHICKEN 3. SHRIMP 5. SALMON FILET 8.

Drinks

STRAWBERRY-THYME AGAVE LEMONADE 3.5
HONEY ICED COFFEE (WITH FLAX MILK) 4.5 **
KATZ COLD BREW NITRO DRAFT 5.
PAT GREER'S SPRING KOMBUCHA 4.5
‘JUST MADE FOODS’ COLD-PRESSED JUICES 5.

Sweets

CHOCOLATE CHIP COOKIE 2.5
GLUTEN-FREE 7-LAYER BAR GF 3. **
VEGAN CARROT CUPCAKE VG 4.
VEGAN POWER BAR VG 3. **

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.

