

## STARTERS

### JALAPENO HUMMUS CRUDITE

SERVED WITH VEGGIES, TOASTED CIABATTA & GARLIC-HERB OIL 8.

### AVOCADO TOAST

SEA SALT, LEMON ZEST, BLACK SESAME SEEDS 4.

PROUDLY SERVING SLOW DOUGH BREAD.

SUBSTITUTE GLUTEN-FREE WRAP FOR 2.5

## SANDWICHES

CHOICE OF 2 SIDES OR A CUP OF SOUP

**QUINOA BURGER** SMOKED QUINOA-BEAN PATTY, TOMATO, PICKLES, RED ONION, SECRET SAUCE, PRETZEL BUN 11.

**BREAKFAST SANDWICH** BLACK HILL RANCH PORK SAUSAGE, POTATO HASH BROWN, FRIED FARM EGG, CHIPOTLE AIOLI, CHEDDAR, TEXAS TOAST 13.

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

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

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

**VEGAN "MEAT" BALL** MUSHROOM-PECAN "MEAT" BALLS, SPICY GIARDINIERA, TOMATO MARINARA, ARUGULA PESTO, BAGUETTE 10.5 \*\*

**"CRUNCHY" CHICKEN** NUT "CRUMBLE", PROVOLONE, BUTTERMILK RANCH, PICKLES, ROMAINE, TOMATO, PRETZEL BUN 11. \*\*

**GARDEN SAMMIE** BRUSSELS SPROUTS, AVOCADO SPREAD, HUMMUS, PICKLED ONIONS, TOMATO, CIABATTA 9.5 **ADD CHICKEN 12. AS A SALAD W/ CHICKEN 13.**

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

**BBQ PORK** SLOW-ROASTED BLACK HILL RANCH PORK, GILBERT'S BBQ SAUCE, BUTTERNUT SLAW, HOUSE PICKLES, AIOLI, TEXAS TOAST 12.

## SOUPS

CUP 3.5 / 5.5 BOWL

### CHICKEN VEGETABLE

CARROTS, KALE, CORN, PICKLED ONION GARNISH

### POSOLE

CHICKEN, HOMINY, POBLANO, CILANTRO, PUMPKIN SEED GARNISH

### VEGAN GUMBO

KIDNEY BEANS, SCALLIONS, JASMINE RICE

## SIDES

À LA CARTE 4. TO-GO 5. OR 3 SIDES BOWL FOR 11.

**TUSCAN KALE** GOLDEN RAISINS, PINE NUTS, PARMESAN \*\*

**QUINOA** PEAS, CARROTS, MARINATED FIGS, DILL

**HOUSEMADE CHIPS** OLD BAY SEASONING

**PUMPKIN SEEDS** CAJUN SEASONING

**GARBANZO** CAULIFLOWER, FRESH HERBS, ROASTED TOMATO

**ORZO** TOMATO, CORN, ZUCCHINI, BASIL

**DILL PICKLES** MADE IN HOUSE

## SALADS

SANDWICHES MAY ALSO BE PREPARED AS A SALAD

**SEASONAL HARVEST** MIXED GREENS, MARKET VEGGIES, GOAT CHEESE, SPROUTS, SUNFLOWER SEEDS FRESH HERB VINAIGRETTE 10. \*\* **ADD CHICKEN OR TOFU 12. ADD SHRIMP 13.**

**ASIAN CHICKEN** CHOPPED NAPA CABBAGE, BEAN SPROUTS, SPICY CUCUMBERS, CASHEWS, CRISPY RICE NOODLES, GINGER-SOY DRESSING, PEANUT SAUCE 12. \*\*

**VEGAN CAESAR** BABY KALE, CASHEW CHEESE, CRISPY SWEET POTATO, CROUTONS, SPICED PECANS 10. \*\* **ADD CHICKEN OR TOFU 12. ADD SHRIMP 13**

**TACO SALAD** VEGAN "TACO MEAT," AVOCADO, PICKLED ONION, TORTILLA STRIPS, CILANTRO-CORN, LIME VINAIGRETTE 12. \*\*

**ARUGULA SHRIMP** ARUGULA MIX, WHEATBERRIES, CRANBERRY, PECORINO, SPICED PECANS, LEMON VINAIGRETTE 13. \*\*

## DRINKS

"MINTADE" (BLEND OF CITRUS JUICES & MINT) 3.

HOUSE HONEY ICED COFFEE (WITH ALMOND MILK) 4.5 \*\*

NITRO COLD BREW COFFEE ON DRAFT 6.

PAT GREER'S LOCAL FOODS KOMBUCHA ON DRAFT 3.5

MEXICAN COKE, TOPO CHICO, DR.PEPPER 3.

BRUCE COST UNFILTERED GINGER ALE 3.5

ST. ARNOLDS ROOT BEER 3.5



## SWEETS

CHOCOLATE CHIP PECAN COOKIE 2. \*\*

GLUTEN FREE 7-LAYER BAR 2.75 \*\*

MOM'S CHOCOLATE CUPCAKE 4.

BUTTERSCOTCH BROWNIE 3. \*\*

UPPER KIRBY

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

SANDWICHES • SOUPS • SALADS