Sandwiches

**PROUDLY SERVING SLOW DOUGH BREAD**

**WITH CHOICE OF 2 SIDES OR A CUP OF SOUP**

Sandwiches may also be prepared as Salads | Sub of wrap for $2.5

**QUINOA BURGER**

SMOKED QUINOA-BEAN PATTY, TOMATO, ROMAINE, PICKLES, RED ONION, SECRET SAUCE, PRETZEL BUN 11.5

**CHIMICHURRI STEAK**

SLOW ROASTED 44 FARMS BEEF, ARUGULA, TOMATO, COTIJA CHEESE, AIOI, CIABATTA 15.

**AVOCADO BLT**

PORK BACON, HEIRLOOM TOMATO, ROMAINE, SLICED AVOCADO, AIOI, FRIED EGG, WHEAT 14.

**TRUFFLED EGG SALAD**

MIXED GREENS, TOMATO, PARMESAN, AIOI, PRETZEL BUN 9.5

**DUCK CONFIT**

CONFIT DUCK LEG, MELTED BRIE, ARUGULA, CRANBERRY JAM, AIOLI, WALNUT-WHEAT BREAD 18. **

**SMOKED SALMON**

COLD CURED & SMOKED IN-HOUSE, MIXED GREENS, TRUFFLE-DILL SPREAD, SWEET PEPPER REMOULADE, GOLDEN’S “EVERYTHING” BAGEL 12. **

Consuming raw or undercooked seafood may increase risk of foodborne illness.

**“CRUNCHY” CHICKEN**

“NUT-SEED CRUMBLE”, PROVOLONE, CRUSHED CHIPS, PICKLES, ROMAINE, TOMATO, BUTTERMILK RANCH, PRETZEL BUN 12. **

**GARDEN SAMMIE**

BRUSSELS SPROUTS, AVOCADO SPREAD, HUMMUS, CURRIED CAULIFLOWER, PICKLED RED ONION, ROMAINE, TOMATO, CIABATTA 10.

ADD CHICKEN 12.5 AS A SALAD W/ CHICKEN 13.5

**GULF SEAFOOD**

SHRIMP, CRAB, ROMAINE, TOMATO, PICKLED RED ONION, GREEN GODDESS, CIABATTA 13.5

**NOT SANDWICHES**

**SHRIMP TACOS**

SAUTEED SHRIMP, MANGO SALSA, AVOCADO VINAIGRETTE, CABBAGE SLAW, PIQUILLO PEPPER AIOI 15.

**VEGAN POWER BOWL**

CURRIED TOFU-QUINOA, LENTILS, ROASTED PARSNIPS, GREEN BEANS, PUMPKIN SEEDS, AVOCADO VINAIGRETTE 14.

**FRITO PIE**

VEGAN CHILL, VEGAN QUESO, CORN CHIPS, PICO DE GALLO, SRIRACHA (CONTAINS NUTS) 11. **

Salads

Salads may also be prepared as Salads

**FALL HARVEST**

MIXED GREENS, MARKET VEGETABLES & FRUIT, FETA CHEESE, BRUSSELS SPROUTS, ALMONDS, MICRO SPROUTS, FRESH HERB VINAIGRETTE 11. **

ADD CHICKEN OR TOFU 13. ADD SHRIMP 14.

**SALMON POKÉ**

SPICY QUINOA, RADISH, EDAMAME, AVOCADO, GREEN BEANS, NORI, CHILE APPLES, SESAME SALT, SANBAIZU 17.

Consuming raw or undercooked seafood may increase risk of foodborne illness.

**ASIAN CHICKEN**

CHOPPED NAPA CABBAGE & ROMAINE, EDAMAME, BEAN SPROUTS, HOUSE PICKLES, CASHEWS, CRISPY RICE NOODLES, GINGER-SOY DRESSING, SPICY PEANUT SAUCE 12. **

Drinks

**FALL LEMONADE / TEA / FOUNTAIN SODA**

HONEY ICED COFFEE (WITH FLAX MILK) 4.5 **

COLD BREW NITRO DRAFT 5.

PAT GREER’S LOCAL FOODS KOMBUCHA 4.5

Wine by the Glass

**HH SABINE ROSE**

10/20/40

**HH POMELO SAUVIGNON BLANC**

10/20/40

**HH SEAN MINOR CHARDONNAY**

10/20/40

**HH GRAN PASSIONE RED BLEND**

10/20/40

SUBSTANCE CABERNET 10/34

SEAGLASS PINOT NOIR 10/32

VÉUVE DE VERNAY BRUT ROSÉ 10/28

LOREN PROSECCO 10/32

Small Plates

**BUTTERNUT SQUASH CRUDITE**

SERVED WITH VEGGIES, BAGEL CHIPS & GARLIC-HERB OIL 8.

**VEGAN CASHEW QUESO**

SERVED WITH CORN TORTILLA CHIPS (CONTAINS NUTS) 9. **

**AVOCADO TOAST**

BABAGANOUSH, FETA CHEESE, CRISPY ONIONS, HERB-GARLIC OIL 6.

Sides

4. EACH / 3 SIDES FOR 11.

TO-GO : 5. PINT / 8. QUART

**TUSCAN KALE**

GOLDEN RAISINS, PINE NUTS, PARMESAN **

**SWEET POTATO SALAD**

VEGAN AIOI, APPLES, DILL

**HOUSEMADE CHIPS**

OLD BAY SEASONING

**PEANUT-LENTIL**

CRANBERRIES, PICKLED ONION, SPINACH, TAHINI **

**HOUSEMADE DILL PICKLES**

**CUP 3.5 / BOWL 5.5**

**CHICKEN POSOLE**

POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEED GARNISH **

**VEGAN CHOWDER**

OYSTER MUSHROOMS, ROOT VEGETABLES, COCONUT MILK, OYSTER CRACKERS, GARLIC OIL **

**CONTAINS NUTS/SEEDS**

Please inform us of any food allergies before ordering

**5% SURCHARGE FOR ALL TO-GO ORDERS**

UPPER KIRBY
2555 KIRBY DR
713.255.4440
10:30AM-9PM
SEVEN DAYS A WEEK