### Sandwiches

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

#### CHIMICHURRI STEAK
GRILLED 44 FARMS SKIRT STEAK, ARUGULA, TOMATO, COTija CHEESE, AIOLI, CIABATTA 15.

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

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

#### ACHIOTE PORK TORTA
ROMAINE, AVOCADO SPREAD, CILANTRO, PICKLED RED ONION, PINEAPPLE CHIPS, AIOLI, BOLILLO ROLL 13.

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

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

#### GARDEN SAMMIE
BRUSSELS SPROUTS, AVOCADO SPREAD, HUMMUS, HERBED CAULIFLOWER & BROCCOLI, PICKLED RED ONION, ROMAINE, TOMATO, CIABATTA 10.

#### ALOHA SHAWarma
BEEF, CRUCIFEROUS, CUCUMBER, CILANTRO, HUMMUS, CRUSHED PITA, PICKLED ONION, PINEAPPLE, ROMAINE, TOMATO, AIOLI, SUMMER FRUIT 13.

### Small Plates

#### GULF SEAFOOD CAMPECHANA
TEXAS STYLE SEAFOOD COCKTAIL, AVOCADO, BELL PEPPER, SERVED WITH OLD BAY CHIPS 14.

#### JALAPENO HUMMUS CRUDITE
SERVED WITH VEGETABLES, BAGEL CHIPS & GARLIC-HERB OIL 8.

#### AVOCADO TOAST
HEIRLOOM TOMATO, GOAT CHEESE, BALSAMIC GLAZE, MICRO SPROUTS 5.

### Sides

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

**GARDEN SPROUTS**
BRUSSELS SPROUTS, AVOCADO SPREAD, HUMMUS, HERBED CAULIFLOWER & BROCCOLI, PICKLED RED ONION, ROMAINE, TOMATO, CIABATTA 10.

**ADD CHICKEN OR TOFU 13.**

**VEGALN POWER BOWL**
CURRIED TOFU-QUINOA, LENTILS, BROWN RICE, ROASTED ROOT VEGETABLES, TOMATO, CRISPY GARANZO, AVOCADO VINAIGRETTE 14.

**ADD CHICKEN OR TOFU 16.**

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

**SHRIMP TACOS**
SAUTEED SHRIMP, MANGO SALSA, AVOCADO VAIAGRETTE, CABBAGE SLAW, PIQUILLO PEPPER AIOLI 15.

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

**VEGAN POWER BOWL**
CURRIED TOFU-QUINOA, LENTILS, BROWN RICE, ROASTED ROOT VEGETABLES, TOMATO, CRISPY GARANZO, AVOCADO VINAIGRETTE 14.

**ADD CHICKEN OR TOFU 16.**

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

### Soups

#### SUMMER HARVEST
MIXED GREENS, MARKET VEGETABLES & FRUIT, GOAT CHEESE, SPROUTS, ROASTED ALMONDS, FRESH HERB VINAIGRETTE 11.

**ADD CHICKEN OR TOFU 13. ADD SHRIMP 14.**

#### SALMON POKE
SPICY QUINOA, RADISH, EDAMAME, AVOCADO, GREEN BEANS, NORI, PICKLED EGG, SESAME SALT 17.

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

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

### Sweets

#### CHOCOLATE CHIP PECAN COOKIE 2. **

#### GLUTEN FREE 7-LAYER BAR 2.75 **

#### VEGAN CARROT CAKE 4. **

#### VEGAN CHOCOLATE BROWNIE 3.

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

** CONTAINS NUTS/SEEDS **

Please inform us of any food allergies before ordering.

### Drinks

#### SUMMER LEMONADE 3.
HONEY ICED COFFEE (WITH ALMOND MILK) 4.5 **

#### PAT GREER’S LOCAL FOODS KOMBUCHA 4.5
MEXICAN COKE, BIG RED, TOPO CHICO, CRUSHED PEACH, SPICED PECANS 10. **

#### DRINKS
FJH WATER 3.

THE “RAMBLER” TX SPARKLING WATER 3.

** CHRONICALLY ILLNESS **

### Upper Kirby

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