TANGLEWOOD
5740 SAN FELIPE_suite 130
713-789-0642
10AM-9PM
SEVEN DAYS A WEEK

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

Sandwiches

WITH CHOICE OF 2 SIDES
OR A CUP OF SOUP

SUB GLUTEN FREE WRAP FOR $2.50

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

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

Duck Confit
Duck Confit, CRNABERRY, WARM BRIE, SPINACH, AIOLI, WALNUT WHEAT 18.

BRAISED BEEF SANDWICH
SLOW COOKED & SEARED 44 FARMS BEEF, PROVOLONE, HORSERADISH AIOLI, SAUTEED MUSHROOMS, ONIONS & BELL PEPPERS, BAGUETTE 14.

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

FRIED EGG B.L.T.
CRISP BACON, TOMATO, AVOCADO SPREAD, SRIRACHA AIOLI, LETTUCE, HARVEST WHEAT 14. **

QUINOA BURGER
VEGAN
SMOKED QUINOA PATTY, TOMATO, ROMAINE, PICKLES, RED ONION, VEGAN SECRET SAUCE, PRETZEL BUN 11.5 **

“BANH MI”
GRILLED BLACK HILL RANCH PORK, PICKLED ONION, CARROT-CUCUMBER MIX, JALAPEÑO, CILANTRO, SAMBAL, AIOLI, FRENCH BAGUETTE 12. (TOFU AVAILABLE UPON REQUEST)

GULF SEAFOOD
SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION, LETTUCE, GREEN GODDESS DRESSING, CIABATTA 13.5

Drinks

ESPRESSO (4), LATTES & SUCH/HONEY ICED/NITRO COLD BREW 4.5
SEASONAL LEMONADE / TEA / FOUNTAIN SODA 3.
PAT GREER’S KOMBUCHA 4.5
ICE THROUGH BOTTLED BEVERAGES 3 - 4.5

Snacks

BURLATA & AVOCADO TOAST $8 **
HEIRLOOM TOMATO, BALSAMIC REDUCTION, BASIL OIL, WHEAT TOAST

CASHW QUESO $9 ** (CONTAINS NUTS) VEGAN
HOUSE CORN TORTILLA CHIPS

Sides

4. EACH / 3 SIDES FOR 11.
TO-GO : 5. PINT / 8. QUART

TUSCAN KALE
PINE NUTS, PARMESAN **

QUINOA
GARBANZO, TOMATO, ONION, SWEET POTATOES
BROCCOLINI, SALSA VERDE, SWEET PEPPERS **

SEASONAL FRUIT
CURRY COUS-COUS
CARROT, CUCUMBER

PUMPKIN SEEDS
À LA CARTE 3.

HOUSEMADE CHIPS
W/ OLD BAY SEASONING

DILL PICKLE SPEARS

Soups

CUP 3.5 / BOWL 5.5

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

VEGAN GUMBO
KIDNEY BEANS, CARROTS, SCALLIONS, BROWN RICE

Salads

sandswhiches may also be prepared as salads

SALMON POKE
GRILLED PINEAPPLE-SALSA, SLICED AVOCADO, BROWN RICE, FRISÉE LETTUCE, SESAME SEEDS, NOODLES, GINGER SOY VINAIGRETTE 17. **

SEASONAL HARVEST
MIXED GREENS, MARKET VEGGIES, SPROUTS, GOAT CHEESE RICOTTA, SUNFLOWER SEEDS, BRUSSELS, FRESH HERB VINAIGRETTE 11. **

ADD CHICKEN, TOFU 13, OR SHRIMP 14.

AUTUMN POWER BOWL
PURPLE HULL PEAS, RUBBED KALE, TRI-COLOR QUINOA, SPICED TOMATO, CRISPY BRUSSELS, ACORN SQUASH, POMEGRANATE SEEDS, MAPLE TAHINI 14.

POWER UPS:
ROASTED SALMON +$8 SHRIMP +$5 GRILLED CHICKEN BREAST +$4

SHRIMP COBB
CHOPPED ROMAINE, AVOCADO, BACON, CILANTRO-HOMINY, CHOPPED EGG, TOMATO, PICKLED ONION, RED WINE VINAIGRETTE 15.

ASIAN CHICKEN
NAPA CABBAGE, PICKLED CUCUMBER, BEAN SPROUTS, CRISPY RICE NOODLES, CASHEWS, GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 12. **

TACO SALAD
VEGAN
BABY KALE MIX, VEGAN “TACO MEAT,” AVOCADO, CILANTRO-HOMINY, GRAPE TOMATO, PICKLED ONIONS, TORTILLA STRIPS, RED BEANS, PUMPKIN SEEDS, LIME VINAIGRETTE 12. **

5% SURCHARGE FOR ALL TO-GO ORDERS