

"Proudly serving
Slow Dough bread"

SANDWICHES

CHOICE OF 2 SIDES OR CUP OF SOUP

QUINOA BURGER SMOKED QUINOA-MUSHROOM PATTY, TOMATO, HOUSE PICKLES, RED ONION, SECRET SAUCE, PRETZEL BUN 11

PASTRAMI 44 FARMS BEEF, PROVOLONE, SAUERKRAUT, RUSSIAN DRESSING, SPICY MUSTARD, MARBLE RYE 14.

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

VEGGIE BACON MARINATED TEMPEH, TOMATO, VEGAN AIOLI,
ARUGULA, AVOCADO, HARVEST WHEAT 10.

SMOKED SALMON COLD CURED AND SMOKED IN-HOUSE, MIXED GREENS,
ONION JAM, CREAM CHEESE, POPPY SEED BAGEL 11.5 **

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

GULF SHRIMP & CRAB BUTTERMILK RANCH, PICKLED RED ONION, TOMATO, CIABATTA 13.5

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

**SLOW ROASTED
BHR PORK** BUTTERNUT SLAW, HOUSE PICKLES, GILBERT'S BBQ SAUCE, AIOLI, TEXAS TOAST 12.



SIDES

4. EACH OR 3 SIDES FOR 11.

ASIAN SLAW CABBAGE, EDAMAME, TOFU, MISO VINAIGRETTE

PUMPKIN SEEDS CAJUN SEASONING, OLIVE OIL

HOUSEMADE CHIPS WITH OLD BAY SEASONING

ORZO SALAD TOMATO, OLIVES, GOLDEN BEETS, ONION

QUINOA LENTILS, CAULIFLOWER, GREEN ONIONS, WALNUTS

TUSCAN KALE GOLDEN RAISINS, PINE NUTS, PARMESAN **

LOCAL FRUIT WATERMELON

LOCAL VEGGIE HOUSEMADE DILL PICKLE SPEARS

SALADS

SANDWICHES MAY ALSO BE PREPARED AS A SALAD

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

ASIAN CHICKEN GINGER-SOY DRESSING, SPROUTS, HOUSE PICKLES, TOASTED CASHEWS,
CRISPY RICE NOODLES, PEANUT SAUCE 12. **

VEGAN CAESAR BABY KALE AND ROMAINE, VEGAN CHEESE, SPICED PECANS, SEASONAL FRUIT,
CRISPY SWEET POTATO, CROUTONS, VEGAN CAESAR DRESSING 10. **
ADD CHICKEN, TOFU 12. OR SHRIMP 13.

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

SALMON SALAD BABY KALE, SWEET POTATO, LOCAL RADISH, WHEATBERRIES, CARAMELIZED PEARS,
BALSAMIC DIJON VINAIGRETTE 16. **

DRINKS

MINTADE 3.

HONEY ICED COFFEE (WITH SOY MILK) 4.5

MEXICAN COKE, TOPO CHICO, DR.PEPPER 3.
SAINT ARNOLD ROOT BEER, ORANGE FANTA

COLD BREW COFFEE-NITRO DRAFT 6.

COLD BREW FLAVORED COFFEE BOTTLE 6.

PAT GREER'S KOMBUCHA 3.5

BRUCE COST GINGER ALE 3.5

SWEETS

GLUTEN FREE SWEET POTATO CHEESECAKE 4.

CHOCOLATE CHIP PECAN COOKIE ** 2.

GLUTEN FREE 7-LAYER BAR ** 2.75

MOM'S CHOCOLATE CUPCAKE 4.

BUTTERSCOTCH BROWNIE ** 3.

VEGAN CREME BRULEE 3.



TANGLEWOOD

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

SANDWICHES • SOUPS • SALADS