CONTAINS NUTS/SEEDS

GF GLUTEN FREE

VEGETARIAN

VG VEGAN

FOR THE TABLE

BENJY'S "O.G." GOAT CHEESE CAKES \$14 N V

TEXAS GOAT CHEESE, ROASTED CORN, PISTACHIOS, SUN-DRIED TOMATO, GRILLED FLATBREAD. POMEGRANATE GASTRIQUE

CRISPY BRUSSELS SPROUTS \$12 N GF

SHALLOTS, BONITO FLAKES, CHILE ROASTED CASHEWS. WHITE SESAME

CASHEW QUESO \$9 VG N GF

PICO DE GALLO, VEGAN "TACO MEAT", TORTILLA CHIPS

GULF YELLOWFIN TUNA CRUDO* \$16 GF

SERRANO CHILES, SPANISH OLIVE OIL, HABANERO SALT, CAPERS, RED ONION, LEMON ZEST

GREEK POTATO DIP \$10 N GF VG

ROASTED GARLIC, BLENDED ALMONDS, KELP CHILI CRISP, CHIVES, HOUSEMADE POTATO CHIPS

FALL AVOCADO TOAST \$14 N V

GRILLED HARVEST WHEAT, SMASHED AVOCADO, RED ONION, FENNEL, PERSIMMON, POMEGRANATE,

TWICE COOKED FRENCH FRIES \$7 GF VG SECRET SAUCE

SOUP \$4.5/\$8

CHICKEN POSOLÉ GFN

PUMPKIN SEEDS, CILANTRO

VEGAN GUMBO VG

DARK ROUX, WINTER SQUASH, **BROWN RICE-QUINOA**

SALADS -

ADD A PROTEIN TO ANY SALAD TOFU 3 / CHICKEN 5 / SHRIMP 6 / SALMON FILET 8

ASIAN CHICKEN \$15.25 GFN

NAPA CABBAGE, ROMAINE, CURED CUCUMBER. BROCCOLI, GREEN BEANS, CASHEWS, CILANTRO, SWEET POTATO NOODLES, GINGER-SOY VINAIGRETTE, SAMBAL-PEANUT SAUCE

FALL HARVEST \$13.5 V GF N

GREENS, DELICATA SQUASH, ROASTED GRAPES, SUGAR SNAP PEAS, CAULIFLOWER, RADISH, BRUSSELS, SUNFLOWER SEEDS, SPROUTS, TX GOAT CHEESE, FRESH HERB VINAIGRETTE

TACO SALAD \$15 VG GF N

KALE, ROMAINE, WOODLANDS' TEMPEH,

KIDNEY BEANS, AVOCADO, CILANTRO-CORN, PICKLED ONIONS, TORTILLA SHELL PUMPKIN SEEDS, LEMON VINAIGRETTE

SALMON POKE* \$19.5 GF N

SMASHED AVOCADO, SWEET POTATO NOODLES, CABBAGE, ANCIENT GRAINS, JAMMY EGG, TRUFFLE PONZU. SESAME SEEDS (AVAILABLE VEGAN!)

TX WAGYU CHEESEBURGER SALAD \$19

ROMAINE, CHEDDAR, ONION, CHOPPED PICKLE, CROUTONS, SUN-DRIED TOMATO, TWICE COOKED FRIES, CHOPPED WAGYU, LEMON VINAIGRETTE

SANDWICHES

SERVED WITH YOUR CHOICE OF 2 MARKET SIDES OR A CUP OF SOUP. SUB LEVEN BAKERY GLUTEN-FREE BREAD -\$3 V

"CRUNCHY" CHICKEN \$15.25 N

OVEN ROASTED CHICKEN, NUT-SEED CRUMBLE, CRUSHED CHIPS TOMATO HOUSE PICKLES ROMAINE, PROVOLONE, BUTTERMILK RANCH, PRETZEL BUN

AVOCADO BLT* \$16

APPLEWOOD BACON, FRIED EGG, AVOCADO, SPICY AIOLI, LETTUCE, TOMATO, SOURDOUGH

TRUFFLED EGG SALAD \$14 V

VITAL FARMS EGGS. GREENS. TOMATO, PARMESAN. AIOLI, PRETZEL BUN

GULF SEAFOOD \$17.5

BLUE HORIZON SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION, GREEN GODDESS DRESSING, ROMAINE, CIABATTA

HOUSE CURED & SMOKED SALMON* \$16 N

MAKE ANY SANDWICH

A SALAD!

CURED & COLD SMOKED. ONION JAM. DILL PICKLES. EGGY CREAM CHEESE, TOASTED EVERYTHING BAGEL

GARDEN SAMMIE \$13 VG

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

"BANH MI" \$14.5

CHARRED FALCON LAKE FARMS PORK, AIOLI. PICKLED ONION, JALAPEÑO, CILANTRO, SAMBAL, CUCUMBER-CARROT SLAW, FRENCH BAGUETTE SUB SAN SAN ORGANIC NON GMO TOFU WITH VEGAN AIOLI

QUINOA BURGER \$14.5 VG N

PICKLED TAQUERIA VEGETABLES, TOMATO. VEGAN AIOLI, SHREDDED ROMAINE, CIABATTA

ENTREES

SMOKED LAMB PAPPARDELLE \$24

SMOKED LEG OF LAMB, SEMI-DRIED TOMATO, LEMON-OLIVE TAPENADE,

HOUSE MADE RICOTTA, GARLIC BREAD CRUMBS

LOCAL MUSHROOM FUSILLI PASTA \$22 V

OYSTER & PORCINI MUSHROOMS, CREAM, TARRAGON, LEMON.

FRIED CAPERS, PAUTALEO CHEESE

SIRLOIN STEAK FRITES* \$26 GF

44 FARMS BEEF, ROASTED KABOCHA SQUASH, TWICE COOKED FRIES, GARLIC-CHIVE BUTTER *SERVED MEDIUM

CHICKEN SAUSAGE HASH \$19 GF

MAPLE-SAGE CHICKEN SAUSAGE, FALL VEGETABLES, LEEKS, FRENCH FETA, AVOCADO, POACHED FARM EGGS

CRISPY SKIN SALMON* \$26 GFN

GOLDEN BEETS, CRISPY BRUSSELS, HONEY CRISP APPLES, PUMPKIN SEEDS CREME FRAICHE, SMOKED TROUT ROE *SERVED MEDIUM

TX WAGYU CHEDDAR & BACON BURGER* \$24

NEUSKE'S BACON, RED NECK CHEDDAR, SPICY FRIED ONIONS, JALAPENO MUSTARD, HOUSE PICKLES, MILK BREAD BUN. SERVED WITH FRIES ADD A FRIED EGG \$1.5

FALL POWER BOWL \$15 GF VG N

SWISS CHARD, ROASTED CAULIFLOWER. ROASTED KABOCHA SQUASH. BROWN RICE-QUINOA, MAPLE TAHINI VINAIGRETTE. TOASTED WALNUTS. **GINGER-CRANBERRY CHUTNEY**

THAI CHILE CRUSTED GULFTUNA* \$28 N

VIETNAMESE STYLE GREEN PAPAYA & BUTTER-NUT SQUASH SALAD, SHALLOTS, THAI RED PEPPER, CASHEWS, SALSA MATCHA, MICRO CILANTRO, LIME

CHICKEN SHAWARMA BOWL \$19 GFN BRUSSELS SPROUT-APPLE SALAD, FETA, ANCIENT GRAINS, POMEGRANATE & SQUASH SEEDS, DILL YOGURT

MARKET SIDES TUSCAN KALE SALAD GFV N PINE NUTS, GOLDEN RAISINS, PARMESAN, LEMON

OLD BAY POTATO CHIPS GF VG **OLD BAY SEASONING**

RED POTATO SALAD GF V EGG, DILL, CREOLE MUSTARD, ONION HOUSE DILL PICKLES SPEARS GF VG

SAVORY GRANOLA V GF

OATS, PUMPKIN SEEDS, SEASAME, HONEY

AUTUMN'S BOUNTY VG

ROASTED ROOT VEGETABLES, WILD RICE, BARLEY, MAPLE DIJON VINAIGRETTE

GLUTEN FREE PUMPKIN SPICE SNICKERDOODLE \$3.5 GF

CHOCOLATE CHIP COOKIE \$3

CARROT CUPCAKE \$4 VG VANILLA BUTTER CREAM

SEASONAL LEMONADE

KATZ CLASSIC BLACK ICED TEA

KATZ SEASONAL GREEN TEA

PAT GREER'S SEASONAL KOMBUCHA

KATZ COLD BREW NITRO DRAFT

HONEY ICED COFFEE (WITH OAT MILK)

ASSORTED BOTTLED BEVERAGES

CRAFT SODAS

ESPRESSO DRINKS AVAILABLE 5% SURCHARGE FOR TO-GO ORDERS



LOCAL FOODS & LFM IN RICE VILLAGE 2424 DUNSTAN 713.521.7800