LOCAL Foods MARKET
RICE UNIVERSITY

LOCALFOODSTEXAS.COM
@LOCALFOODSTEXAS
RICE UNIVERSITY
HOUSTON

V Vegetarian
VG Vegan
GF Gluten Free
N Contains Nuts/Seeds

COFFEE & TEA

Latte	5.50
Matcha Latte	6.50
Chai Latte	6.50
Honey Iced Coffee	4.50
Americano	3.75
Iced Aerocano (steamed espresso)	4.00
Espresso	3.75
Cappuccino	4.25
Cortado	4.25
Flat White	4.25
Iced Coffee	4.50
Drip	3.50
Iced Blueberry Nectar Tea	3.00
Iced Black Tea	3.00
Seasonal Lemonade	3.25

ADDITIONS

Ube Cold Foam Made with Oat Milk! Perfect with Matcha!	1.50
Extra Shot	1.25
Vanilla	.50
Ube	.50
Caramel	.75
Cinnamon	.50
Lavender	.50
Hazelnut	.50
Mocha	.75
Honey	.75

MILK OPTIONS
Whole, 2% , Half & Half, Oat, Almond

RISHI HOT TEA
Jade Cloud, Earl Grey, Peppermint, English Breakfast, Chamomile, Elderberry Healer, Tumeric Ginger

SANDWICHES

SERVED WITH YOUR CHOICE OF ONE HOUSE SIDE
Substitute Gluten Free Bread +$3
SANDWICHES CAN BE MADE AS A SALAD

Good Karma "Burger" VG N 14.5
House made Seeded Quinoa Patty, Pickled Taqueria Vegetables, Tomato, Vegan Aioli, Romaine, Ciabatta

Crunchy Chicken N 14
Roasted Chicken Breast, Provolone, Nut-Seed Crumble, Crushed Chips, Ranch, Lettuce, Tomatoes, Pickles, Pretzel Bun

Truffled Egg Salad V 13
Swift Hill Farms Eggs, Greens, Tomato, Parmesan, Aioli, Pretzel Bun

Garden Sammie VG 12
Brussel Sprouts, Smashed Avocado, Hummus, Pickled Onion, Lettuce, Tomatoes, Curried Cauliflower, Ciabatta

Bagel BLT 14
Applewood Bacon, Fried Egg, Tomato, Iceberg, Aioli, Choice of: Plain or Everything Bagel

GRAB & GO

Spring Harvest Salad V N GF 14
Mixed Greens, Brussels Sprouts, Beets, Asparagus, Strawberries, Radish, Sunflower Seeds, Microgreens, TX Goat Cheese

Asian Chicken Salad GF N 15
Napa Cabbage, Romaine, Cured Cucumber, Broccoli, Green Beans, Cashews, Cilantro, Sweet Potato Noodles, Soy Vinaigrette, Peanut Sauce

Crunchy Chicken Salad N 15
Oven Roasted Chicken Breast, Romaine, Tomatoes, Pickles, Provolone, Nut Crumble, House Chips, Buttermilk Ranch

Red Potato Salad 8oz V GF 4
Eggs, Onion, Dill, Creole Mustard

Acai Bowl V N 8
Vanilla Chia Pudding, Maple Almond Museli, Greek Yogurt, Fruit, Mint

Roasted Garlic Hummus N 8
Peanut Dukkah, EVOO, Toasted Ciabatta

Spicy Salmon Sushi 8
Faroe Island Salmon, Ponzu, Sambal, Sesame, Nori, Spicy Aioli, Carrots, Cucumbers.

SIDES

Kale Salad GF V N
Golden Raisins, Parmesan, Pine Nuts

Red Potato Salad GF V
Dill, Creole Mustard, Egg, Onion

Dill Pickle Spears GF VG
House Brine

Piece of Fruit GF VG
Choice of: Apple, Orange, Banana

Zapp's Potato Chips GF V N +$1
Salt & Vinegar, Original, Voodoo, Bbq

SPECIALS

Chicken Posole Soup GF N 11
Poblano, Green Chiles, Hominy, Cilantro, Pepitas
Served with your choice of a Grilled Cheese(V)or Ciabatta Bread(VG)

Local Power Bowl VG GF N 14
Brown Rice & Quinoa, Lemony White Beans, Spring Vegetable Sautee, Pistachios, Red Pepper Romesco
Add Chicken $3, Add Shrimp $3, Add Tofu Scramble $3, Add Steak $4 Add Fried Egg $1.50

Chimichurri Beef Taco GF 6
Maximo Corn Tortilla, Cotija, Sofrito, Cilantro, Pickled Onion

Gulf Shrimp Taco GF 6
Maximo Corn Tortilla, Avocado, Cabbage Slaw, Corn Salsa, Micro Cilantro

Grilled Chicken Shawarma N 14
Naan, Mixed Greens, Chili Oil, Hummus, Pickled Onion, Pumpkin Seeds, Jalepeno Cilantro Yogurt

BAKED GOODS

Bagels 4
Everything or Classic, choice of Cream Cheese, Honey Butter, or Seasonal Jam

Assorted Pastries 5

Banana Walnut Muffin GF 4

BREAKFAST BURRITOS

FLOUR TORTILLA, HASH BROWNS, SOFRITO, REFRIED BEANS
RED (SPICY) OR GREEN (MILD) SALSA

Bacon: White Cheddar, Egg, Pico 8

Veggie: White Cheddar, Avocado, Egg, Pico 8

Vegan: Tofu Scramble, Avocado, Pico 8

DESSERTS

Chocolate Chip Cookies	3.5
Salted Cocoa Cookie GF	4.5
Vegan Carrot Cake VG	4

OUR LOCAL PARTNERS

Swift Hill Farms, JV Foods, Gunderman Farms, Cake & Bacon, Deluxe Fine Foods, Wiwas Tempeh, Blue Horizon

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness