

- N CONTAINS NUTS/SEEDS
- GF GLUTEN FREE
- V VEGETARIAN
- VG VEGAN

## APPETIZERS

**CHARRED GREEN BEANS \$7 V N GF**  
GARLIC SWEET SOY GLAZE, JAMMY EGG

**CHEESE BOARD \$14 N**  
THREE CHEESES, MARKET ACCOUTREMENT  
**ADD CHARCUTERIE, PICKLES, & MUSTARD 6**

**CAULIFLOWER DIP \$9 VG N GF**  
PICKLED BANANA PEPPERS, SQUASH SEEDS, CRUDITÉ, SEEDED CRACKERS

**CASHEW QUESO \$9 VG N GF**  
PICO DE GALLO, VEGAN "TACO MEAT" TORTILLA CHIPS

**BRUSSELS & DIP \$11 VG GF**  
CRISPY BRUSSELS SPROUT "CHIPS", FRENCH ONION DIP, POMEGRANATE

**VEGAN SUSHI \$8 VG N GF**  
CURRY CAULIFLOWER, CARROT, CUCUMBER, SHISO, GRILLED MUSHROOMS, SPICED AIOLI

**AVOCADO TOAST \$10 V N**  
SEEDED WHEAT, THAI BASIL, MISO CHILI OIL  
**ADD SMOKED TOFU 4 / SHRIMP 5 / SMOKED SALMON 5**

**TWICE COOKED FRENCH FRIES \$7 GF VG**  
SECRET SAUCE

**SOUP \$3.5/\$6.5**

**CHICKEN POSOLÉ GF N**  
PUMPKIN SEED GARNISH

**BUTTERNUT SQUASH "BISQUE" VG GF**  
POMEGRANATE SEEDS

## SALADS

ADD A PROTEIN TO ANY SALAD TOFU 3 / CHICKEN 4 / SHRIMP 5 / SALMON FILET 8

**ASIAN CHICKEN \$14 GF N**  
NAPA CABBAGE, ROMAINE, CURED CUCUMBER, BROCCOLI, SNOW PEAS, CASHEWS, CRISPY GARLIC, CILANTRO, GINGER-SOY VINAIGRETTE, SAMBAL-PEANUT SAUCE

**FALL HARVEST \$12.5 V GF N**  
GREENS, DELICATA SQUASH, ROASTED RED GRAPES, CRISPY BRUSSELS, TX GOAT CHEESE, RED & GOLDEN BEETS, TOASTED SUNFLOWER SEEDS, FRESH HERB VINAIGRETTE

**TACO SALAD \$13.5 VG GF N**  
KALE, ROMAINE, WOODLANDS' TEMPEH, KIDNEY BEANS, AVOCADO, CILANTRO-HOMINY, PICKLED ONIONS, TORTILLA STRIPS, PUMPKIN SEEDS, LEMON VINAIGRETTE

**SALMON POKE \$19 GF N**  
HEIRLOOM RICE & ANCIENT GRAINS, SMASHED AVOCADO, KIMCHI PEARS, JAMMY EGG, SPROUTS, CRISPY GARLIC

## SANDWICHES

SERVED WITH YOUR CHOICE OF 2 MARKET SIDES OR A CUP OF SOUP.  
SUB GLUTEN-FREE WRAP - 2.5

**HTX WAGYU PASTRAMI \$15**  
DILL, RED CABBAGE SLAW, HOT MUSTARD, HOAGIE ROLL

**"CRUNCHY" CHICKEN \$13 N**  
OVEN ROASTED CHICKEN, NUT-SEED CRUMBLE, CRUSHED CHIPS, TOMATO, HOUSE PICKLES, PROVOLONE, BUTTERMILK RANCH, PRETZEL BUN

**BANH MI \$13**  
CHARRED FALCON LAKE FARMS PORK, AIOLI, PICKLED ONION, JALAPEÑO, CILANTRO, SAMBAL, CUCUMBER-CARROT SLAW, FRENCH BAGUETTE  
SUB SAN ORGANIC NON GMO TOFU WITH VEGAN AIOLI

**TRUFFLED EGG SALAD \$12 V**  
GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN

**HOUSE CURED & SMOKED SALMON \$14 N**  
ONION JAM, LEMON CREAM CHEESE, EVERYTHING BAGEL

**GARDEN SAMMIE \$12 VG**  
BRUSSELS SPROUTS, AVOCADO SPREAD, HUMMUS, PICKLED ONION, TOMATO, CURRIED CAULIFLOWER, SPROUTS, CIABATTA

**AVOCADO BLT \$15**  
APPLEWOOD BACON, FRIED EGG, AVOCADO, SPICY AIOLI, LETTUCE, TOMATO, SOURDOUGH

**QUINOA BURGER \$12 VG N**  
LETTUCE, TOMATO, PICKLES, RED ONION, AVOCADO, VEGAN AIOLI, PRETZEL BUN

**GULF SEAFOOD \$15**  
BLUE HORIZON SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION, GREEN GODDESS DRESSING, CIABATTA

**SHORT RIB SANDWICH N \$18**  
44 FARMS BRAISED SHORT RIB, ARUGULA, SHIITAKE MUSHROOMS, ONIONS, SHAVED RADISH, PARMESAN & RACLETTE, HOUSE PESTO, AIOLI, PRETZEL BUN



## MARKET SIDES

- TUSCAN KALE SALAD GF V N
- OLD BAY POTATO CHIPS GF VG
- RED POTATO SALAD GF V
- HOUSE DILL PICKLES SPEARS GF VG

- BROCCOLI-QUINOA SALAD GF VG N
- SAVORY GRANOLA GF V
- LOCAL BEETS GF VG N

# LFM

## ENTREES

**CHICKEN SHAWARMA BOWL \$19 GF N**  
CUCUMBER-HERB SALAD, SEEDS, HEIRLOOM MULTI-GRAIN RICE, POMEGRANATE, DILL YOGURT

**KOREAN STEAK BOWL \$22 N GF**  
POACHED EGG, PEANUT-KALE SALAD, MULTI-GRAIN RICE PINEAPPLE KIMCHI, CREAMY FETA

**WOOD ROASTED SALMON \$24 GF N**  
CHARRED BROCCOLINI, HEMP SEEDS, QUINOA, ROASTED CORN, LEMON-TAHINI DRESSING

**THE MARKET BURGER \$19**  
6 OZ TX WAGYU BEEF, WHITE CHEDDAR, PICKLES, CHOPPED ONION, MILK BUN, SECRET SAUCE, TWICE COOKED FRIES  
**MAKE IT A SALAD!**

**FARM-TO-BOWL \$14 V GF N**  
HEIRLOOM MULTI-GRAIN RICE, SMOKED TOFU, SUPER GREENS, ROASTED SWEET POTATO, HUMMUS, VEGAN KIMCHI, CITRUS CREMA

# SWEETS

**BANANA PUDDING \$5 GF N**  
GLUTEN-FREE VANILLA WAFER, MARSHMALLOW FLUFF

**FANCY PEANUT BUTTER COOKIE \$3.5 N**  
FIX & FOGG MAPLE-COFFEE BUTTER, SMOKED SALT BUTTERSCOTCH CHIPS

**CARROT CUPCAKE \$4 VG**  
VANILLA BUTTER CREAM

**JAPANESE MILK BREAD CINNAMON ROLL \$5**  
ROYAL ICING

**CHOCOLATE CHIP COOKIE \$2.5**

# DRINKS

- CLASSIC MINTADE
- KATZ BLACK ICED TEA
- PAT GREER'S SEASONAL KOMBUCHA
- KATZ COLD BREW NITRO DRAFT
- HONEY ICED COFFEE (WITH OAT MILK)
- RICHARD'S RAINWATER SPARKLING
- ST. ARNOLD ROOT BEER

FULL CRAFT COFFEE MENU AVAILABLE



\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS