LOCAL Foods™

LOCALFOODSTEXAS.COM
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HEIGHTS
HOUSTON

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

FALL ALL DAY

Vegan Power Bowl GF VG 16
Brown Rice & Quinoa, Lemony White Beans, Maple Vinaigrette, Root Vegetable Saute, Kale, Fried Sage & Shallots

Salmon Poke* 19.5
Faroe Island Salmon, Broccolini, Caramelized Grapes, Seaweed Crunch, Crispy Shallots, Napa Cabbage, Pickled Carrot and Daikon, Leche de Tigre

Mediterranean Chicken Bowl N 20
Seared Chicken Thighs, Tzatziki, Tabouli, Cucumber, Feta, Pickled Onion, Tomato, Olive Mix, Pine Nuts

Grilled Salmon 26
Faroe Island Salmon, Couscous, Chestnut Mushrooms, Tomato, Sauteed Collard Greens, Sauteed Green Beans Lemon Sauce, Trout Roe and Dill Garnish

Glazed Pork Chop GF 21
Orange Maple Glaze, Sauteed Spinach, Grilled Zucchini & Squash, Heirloom Carrots, Mashed Potatoes, Pomegrante Seed Garnish

Fish Tacos GF 18
Pan Seared Gulf Fish, Jalapeno Crema, Corn Tortillas, Pico de Gallo, Red Cabbage, Avocado Spread

Gulf Shrimp Pasta 23
Milton's Bucatini Pasta, Lobster Sauce, Cremini Mushrooms, Spinach, Tomato, Broccolini

Steak Bowl GF 22
Saffron Rice, Oyster Mushroom, Green Beans Roasted Cherry Tomatoes, Corn Salsa, Gold Bar Squash

SHAREABLES

Vegan Spinach Dip VG GF N 11
Cashew Cream, Hearts of Palm, Crispy Garlic, Tortilla Chips

Cashew Queso VG N GF 9
Pico de Gallo, Vegan "Taco Meat", Tortilla Chips

SALADS

ADD A PROTEIN TO ANY SALAD
Tofu 4 / Chicken 6 / Shrimp 9 / Salmon 9

Asian Chicken GF N 17
Cabbage & Romaine, Cucumber, Broccoli, Cashews, Cilantro, Green Beans, Ginger-Soy Vinaigrette, Sambal-Peanut Sauce

Harvest V GF N 14.5
Mixed Greens, Cauliflower, Shaved Apples, Roasted Butternut Squash, Brussel Sprouts, Radish, Beets, Goat Cheese, Sunflower Seeds, Herb Vinaigrette

Shrimp Caesar 21
Kale-Romaine Mix, Tomatoes, Garlic Croutons, Parmesan, Fried Capers, Hearts of Palm, Caesar Dressing

Taco Salad VG GF N 16.5
Kale & Romaine, Woodlands' Tempeh, Kidney Beans, Avocado, Cilantro-Corn, Pickled Onions, Pumpkin Seeds, Lemon Vinaigrette

Salmon Salad GF N 21
Arugula, Radicchio, Frisee, Fresno Peppers, Pepperoncini Peppers, Olives, Cucumber, Red Onion, Tomato, Mixed Goat & Feta Cheese, Everything Bagel Spice, Red Wine Vinaigrette

HOUSEMADE COCKTAILS

Frozen Gin & Tonic 12
Ford's Gin, Fresh Lime, Simple
Add Aperol Float for $2

Frozen Aperol Spritz 12
Aperol, Prosecco, Orange

Pear Moscow Mule 12
1876 Vodka, Ginger Beer, Pear Puree

Spicy Margarita 12/30
Tequila, Jalapeno, Lime, Tajin Rim

Lavender Lemonade 12/30
Empress Gin, Lemon, Lavender Syrup

Pineapple Mezcalita 12/30
Mezcal, Lime, Orange Liquor, Spicy Salt Rim

SANDWICHES

ANY SANDWICH MAY BE PREPARED AS A SALAD!

Served with your choice of two house sides or a cup of soup. Sub Gluten Free Wrap +3 VG

"Crunchy" Chicken N 17
Oven Roasted, Nut-Seed Crumble, Chips, Romaine, Tomato, Pickles, Provolone, Buttermilk Ranch, Pretzel Bun

Avocado BLT 17.5
Applewood Bacon, Fried Egg, Avocado, Aioli, Heirloom Tomato, Lettuce, Sourdough

Truffled Egg Salad V 15.5
Swift Hill Farms Eggs, Greens, Tomato, Parmesan, Aioli, Pretzel Bun

Gulf Seafood 18.5
Blue Horizon Shrimp & Blue Crab, Romaine, Tomato, Pickled Onion, Green Goddess Dressing, Ciabatta

Chicken Caesar Wrap 20
Grilled Chicken, Romaine & Kale Mix, Parmesan, Tobiko, House Caesar Dressing, Sesame Tempura Nori, Crispy Capers

Roasted Steak 19
1855 Farms Steak, Gruyere, Caramelized Onion, Jalapeño Aioli, Crispy Onion, French Roll

Garden Sammie VG 13.5
Brussels Sprouts, Avocado Spread, Hummus, Sprouts, Pickled Onion, L&T, Curried Cauliflower, Ciabatta

"Banh Mi" 16
Charred Red Field Ranch Pork, Aioli, Pickled Onion, Jalapeño, Cilantro, Sambal, Cucumber Carrot Slaw, French Baguette
Sub San San Organic Non Gmo Tofu With Vegan Aioli

Good Karma "Burger" VG N 15
Quinoa Patty, Pickled Taqueria Vegetables, Tomato, Vegan Aioli, Romaine, Ciabatta

WINES BY THE GLASS

Sea Pearl Sauvignon Blanc 10
Marlborough, NZ

Domaine de Triennes Rose 10
Provence, FR

Eden Rift Pinot Noir 10
Central Coast, CA

No Curfew Chardonnay 10
California

Le Grand Prebois Brut 10
VDF, FR

Valravn Cabernet 10
Sonoma, CA

SIDES

Tuscan Kale GF V N

Potato Chips GF VG

Red Potato Salad GF V

Pickle Spears GF VG

Pumpkin Seeds GF VG N

Lemongrass Sesame Slaw VG N GF

SOUP

CUP 5 / BOWL 8.5

Chicken Posolé GF N

Vegan Broccoli & Cheese VG GF

SWEETS

Chocolate Chunk Cookie V 4

Vegan Carrot Cupcake VG 4

Salted Cocoa Cookie GF 4.5

Pumpkin Spiced Cake 5

Cranberry Orange & Almond Scone 4

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

We add a 5% Premium Package fee on all To-Go Orders