

Something to Share...

CASHEW QUESO VG GF N
 PICO DE GALLO, VEGAN "TACO MEAT",
 HOUSE TORTILLA CHIPS 9.

Featured Supplier

FALCON LAKE FARMS

Founded by Felix Florez, he has been around the industry his whole working life. He strives to supply the finest breeds and highest quality meat to many restaurants around the city.

 LOOK FOR THIS ICON ON OUR MENU

SANDWICHES
 COME WITH
 2 HOUSE SIDES
 OR A CUP
 OF SOUP


Sandwiches

SUB GLUTEN FREE WRAP \$2.50

TRUFFLED EGG SALAD V
 GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 12.


"CRUNCHY" CHICKEN N
 NUT-SEED CRUMBLE, CRUSHED CHIPS, TOMATO,
 HOUSE PICKLES, PROVOLONE, BUTTERMILK
 RANCH, PRETZEL BUN 13.

 **HOUSE CURED & SMOKED SALMON N**
 ONION JAM, LEMON CREAM CHEESE,
 MIXED GREENS, EVERYTHING BAGEL 14.


 **"BANH MI"**
 CHARRED FLF PORK, PICKLED ONION,
 JALAPEÑO, CILANTRO, SAMBAL, AIOLI,
 FRENCH ROLL 13.
(make it Vegan by substituting tofu & vegan aioli VG)

GULF SEAFOOD
 SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION,
 GREEN GODDESS DRESSING, CIABATTA 15.

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

 **AVOCADO BLT**
 FRIED EGG, BACON, BIBB LETTUCE, AIOLI,
 HEIRLOOM TOMATO, SOURDOUGH 15.

 **VEGAN "MEATBALL" SUB VG N**
 MUSHROOM & PECAN MEATBALLS, MARINARA,
 PINENUT PESTO, SPICY GIARDINIERA, BAGUETTE 12.

 **ROAST BEEF N**
 44FARMS BEEF, AGED CHEDDAR, KALE, TOMATO,
 CURRIED CAULIFLOWER, HORSERADISH AIOLI,
 HARVEST WHEAT 15.


ANY
 SANDWICH
 MAY BE
 PREPARED AS
 A SALAD


Salads

FALL HARVEST V GF N
 GREENS, BRUSSELS SPROUTS, DELICATA SQUASH,
 RED & GOLDEN BEETS, ROASTED GRAPES, SPROUTS,
 SUNFLOWER SEEDS, PURE LUCK GOAT CHEESE,
 FRESH HERB VINAIGRETTE 12.5

TACO SALAD VG GF N
 BABY KALE, ROMAINE, VEGAN "TACO MEAT",
 AVOCADO, ROASTED CILANTRO-CORN,
 PICKLED ONIONS, TOMATO, TORTILLA STRIPS,
 PUMPKIN SEEDS, LEMON VINAIGRETTE 13.5

ASIAN CHICKEN GF N
 NAPA CABBAGE, CURED CUCUMBER, GREEN BEANS,
 CASHEWS, BEAN SPROUTS, CRISPY GARLIC,
 SOY VINAIGRETTE, SPICY PEANUT SAUCE 14.

 **HERB CRUSTED SALMON SALAD GF N**
 BABY KALE-SPINACH, MINT, BASIL, ROASTED PEARS,
 SPICED SWEET POTATO, GOAT FETA CHEESE,
 TEXAS HONEY PECANS, BALSAMIC VINAIGRETTE 17.

 **BLACKENED SHRIMP CAESAR**
 ROMAINE, GARLIC CROUTONS, ENGLISH PEAS,
 TOMATOES, PARMESAN, CLASSIC CAESAR DRESSING 16.

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

Drinks

LOCAL FRUITS JUICES (MADE DAILY, 16 OZ.) 11.

MINTADE 3.5

(MADE W/ ORANGE, GRAPEFRUIT, LEMON, & LIME JUICE)


HONEY ICED COFFEE (with OAT MILK) 4.5 /V

KATZ COLD BREW NITRO DRAFT 10oz 4.5 16oz 6.

Soup

CUP 3.5 / BOWL 6.5


OUR CLASSIC CHICKEN POSOLÉ GF N
 POBLANO, GREEN CHILES, HOMINY,
 CILANTRO & PUMPKIN SEED GARNISH

 **BUTTERNUT SQUASH SOUP VG GF N**
 GREEN APPLE, ONION, COCONUT MILK,
 GARNISHED WITH PECAN-CRANBERRY CHUTNEY

Sweets

CHOCOLATE CHIP COOKIE 2.5

VEGAN CARROT CUPCAKE 4. VG

 GLUTEN FREE 7-LAYER BAR 3. N GF

WE ADD A 5% PREMIUM PACKAGING FEE ON ALL TO-GO ORDERS


Housemade Sides

HOUSEMADE CHIPS VG GF OLD BAY SEASONING

LOCAL FRUIT VG GF TEXAS GALA APPLE

RED POTATO SALAD V GF EGG, MUSTARD, DILL, HONEY

TUSCAN KALE V GF N RAISINS, PARMESAN, PINENUTS

 **BEET SALAD N** GREEN APPLE, WHEAT BERRIES, MINT,
 HONEY, PISTACHIO **

 **SAVORY GRANOLA GF N** OATS, HONEY, SESAME SEEDS
PICKLE SPEARS VG GF HOUSE BRINED

UNDERSTAND OUR MENU



NEIGHBORHOOD FAVORITES

N CONTAINS NUTS/SEEDS

GF GLUTEN FREE

V VEGETARIAN

VG VEGAN

PLEASE INFORM US OF ANY FOOD ALLERGIES
 BEFORE ORDERING



Neighborhood Favorites

This icon means the dish is exclusive to this Local Foods. Perhaps it highlights seasonal ingredients or reflects our chef's style of cuisine, a favorite preparation or unique recipe. Enjoy!

We are committed to using fresh, locally-sourced, high quality ingredients. Our shrimp is wild caught; our chicken, beef, pork and eggs are cage free, hormone free, and come from sustainable farms.



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