LOCAL | Foods™

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POST OAK
HOUSTON

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

FALL ALL DAY

Classic Texas Cheeseburger* N 16
Beef Patty, Lettuce, Tomato, Onion, Pickles, Mill King Cheddar, "Secret Sauce", Challah Sesame Seed Bun
*Served With Two Sides Or A Cup of Soup

Salmon Poké* GF N 19.5
Faroe Island Raw Salmon, Pickled Carrot & Daikon, Leche de Tigre, Broccolini, Napa Cabbage, Caramelized Grapes, Furikake, Crispy Shallots
[Some entrees not available til 4pm on Weekends]

SHAREABLES

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

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

FALL ELIXIRS & WINE

Seasonal Sangria 12
Ruby Sangria

Mimosa Glass/Carafe (serves 4) 6/22
Orange

NON-ALCOHOLIC DRINKS

Seasonal Lemonade 3.65

Honey Iced Coffee V 5
With Oat Milk

Katz Cold Brew Nitro Draft 6

Matcha Latte 6.50

Chai Latte 6.50

OUR LOCAL PARTNERS

Atkinson Farms, Swift Hill Farms, Red Field Ranch, Treehouse Farm, Blue Horizon Seafood, Bee2Bee Honey Collective, Katz Coffee Award Winning Farms, Maximo, Milton's

Fall Steak Bowl* GF N 24
Steak, Red Rice, Collard Greens, Roasted Turnips, Tomato, Curry Cauliflower, Romesco Sauce

Mushroom Pasta VG 21
Milton's Pasta, Lion's Mane Mushrooms, Spinach, Broccolini, Vegan Chili Alfredo, Oregano

Shrimp Tacos* GF 17.5
Marinated Shrimp, Maximo Corn Tortillas, Crushed Avocado, Cilantro-Onion-Cabbage Mix, Cilantro Corn, Roasted Tomato Salsa On The Side
*Served With Two Sides Or Cup Of Soup

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

Mediterranean Chicken Bowl N 20
Roasted Chicken Thighs, Tabouli, Cucumber, Feta, Pickled Onion, Tomato, Mixed Olives, Pine Nuts, Tzatziki

Chicken Caesar Wrap N NO MODS 20
Romaine & Kale, Toasted Capers, Tobiko Caviar, Sesame Nori Crunch, Parmesan, Caesar Dressing
*Served With Two Sides Or Cup Of Soup

SALADS

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

Asian Chicken GF N 17
Oven Roasted Chicken, Cabbage & Romaine, Cucumber, Green Beans, Bean Sprouts, Broccoli, Cashews, Cilantro, Noodles, Ginger-Soy Vinaigrette, Sesame Seeds, Sambal-Peanut Sauce

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

Salmon Caesar* 21
Herb Crusted Faroe Island Salmon, Kale-Romaine Mix, Parmesan, Crispy Capers, Tomato, Hearts Of Palm, Croutons

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

Cheeseburger Salad* 16
Beef Patty, Romaine, Shredded Cheddar, Tomato, Red Onions, Pickles, Croutons, "Secret Sauce"

SANDWICHES

ANY SANDWICH MAY BE PREPARED AS A SALAD!

Served with your choice of two house sides or a cup of soup. Sub Spoon & Sprout gluten free wrap +3 VG

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

Avocado BLT 17.5
Crispy Bacon, Fried Egg, Heirloom Tomato, Iceberg Lettuce, Aioli, 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, Lettuce, Tomato, Pickled Onion, Green Goddess Dressing, Ciabatta

Roasted Steak 19
Roasted Steak, Gruyere, Katz Coffee Caramelized Onion, Jalapeño Aioli, Crispy Onion, French Roll

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

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

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

SIDES

Tuscan Kale V GF N

Potato Chips VG GF

Red Potato Salad V GF

Pickle Spears VG GF

Pumpkin Seeds VG GF N

Lemongrass Sesame Slaw VG GF N

SOUP

CUP 5/BOWL 8.5

Chicken Posolé GF N

Vegan Broccoli Cheese VG
with Vegan Bacon Bits

SWEETS

Chocolate Chunk Cookie V 4

Vegan Carrot Cupcake VG 4

Salted Cocoa Cookie V GF 4.5

*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