LOCAL Foods™

LOCALFOODSTEXAS.COM
UKD@LOCALFOODSTEXAS

UPPER KIRBY DISTRICT
HOUSTON

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

SATURDAY & SUNDAY

FALL BRUNCH MENU

10AM TO 3PM

Peaches & Cream French Toast V N — 16
Graham Cracker Crusted Challah, Whipped Ricotta, Citrus Peach Sauce, Almond Streusel

Steak & Eggs* GF — 23
Herb-Marinated Steak, Sunny Side Up Eggs, Breakfast Potatoes, Chives, Heirloom Tomato, Chimichurri

Avocado Toast* V — 15
Harvest Wheat, Heirloom Tomato, Radish, Sunflower Sprouts, Arugula, Ricotta Salata, Balsamic, Sunny Egg

Brunch Bowl * GF — 18
Vegetable Saute of Green & Yellow Squash, Cherry Tomato, & Spinach, Hash Brown, Andouille Sausage, Sunny Side Eggs, Black Pepper Tomato Jam

Power Bowl GF VG N — 16
Brown Rice & Quinoa, Lemony White Beans, Kale, Root Vegetable Saute, Radish, Maple Vinaigrette, Fried Shallots and Sage
Add Chicken +6 *Add Salmon Filet +9*

Local Cheeseburger* — 16
RFR Beef, Cheddar, L&T, Red Onion, Pickle, "Secret Sauce", Sesame Challah Bun

BRUNCH A LA CARTE: 5 EA // BUILD YOUR OWN BRUNCH! PICK 4 FOR 18
3 Eggs Your Way* ▪ Thick Cut Bacon ▪ Classic French Toast ▪ Latkes ▪ Toast
Crispy Potatoes ▪ Muffin of the Day N ▪ Mixed Fruit Cup ▪ Jalapeno & Cheddar Biscuit

SHAREABLES

Vegan Spinach Dip V 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

Roasted Sweet Potato Wedges V GF — 10
Tossed in Furikake Spice with Jalapeno Aioli

HOUSEMADE COCKTAILS

Mimosa Time! — 9/22
Ask our Staff about Seasonal Flavors!

Spicy Margarita — 12/30
Jalapeno Infused Tequila, Orange Liqueur, Lime

H-Town Sweet Tea — 12/30
Townes Vodka, Blueberry Hibiscus Tea, Lemon

Lavender Lemonade — 12/30
Empress 1908 Gin, Lemon, Lavender Honey

Blood Orange Margarita — 12/30
Tequila Blanco, Agave, Lime, Blood Orange

Seasonal Sangria — 12
Wine Infused with Seasonal Fruit

Seasonal Frozen — 6(NA)/12
Available NA or Adult!

Espresso Martini — 12
Vodka, Coffee Liqueur, Nitro Cold Brew

SALADS

ADD A PROTEIN TO ANY SALAD
Tofu 3 / Chicken 6 / Shrimp 9 / Salmon 9

Asian Chicken GF N — 16
Cabbage & Romaine, Cucumber, Broccoli, Cashews, Cilantro, Green Beans, Ginger-Soy Vinaigrette, Sambal-Peanut Sauce

Harvest V GF N — 13.5
Mixed Greens, Cauliflower, Brussels Sprouts, Beets, Green Beans, Roasted Butternut Squash, Shaved Apples, TX Goat Cheese, Radish, Sunflower Seeds, Herb Vinaigrette

Salmon Poke* GF N — 19.5
Raw Faroe Island Salmon, Pickled Carrot & Daikon, Napa Cabbage, Broccolini, Caramelized Grapes, Crispy Shallots, Furikake, Leche De Tigre

Taco Salad VG GF N — 15.5
Wiwas Tempeh, Romaine & Kale, Kidney Beans, Avocado, Cilantro-Corn, Cherry Tomato, Pickled Onion, Pumpkin Seeds, Lemon Vinaigrette

Caesar — 13
Kale-Romaine Mix, Tomatoes, Garlic Croutons, Parmesan, Fried Capers, Hearts of Palm, Caesar Dressing

Cheeseburger Salad* — 16
RFR Beef, Cheddar, Tomato, Red Onion, Pickle, 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 Leven gluten-free bread +3 V

"Crunchy" Chicken N — 16.25
Oven Roasted, Nut-Seed Crumble, Chips, L&T, Pickles, Provolone, Buttermilk Ranch, Pretzel Bun

Avocado BLT — 16.5
Applewood Bacon, Fried Egg, Avocado, Aioli, Heirloom Tomato, Sourdough

Truffled Egg Salad V — 15
Swift Hill Farms Eggs, Greens, Tomato, Parmesan, Aioli, Pretzel Bun

Gulf Seafood — 17.5
Blue Horizon Shrimp & Blue Crab, L&T, Pickled Onion, Green Goddess Dressing, Ciabatta

Roasted Beef — 19
Thinly Sliced Steak, Gruyere Cheese, Katz Coffee Caramelized Onions, Crispy Onions, Jalapeno Aioli, French Roll.

Garden Sammie VG — 13
Brussels Sprouts, Avocado Spread, Hummus, Pickled Onion, L&T, Curried Cauliflower, Ciabatta

"Banh Mi" — 15
Charred Red Field Ranch Pork, Aioli, Pickled Onion, Jalapeño, Cilantro, Sambal, Cucumber-Carrot Slaw, French Baguette
Sub with San San Organic Non Gmo Tofu & Vegan Aioli

Chicken Caesar Wrap N — 20
Grilled Chicken, Tobiko, Seasme Tempura Nori, Crispy Capers, Parmesan, Romaine & Kale, House Caesar Dressing

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

OUR LOCAL PARTNERS

Swift Hill Farms, Blue Horizon, Slow Dough Bread Co., Deluxe Fine Foods, Wiwas Tempeh, Red Field Ranch

SIDES

Tuscan Kale GF V N

Potato Chips GF VG

Red Potato Salad GF V

Pickle Spears GF VG

Pumpkin Seeds GF VG

Lemongrass Slaw GF VG N

SOUP

CUP 4.5 / BOWL 8

Chicken Posolé GF N

Vegan Broccoli & Cheese VG GF

SWEETS

Chocolate Chunk Cookie V — 4

Vegan Carrot Cupcake VG — 4

Pumpkin Spiced Cake V — 5

Triple Chocolate Cookie GF V — 4.5

Cranberry-Orange Scone V N — 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