

Something to Share...

WARM SPINACH DIP **VG GF N**
CASHEW CREAM, HEARTS OF PALM, CRISPY GARLIC, HOUSE TORTILLA CHIPS 10.

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.



SANDWICHES COME WITH 2 HOUSE SIDES OR A CUP OF SOUP

Sandwiches

SUB A GLUTEN FREE WRAP \$2.5

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

"CRUNCHY" CHICKEN **N**
NUT-SEED CRUMBLE, CRUSHED CHIPS, LETTUCE, 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 BAGUETTE 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 SPROUTS, AVOCADO SPREAD, HUMMUS, PICKLED ONION, TOMATO, CURRIED CAULIFLOWER, SPROUTS, CIABATTA 12.

QUINOA BURGER **VG N**
LETTUCE, TOMATO, ONION, PICKLES, VEGAN AIOLI, PRETZEL BUN 12.

CHIMICHURRI STEAK
SLICED 44 FARMS TRI TIP BEEF, BABY ARUGULA, PARAGON CHEDDAR, AVOCADO, TOMATO, AIOLI, CIABATTA 18.

AVOCADO BLT
CRISPY BACON, ROMAINE, HEIRLOOM TOMATO, FRIED EGG, AVOCADO, AIOLI, HARVEST WHEAT 15.

ANY SANDWICH MAY BE PREPARED AS A SALAD

Salads

FALL HARVEST **V GF N**
GREENS, DELICATA SQUASH, ROASTED RED GRAPES, TEXAS GOAT CHEESE, RED & GOLDEN BEETS, BRUSSEL SPROUTS, TOASTED SUNFLOWER SEEDS, FRESH HERB VINAIGRETTE 12.5

VEGAN TACO SALAD **VG GF N**
BABY KALE, WOODLAND'S TEMPEH, KIDNEY BEANS, AVOCADO, CILANTRO-CORN, TOMATO, PICKLED ONIONS, TORTILLA STRIPS, PUMPKIN SEEDS, LIME VINAIGRETTE 13.5

ASIAN CHICKEN **GF N**
NAPA CABBAGE, CHICKEN, CURED CUCUMBER, CASHEWS, BEAN SPROUTS, BROCCOLI, SNOWPEAS, GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 14.

SALMON POKE **GF N**
SESAME QUINOA, SANBAIZU, CILANTRO, BEAN SPROUTS, AVOCADO, CITRUS, SNOWPEAS, RADISH, SPICY NORI, SESAME SALT 17.

CAESAR SALAD **VG N**
ROMAINE, CURLY ENDIVE, HEARTS OF PALM, HOUSEMADE CROUTONS, CITRUS, SEED GRANOLA, MISO-CASHEW CAESAR DRESSING 12.

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

Entrées

BULGOGI BEEF "RAMEN"
COCONUT RAMEN BROTH, EGG NOODLES, ROASTED CAULIFLOWER, LEEKS, BLACK SESAME, NORI, FISH SAUCE & CHILI OIL 16.
(not available during Brunch)

PAN SEARED SALMON **N**
GLAZED WITH CRANBERRY & PEAR OVER BEET AND FRISEE SALAD WITH FARRO, FINGERLING POTATO, DILL, MAPLE-CITRUS VINAIGRETTE AND SEED CRUNCH 20.
(not available during Brunch)

ORGANIC BRAISED CHICKEN **GF**
BONE IN THIGHS, ROASTED PARSNIPS, SUNCHOKES, SWISS CHARD SHALLOTS, TARRAGON & CITRUS MARMALADE 17.
(not available during Brunch)

POWER BOWL **VG GF N**
NAVY BEANS, BROWN RICE QUINOA MIX, SWISS CHARD, BRUSSEL SPROUTS, DELICATA SQUASH, CURRY TOFU, ITALIAN SALSALSA VERDE, TOASTED GROATS 15.

Soup

CUP 3.5 / BOWL 6.5

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

VEGAN "CLAM CHOWDER" **VG N**
OYSTER MUSHROOMS, SAGE, OYSTER CRACKERS, ROOT VEGGIES, CASHEWS, GARLIC OIL

Housemade Sides

HOUSEMADE CHIPS **VG GF** OLD BAY SEASONING
SEASONAL FRUIT **VG GF** GALA APPLE
RED POTATO SALAD **V GF** EGG, MUSTARD, DILL, HONEY
TUSCAN KALE **V GF N** RAISINS, PARMESAN, PINENUTS
BROCCOLI QUINOA **GF VG N** VEGAN FETA, SEEDS
GRANOLA **GF N** OATS, HONEY, SESAME SEED
PICKLE SPEARS **VG GF** CURRY TURMERIC

Drinks

MINTAIDE 3.5
HONEY ICED COFFEE (with OAT MILK) 4.5 **V N**
KATZ COLD BREW NITRO DRAFT 10oz 4.5 / 16oz 6.

Sweets

CHOCOLATE CHIP COOKIE 2.5
SNICKERDOODLE COOKIE **GF** 3
VEGAN CARROT CUPCAKE **VG** 4.
VEGAN VANILLA CUPCAKE **VG** 4.

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*