LOCAL | Foods™

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UPPER KIRBY DISTRICT
HOUSTON

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

ALL DAY FALL MENU

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

Add Chicken +6 Add Salmon Filet +9

Salmon Entree GF N 22
Pistachio & Herb Crusted Faroe Island Salmon, Gingered Kale & Chickpeas, Golden Raisin Chutney, Roasted Sweet Potato, Tahini Yogurt Sauce

Classic Cheeseburger N 16
RFR Beef, Cheddar, L&T, Red Onion, Pickle, "Secret Sauce", Sesame Challah Bun

Served with Two Sides Or A Soup

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

Thai Steak Bowl GF N 24
Marinated Steak, Forbidden Rice, Nuac Cham, Red Curry Aioli, Carrots, Bean Sprouts, Spinach, Toasted Cashews, Cilantro, Mint, Thai Basil

Autumn Bucatini N 18
Milton's Bucatini, Herb Grilled Chicken Breast, Roasted Butternut Squash, Wilted Red Chard, Charred Shallots, Spiced Lemon Whipped Ricotta, Toasted Pine Nuts

Vegetarian Option Available 15

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

Roasted Sweet Potatoes V GF 11
Wedges Tossed in Furikake Spice, Served with Jalapeno Aioli

SALADS

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

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

Harvest V GF N 14.5
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 16.5
Wiwas Tempeh, Romaine & Kale, Kidney Beans, Avocado, Hominy, Pickled Onions, Pumpkin Seeds, Lemon Vinaigrette

Caesar 14
Kale-Romaine Mix, Tomatoes, Garlic Croutons, Parmesan, Fried Capers, Hearts of Palm, Caesar Dressing

Cheeseburger Salad 16
Red Field Ranch Beef, Cheddar, Romaine, Tomato, Red Onion, House Pickle, Croutons, "Secret Sauce"

HOUSEMADE COCKTAILS

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

Fall Sangria 12
Red Wine, Brandy, Apple Cider, OJ, Fall Spices

Seasonal Frozen NA 6/12
Available in NA or Adult!

SANDWICHES

ANY SANDWICH MAY BE PREPARED AS A SALAD!

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

"Crunchy" Chicken N 17.00
Oven Roasted, Nut-Seed Crumble, Chips, L&T, Pickles, Provolone, Buttermilk Ranch, Pretzel Bun

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

Truffled Egg Salad V 15.50
Swift Hill Farms Eggs, Greens, Tomato, Parmesan, Aioli, Pretzel Bun

Gulf Seafood 18.5
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.

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

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

Garden Sammie VG 13.50
Brussels Sprouts, Avocado Spread, Hummus, 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 Organic Non Gmo Tofu & Vegan Aioli

OUR LOCAL PARTNERS

Swift Hill Farms, Blue Horizon, JV Foods, Deluxe Fine Foods, Wiwas Tempeh

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 Slaw GF VG N

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 V 4.5

Pumpkin Spiced Cake V 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