

OUR MENU

- N

CONTAINS NUTS
- GF

GLUTEN FREE
- F

CONTAINS FISH
- V

VEGETARIAN
- VG

VEGAN
- *

CONSUMING RAW/UNDERCOOKED PRODUCT MAY CAUSE FOODBORNE ILLNESS

SHAREABLES

- CRUNCHY MUNCHY BRUSSELS SPROUTS

VG GF

SWEET CHILE-MISO GLAZED CRISPY BRUSSELS, MAPLE CANDIED PUMPKIN SEEDS, PICKLED CHILES, TOASTED SESAME SEEDS 9
- CASHEW QUESO VG N GF

PICO DE GALLO, VEGAN TACO MEAT, EL MILAGRO CORN TORTILLA CHIPS

ADD ESCABECHE +2.5 / ADD GUACAMOLE +2.5

SANDWICHES

SERVED WITH CHOICE OF 2 SIDES OR A CUP OF SOUP SUB GLUTEN FREE BREAD 3

- “CRUNCHY” CHICKEN N

OVEN ROASTED CHICKEN, NUT-SEED CRUMBLE, CRUSHED CHIPS, TOMATO, LETTUCE, HOUSE PICKLES, PROVOLONE, RANCH, PRETZEL BUN 18
- TRUFFLED EGG SALAD V

SWIFT HILL FARMS EGGS, GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 15.5

**GLOW UP - ADD SMOKED FAROE ISLAND SALMON +8.5
- GARDEN SAMMIE VG

BRUSSELS, AVOCADO SPREAD, HUMMUS, CURRIED CAULIFLOWER, PICKLED RED ONION, TOMATO, LETTUCE, SPROUTS, CIABATTA 15
- GULF SEAFOOD POBOY *

SHRIMP & BLUE CRAB, TOMATO, LETTUCE, PICKLED ONION, GREEN GODDESS DRESSING, FRENCH ROLL 20

SALADS

ADD A PROTEIN TO ANY SALAD TOFU 5 / CHICKEN 4/7.5 / FAROE ISLAND SALMON FILLET 12 * / TAIL-ON GULF SHRIMP 9 *

- FALL HARVEST V GF

MIXED GREENS, 2L PRODUCE ROASTED BUTTERNUT SQUASH, CARAMELIZED CAULIFLOWER, ROASTED RED GRAPES, GREEN BEANS, TEXAS RED BEETS, LOCAL RADISH, BRUSSELS SPROUTS, SUNFLOWER SPROUTS, SUNFLOWER SEEDS, LONESTAR GOAT CHEESE, FRESH HERB VINAIGRETTE 15.5
- CHOPPED GREEN SALAD V

ROMAINE, HERB & SCALLION MARINATED CHICKPEAS, FETA, AVOCADO, ENGLISH CUCUMBER, CASTELVETRANO OLIVES, HOUSE CROUTONS, RED WINE & SHALLOT VINAIGRETTE 15.5
- TACO VG GF

VEGAN TACO MEAT, KALE-ROMAINE MIX, AVOCADO, GRILLED CORN, TOMATO, KIDNEY BEANS, PICKLED ONION, JICAMA, PEPITAS, CILANTRO, TORTILLA SHELL, LEMON VINAIGRETTE 18

- ASIAN CHICKEN SALAD GF N

ROAST CHICKEN, NAPA CABBAGE, ROMAINE, SWEET POTATO NOODLES, CURED CUCUMBER, BROCCOLI, BEAN SPROUTS, GREEN BEANS, TOASTED CASHEWS, CILANTRO, SESAME SEEDS, SESAME-TAMARI VINAIGRETTE, SIDE OF SAMBAL-PEANUT SAUCE 20.5
- BUBBY SALAD F *

HOUSE SMOKED FAROE ISLAND SALMON, KALE, JAMMY EGG, WHITE MOUNTAIN YOGURT LABNEH, PICKLED RED ONION, VILLAGE FARMS CHERRY TOMATOES, SUNFLOWER SPROUTS, FRIED SHALLOT & SESAME SEED MIX, SLOW DOUGH CIABATTA CROUTONS, LEMON VINAIGRETTE 22.5

HOUSEMADE SIDES

- HOUSEMADE CHIPS VG GF

OLD BAY SEASONING
- APPLE-CRANBERRY SALAD VG GF

CELERY, PARSLEY, LEMON JUICE
- RED POTATO SALAD V GF

EGG, MUSTARD, DILL, HONEY
- TUSCAN KALE V GF N

GOLDEN RAISINS, PARMESAN, PINE NUTS
- ESCABECHE VG GF

CAULIFLOWER, CARROT, JALAPEÑO
- HOUSE PICKLE SPEARS VG GF

SOUP CUP 5 / BOWL 8.5

- OUR CLASSIC CHICKEN POSOLÉ GF

POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEED GARNISH
- BUTTERNUT SQUASH BISQUE VG GF

OAT MILK & CANDIED PEPITAS

BOWLS

- MEDITERRANEAN POWER BOWL VG GF

HERB MARINATED & GRILLED HIFI MYCOLOGY LION’S MANE AND OYSTER MUSHROOMS, BLISTERED SHISHITO PEPPERS AND BROCCOLI, ZA’ATAR, BABA GHANOUSH, GOLDEN RAISIN & CAPER AGRODOLCE, JASMINE-QUINOA RICE, SUNFLOWER SPROUT SALAD 19.5 ADD TOFU 5 - CHICKEN 4/7.5 - TAIL-ON GULF SHRIMP 9 * - SEARED FAROE ISLAND SALMON FILLET 12 *
- CHICKEN AND FARRO BOWL

HERB MARINATED GRILLED CHICKEN BREAST, ARUGULA, SHAVED GREEN APPLE, BROCCOLI, SHAVED FENNEL, FRENCH FETA, PESTO DRESSED FARRO, SPROUTS ALIVE RADISH SPROUTS 19.5

- SALMON POKE GF F *

HOUSE SESAME-TAMARI MARINATED FAROE ISLAND SALMON, SHAVED RADISH, MANDARIN ORANGE, DICED CUCUMBER, CABBAGE, JASMINE-QUINOA RICE, BROCCOLI-MISO CRUNCH, NORI AIOLI, RADISH SPROUTS, SESAME SEEDS 21
- SASHIMI TUNA & AVOCADO BOWL GF F *

RAW SUSHI GRADE AHI TUNA TOSSED IN SESAME PONZU, AVOCADO, PICKLED DAIKON, MANDARIN, DICED CUCUMBERS, JICAMA, NAPA CABBAGE, RADISH, GINGER-SCALLION SAUCE, SPROUTS ALIVE RADISH SPROUTS, TOASTED SESAME SEEDS 25

KIDS

- SERVED WITH YOUR CHOICE OF FRUIT, PICKLES, OR CHIPS
- KIDS CRUNCHY CHICKEN

CRUSHED CHIPS, PROVOLONE, BUTTERMILK RANCH, PRETZEL BUN 10.5
- KIDS PEANUT BUTTER & JELLY N VG

PRETZEL BUN 7.5
- KIDS GRILLED CHEESE V

PROVOLONE, PRETZEL BUN 7.5

DRINKS

- BUBBLER BAR 4.5

ICED TEAS, SEASONAL LEMONADES, AGUA FRESCA
- GREEN MONKEY SMOOTHIE 10 VG GF

CHIA, FLAX, APPLES, SPINACH, KALE, BASIL, LIME JUICE, PINEAPPLE, AVOCADO, DATES
- WIRED MONKEY SMOOTHIE 10 N VG GF

COLD BREW, BANANAS, PEANUT BUTTER, ALMOND MILK, DRIED CHERRIES, DATES, CINNAMON, CHIA SEEDS
- KOSMIC KOMBUCHAS 4.5

LOCAL. LEMON. LOVE. / MINT JULEP / SALTY DOG
- RAMBLER 2.5/MEXICAN COKE 4.5/DUBLIN ROOT BEER 4