LOCAL | Foods™

LOCALFOODSTEXAS.COM
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POST OAK
HOUSTON

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

FALL BRUNCH

SAT & SUN
10-3

B.Y.O.B.

Breakfast Plate 18

BUILD YOUR OWN BRUNCH! PICK 4

- 3 EGGS YOUR WAY**
- THICK CUT BACON
- SPICY SAUSAGE
- FRENCH TOAST
- CHEESE GRITS
- CRISPY POTATOES

ITEMS ALSO AVAILABLE A LA CARTE

CHEF FEATURES

Breakfast Tacos* GF 17
Steak & Ground Chorizo, Scrambled Eggs, Poblano Peppers & Onions, Pepper Jack Cheese, Corn Tortillas, Cilantro, Roasted Tomato Salsa

Steak & Eggs** GF 24
Steak, 2 Eggs Your Way, Crispy Potatoes, Chimichurri

Breakfast Philly* 21
Classic Philly Cheese Steak with 44 Farms Beef, Two Eggs Over Easy, Bacon, Rajas, Aioli, Provolone Cheese, Caramelized Onions, Teardrop Peppers, Bolillio Bun

Vegan Breakfast Burrito* VG 18
Tofu "Egg" Scramble, Hash Browns, Refried Beans, Pico De Gallo, Crispy Quinoa, Avocado, Rajas, Roasted Tomato Salsa

Brunchy Chicken Sammy* N 18
Oven Roasted Chicken, Bacon, Pimento Cheese, Fried Egg, Arugula, Ranch, Fried Onions, Everything-Pretzel Bun

Local Eggs Benedict 19
Housemade Biscuits, House-Fried Chicken, Eggs Over Easy, Sausage Gravy, Green Onions, Served with Brunch Potatoes

Shrimp & Grits 23
Gulf Shrimp, Cheese Grits, Andouille Sausage, Mixed Peppers, Shrimp Boil, Green Onion

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 CHOICE OF 2 SIDES OR A 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, Broccoli, Cashews, Bean Sprouts, Noodles, Cilantro, Sesame Seeds, Ginger-Soy Vinaigrette, Sambal-Peanut Sauce

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

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

Fall 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

Texas Cheeseburger Salad* 16
Burger Patty Slices, Romaine, Shredded Cheddar, Tomatoes, Red Onions, Pickles, Croutons, "Secret Sauce"

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

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

SANDWICH-

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

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

Classic Cheeseburger* N 16
Beef Patty, L&T, Onion, Pickles, White Cheddar, "Secret Sauce," Challah Sesame Bun

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, Ciabatta

Good Karma "Burger" VG N 15
Smoked Quinoa Patty, Pickled Taqueria Vegetables, L&T, 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

FALL ELIXIRS

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 6.5

Chai Latte 6.5

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 Posole 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

5% Premium Package fee added on all To-Go Orders