


# Munch while you wait!

 **JALAPENO HUMMUS VG GF**  
OLIVE OIL, HEIRLOOM CARROTS,  
RADISHES, CUCUMBER 8.\*\*

**CASHEW QUESO VG GF**  
PICO DE GALLO, VEGAN TACO MEAT,  
HOUSE TORTILLA CHIPS 9. \*\*

## Featured Supplier

### BLUE HORIZON SEAFOOD

Fresh from the boat, Blue Horizon Seafood owners Frixos Chrisinis and Sallie Osborne Chrisinis strive to provide the freshest fish that the Gulf has to offer.

 LOOK FOR THIS ICON ON OUR MENU

SANDWICHES  
COME WITH  
2 HOUSE SIDES  
OR A CUP  
OF SOUP

## Sandwiches

SUB A HOMEMADE  
GLUTEN FREE WRAP \$2.5.

**TRUFFLED EGG SALAD V**  
GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 11.

**“CRUNCHY” CHICKEN**  
RED BIRD FARMS CHICKEN, CRUSHED CHIPS,  
NUT-SEED CRUMBLE, TOMATO,  
HOUSE PICKLES, PROVOLONE,  
BUTTERMILK RANCH, PRETZEL BUN 13. \*\*


**“BANH MI”**  
FALCON LAKE FARMS CHARRED PORK,  
PICKLED ONION, JALAPEÑO, CILANTRO,  
SAMBAL, AIOLI, FRENCH BAGUETTE 13.  
*(make it veggie by subbing SAN SAN tofu)*


 **GULF SEAFOOD**  
SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION,  
LETTUCE, GREEN GODDESS DRESSING, CIABATTA 14.

**VEGAN MEATBALL SUB VG**  
MUSHROOM & PECAN MEATBALLS, MARINARA, PESTO,  
SPICY GIARDINIERA, TOASTED BAGUETTE 11.5.

**GARDEN SAMMIE VG**  
CRISPY EGGPLANT, AVOCADO, HUMMUS, PICKLED ONION,  
TOMATO, CURRIED CAULIFLOWER, SPROUTS,  
CIABATTA 11.

**ROAST BEEF**  
HOUSE ROAST BEEF, TEXAS GOAT CHEESE, TOMATO,  
ARUGULA, BALSAMIC AIOLI, CIABATTA 15.

 **AVOCADO BLT**  
FRIED EGG, BACON, BIBB LETTUCE, AIOLI,  
HEIRLOOM TOMATO, SOURDOUGH 14.

 **SMOKED SALMON**  
HOUSE CURED AND SMOKED SALMON, ONION JAM,  
MIXED GREENS, LEMON CREAM CHEESE,  
GOLDEN “EVERYTHING” BAGEL 14.

ANY  
SANDWICH  
MAY BE  
PREPARED AS  
A SALAD


## Salads

**SUMMER HARVEST V GF**  
LOCAL GREENS, MARKET VEGGIES, PURE LUCK CHEVRE,  
SPROUTS, TOASTED SUNFLOWER SEEDS,  
WATERMELON, FRESH HERB VINAIGRETTE 12.5. \*\*

**TACO SALAD VG**  
BABY KALE, VEGAN “TACO MEAT”, AVOCADO,  
ROASTED CILANTRO-CORN, TOMATO, PICKLED  
ONIONS, TORTILLA STRIPS, PUMPKIN SEEDS,  
LIME VINAIGRETTE 13.5. \*\*

**SHRIMP COBB GF **  
ROMAINE, TOMATO, EGG, BACON, CUCUMBER,  
WHITE CHEDDAR, AGAVE-CREOLE MUSTARD 15.

**ASIAN CHICKEN GF**  
NAPA CABBAGE, PICKLED CUCUMBER, BEAN SPROUTS,  
SUGAR SNAP PEAS, BROCCOLI, CASHEWS, CRISPY GARLIC,  
GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 13. \*\*

 **SEARED SALMON SALAD GF**  
MIXED GREENS, MARINATED TEXAS FETA,  
CRISPY ARTICHOKE HEARTS, KALAMATA OLIVES,  
SUNDRIED TOMATOES,  
ROASTED RED PEPPER VINAIGRETTE 15.

**MARKET PICK 3**  
YOU DECIDE--CHOOSE ANY 3 ITEMS FROM OUR CASE OF  
HOUSE SIDES OR SOUP 11. \*\*

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

## Drinks

WATERMELON LEMONADE 3.5

KATZ COLD BREW NITRO DRAFT 5.

HONEY ICED COFFEE 4.5

PAT GREER’S SPRING KOMBUCHA 4.5

## Soup

CUP 3.5 / BOWL 5.5  
**OUR CLASSIC CHICKEN POSOLE GF**  
POBLANO, GREEN CHILES, HOMINY, CILANTRO  
& PUMPKIN SEED GARNISH \*\*

**VEGAN CORN & POTATO CHOWDER GF VG**  
SWEET CORN, POTATO,  
GREEN ONION, VEGAN BACON\*\*\*

## Market Sides

**DILL PICKLE SPEARS**

**HOUSEMADE CHIPS** OLD BAY SEASONING

**PUMPKIN SEEDS** SPICY SEASONING

**POTATO SALAD** ONION, CELERY, EGG,

HONEY, DILL, CREOLE MUSTARD

**SEASONAL FRUIT** WATERMELON

**TUSCAN KALE** PINE NUTS, PARMESAN \*\*

**OLIVE-GARBANZO SALAD-** KIDNEY BEANS, CAPERS, BELL PEPPERS

## Sweets

CHOCOLATE CHIP COOKIE 2.5

VEGAN CARROT CUPCAKE 4. **VG**

SEE REVERSE SIDE  
FOR COCKTAILS,  
BEER, & WINES BY  
THE BOTTLE

### UNDERSTAND OUR MENU

 NEIGHBORHOOD FAVORITES

\*\* 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.

