

# Munch while you wait!

**CHARRED JALAPENO HUMMUS\*\* V**  
VEGGIES, CIABATTA TOAST &  
GARLIC-HERB OIL 8

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

## Featured Supplier

### BLUE HORIZON SEAFOOD

Fresh from the boat, Blue Horizon Seafood owners, Frixos and Sallie Chriinis, 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

SUBSTITUTE LOCAL'S  
GLUTEN FREE WRAP \$2.5

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

**"CRUNCHY" CHICKEN\*\***  
NUT-SEED CRUMBLE, CRUSHED CHIPS,  
TOMATO, HOUSE PICKLES, PROVOLONE,  
BUTTERMILK RANCH, PRETZEL BUN 13

**SMOKED SALMON\*\***  
ONION JAM, LEMON CREAM CHEESE,  
EVERYTHING BAGEL 14

**AVOCADO BLT**  
BACON, ROMAINE, AIOLI, HEIRLOOM TOMATO,  
SLICED AVOCADO, FRIED FARM EGG, HARVEST WHEAT 14

**"BANH MI"**  
GRILLED FALCON LAKE FARMS PORK,  
PICKLED ONION, JALAPEÑO, CILANTRO,  
SAMBAL, AIOLI, FRENCH BAGUETTE 13  
(make it vegetarian by subbing Local tofu)

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

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

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

**VEGAN MEATBALL SUB\*\* VG**  
PECAN AND MUSHROOM MEATBALLS, MARINARA,  
ARUGULA-PINENUT PESTO, SPICY GIADINIERA,  
BAGUETTE 11.5

## Soups

CUP 3.5 / BOWL 5.5

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

**SUMMER SQUASH VG**  
COCONUT MILK, TUMERIC, POTATOES, QUINOA,  
PICKLED RED ONIONS

## Side Choices

- PUMPKIN SEEDS\*\***: CHILI POWDER **GF VG**
- SEASONAL FRUIT**: WATERMELON **GF VG**
- DILL PICKLES**: LOCAL'S HOUSE BRINE **GF VG**
- HOUSEMADE CHIPS**: OLD BAY SEASONING **GF VG**
- RED POTATO SALAD**: EGG, ONION, DILL, MUSTARD **GF**
- BROCCOLI-QUINOA\*\***: SUNFLOWER SEEDS, VEGAN FETA **GF VG**
- TUSCAN KALE\*\***: PINE NUTS, PARMESAN, RAISINS **GF V**

## Salads

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

**SEASONAL HARVEST\*\* V GF**  
GREENS, MARKET VEGGIES, TOASTED SUNFLOWER,  
PURE LUCK GOAT CHEESE RICOTTA, FRIED EGGPLANT,  
SEEDS, WATERMELON, HERB VINAIGRETTE 12.5

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

**ASIAN CHICKEN\*\***  
NAPA CABBAGE, CURED CUCUMBER, CASHEWS,  
BEAN SPROUTS, GINGER-SOY VINAIGRETTE,  
BROCCOLI, SPICY PEANUT SAUCE 13

**CAESAR SALAD\*\* VG**  
ROMAINE, RADICCHIO, HEIRLOOM CARROTS,  
SEED GRANOLA, HOUSE-MADE CROUTONS,  
MISO CAESAR DRESSING 11

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

## Entrees

**BLACKENED SALMON GF**  
CUCUMBER & WATERMELON SALAD, MINT,  
BLACK SESAME, RED ONION, PONZU 18

**PESTO PASTA\*\***  
ORECCHIETTE PASTA, PECORINO ROMANO,  
CHERRY TOMATOES, SUMMER SQUASH,  
TOMATO-PINE NUT PESTO, BALSAMIC,  
OLIVE TAPENADE 16

**VEGAN FRITO PIE\*\* VG**  
CORN CHIPS, VEGAN TACO MEAT, VEGAN QUESO,  
PICO DE GALLO, SRIRACHA 11

**VEGAN POWER BOWL\*\* VG**  
CHERRY TOMATOES, SUMMER SQUASH, FIELD PEAS,  
SWISS CHARD, QUINOA-TOFU RICE,  
AVOCADO VINAIGRETTE 14

## Sweets

- CHOCOLATE CHIP COOKIE 2.5
- VEGAN CARROT CUPCAKE **VG** 4
- SNICKERDOODLE GF** 2.5

## Drinks

- WATERMELON AGAVE LEMONADE 3.5
- HONEY ICED COFFEE (WITH FLAX MILK) 4.5 \*\* **V**
- KATZ COLD BREW NITRO DRAFT 5

### UNDERSTAND OUR MENU

**NEIGHBORHOOD FAVORITES**

\*\* CONTAINS NUTS/SEEDS

**GF** GLUTEN FREE

**V** VEGETARIAN

**VG** VEGAN

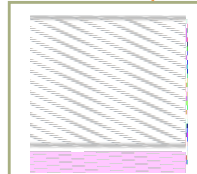
PLEASE INFORM US OF ANY FOOD ALLERGIES  
BEFORE ORDERING



### 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.



SCAN CODE FOR MORE INFO  
ON INGREDIENTS AND ALLERGENS

We add a 5% premium packaging fee on all To-Go Orders



## WINES BY THE GLASS \$9

POMELO ROSÉ - YOUNTVILLE    BOLD CHARDONNAY - MONTEREY    PRINCE DE LIS BRUT - FRANCE  
POMELO SAUVIGNON BLANC - CALIFORNIA    SANS CARBONIC CARIGNAN - IRVINE

### 375ML & SPLITS

ROMBAUER CHARDONNAY 20  
CALIFORNIA

SONOMA-CUTRER CHARDONNAY 13  
CALIFORNIA

ANGELS & COWBOYS ROSE 14  
SONOMA

KING ESTATE PINOT GRIS 15  
WILLAMETTE VALLEY

FROG'S LEAP SAUVIGNON BLANC 16  
NAPA VALLEY

CATENA MALBEC 14  
ARGENTINA

AU BON CLIMAT PIONT NOIR 16  
SANTA MARIA

ARGYLE PINOT NOIR 22  
WILLAMETTE VALLEY

### 750 ML RED VARIETALS

CAYMUS (1 LITER!!) CABERNET SAUVIGNON 76  
NAPA VALLEY

DUCKHORN CABERNET SAUVIGNON 45  
NAPA VALLEY, CA

OAK FARMS CABERNET SAUVIGNON 24  
LODI

GROTH CABERNET SAUVIGNON 50  
SANTA BARBARA

BONANZA CABERNET SAUVIGNON 24  
CALIFORNIA

FAUST CABERNET SAUVIGNON 45  
NAPA VALLEY, CA

ROBERT FOLEY CABERNET SAUVIGNON 70  
ALEXANDER VALLEY

SILVER OAK CABERNET SAUVIGNON 75  
ALEXANDER VALLEY

BOLD PINOT NOIR 25  
MONTEREY

ALEXANA PINOT NOIR 29  
WILLAMETTE

CHEHALEM PINOT NOIR 29  
WILLAMETTE VALLEY

PATZ & HALL PINOT NOIR 38  
SONOMA COAST

EMERITUS PINOT NOIR 39  
CALIFORNIA

PAPILLON RED BLEND (BY ORIN SWIFT) 59  
CALIFORNIA

HG III RED BLEND 40  
NAPA VALLEY

FELINO MALBEC 19  
ARGENTINA

VINA ALBERDI TEMPRANILLO 25  
SPAIN

CAYMUS-SUISUN PETIT SYRAH 43  
CALAFORNIA VARIOUS

MOTHERS MILK SHIRAZ 23  
AUSTRALIA

LEVIATHAN RED BLEND 32  
OAKVILLE

DUCKHORN MERLOT 40  
NAPA VALLEY

EMMOLO MERLOT 27  
NAPA VALLEY

### 750 ML ROSÉ & SPARKLES

VAL DE MER BRUT ROSÉ 20  
FRANCE

COPAIN ROSÉ 20  
CALIFORNIA

GASPARD ROSÉ 20  
FRENCH

RED CAR ROSÉ 21  
CALIFORNIA

"STUDIO" BY MIRAVAL 21  
FRANCE

SPARKLING ST. LAURENT CRUSE WINE CO. 38  
CALAFORNIA (NATURAL WINE)

LA FARRA PRESECCO 22  
ITALY

PET NAT SPARKLING ROSÉ 24  
PASO ROBLES

ARGYLE SPARKLING 30  
WILLAMETTE

CHARLES HEIDSIECK CHAMPAGNE 55  
FRANCE

### 750 ML WHITE VARIETALS

ROMBAUER CHARDONNAY 35  
CALIFORNIA

NICKEL & NICKEL CHARDONNAY 35  
NAPA VALLEY

SEA SUN CHARDONNAY 16  
NAPA VALLEY

CAKEBREAD CHARDONNAY 42  
NAPA VALLEY

BOLD CHARDONNAY 25  
MONTEREY

MER SOLEIL CHARDONNAY 25  
SONOMA

MOUNT EDEN CHARDONNAY 23  
EDNA VALLEY

POSEIDON CHARDONNAY 25  
NAPA VALLEY

CLOUDY BAY SAUVIGNON BLANC 24  
SLOVENIJA

GHOST BLOCK SAUVIGNON BLANC 26  
YOUNTVILLE

DOMAINE BONNARD SANCERRE 23  
FRANCE

EMMOLO SAUVIGNON BLANC 18  
NAPA VALLEY

GROTH SAUVIGNON BLANC 25  
NAPA VALLEY

DOMAINE CIRINGA SAUVIGNON BLANC 21  
SLOVENIJA

AU BON CLIMAT PINOT GRIS & BLANC 21  
SANTA BARBARA

CONUNDRUM WHITE BLEND 21  
SANTA BARBARA

K VINTNERS VIOGNIER 28  
WASHINGTON

PAUL NICOLLE CHABLIS 29  
FRANCE

SLEIGHT OF HAND RIESLING 18  
COLUMBIA VALLEY