


# Munch while you wait!

 **BLACK BEAN HUMMUS \*\* GF VG**  
BLACK BEAN HUMMUS WITH SALSA “SECA”,  
TORTILLA CHIPS AND VEGGIES 9.

**CASHEW QUESO \*\* VG**  
VEGAN MEAT (PULLED JACK FRUIT),  
PICO DE GALLO, SCALLIONS,  
HOUSE TORTILLA CHIPS 9. \*\*

## Featured Supplier

### BLUE HORIZON SEAFOOD

Fresh from the boat, Blue Horizon Seafood owner Frixos Chrisinis strives 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**  
OVEN ROASTED CHICKEN BREAST, NUT-  
SEED CRUMBLE, CRUSHED CHIPS, TOMATO,  
HOUSE PICKLES, PROVOLONE, BUTTERMILK  
RANCH, PRETZEL BUN 13. \*\*


 **SMOKED SALMON**   
ONION JAM, LEMON CREAM CHEESE, MIXED  
GREENS, GOLDEN'S EVERYTHING BAGEL 14. \*\*

**“BANH MI”**  
CHARRED FL FARMS 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.

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

 **AVOCADO BLT**  
APPLEWOOD BACON, PRO-VISION CRISP, TOMATO, FRIED  
EGG, AVOCADO, SPICY AIOLI, SOURDOUGH 15.


 **VEGAN “MEATBALL” SUB VG**  
MUSHROOM & QUINOA “MEATBALLS”, HOUSE MADE  
MARINARA, GIARDINIERA, ARUGULA PESTO, BAGUETTE  
11.5 \*\*

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.\*

## Soup

CUP 3.5 / BOWL 5.5

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

 **CASHEW-TOMATO GAZPACHO VG GF**  
GARLIC, BASIL, DATES, BELL PEPPERS,  
CUCUMBER RELISH GARNISH \*\*

## Market Sides

**HOUSEMADE CHIPS VG GF** OLD BAY SEASONING

**LOCAL FRUIT VG GF**

**TUSCAN KALE V GF** GOLDEN RAISINS, PINE NUTS, PARMESAN \*\*

**SUMMER CORN RELISH VG GF** BASIL VINAIGRETTE \*\*


## Salads


**SUMMER HARVEST V GF**  
GREENS, TOMATOES, MARKET VEGGIES, TEXAS GOAT  
CHEESE, FRIED EGGPLANT, SEASONAL FRUIT, TOASTED  
SUNFLOWER SEEDS, FRESH HERB VINAIGRETTE 12.5 \*\*

**TACO SALAD VG GF**  
VEGAN MEAT (PULLED JACK FRUIT), KALE, AVOCADO,  
ROMAINE, CUCUMBER, TOMATOES, BEANS, ROASTED  
CILANTRO-CORN, PUMPKIN SEEDS, TORTILLA STRIPS,  
ANCHO-LIME DRESSING 13.5 \*\*

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

 **ARUGULA SHRIMP GF**   
ARUGULA, BROWN RICE, SUN DRIED TOMATO, PECORINO,  
SPICED PECANS, LEMON VINAIGRETTE 14. \*\*

 **TUNA COBB GF**  
ALBACORE TUNA, ROMAINE, WHITE CHEDDAR, BACON,  
EGG, AVOCADO, TOMATO, CUCUMBER,  
AGAVE-CREOLE MUSTARD DRESSING 15.

 **VEGAN POWER BOWL VG GF**  
BLACK EYED PEAS, QUINOA-RICE MIX, KALE, CARROTS,  
TOMATO, BROCCOLI, SPRING PEA “GUACAMOLE”,  
ALMONDS 14. \*\*

**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 AGAVE MINTADE 3.5**

**HONEY ICED COFFEE (WITH FLAX MILK) 4.5 \*\***

**KATZ COLD BREW NITRO DRAFT 6.**

**PAT GREER'S KOMBUCHA 4.5**

## Sweets

**CHOCOLATE CHIP COOKIE V 2.5**

**VEGAN CARROT CUPCAKE VG 4.**

**RED POTATO SALAD V GF** EGG. AIOLI, MUSTARD, DILL, HONEY

**PUMPKIN SEEDS VG GF** CURRY POWDER \*\*

**PICKLE SPEARS VG GF**

4 EA. / 5 PINT / 8 QUART

### 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

