

Munch while you wait!

CHARRED JALAPENO HUMMUS V
VEGGIES, CIABATTA &
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 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
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

“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, TOMATO, CURRIED CAULIFLOWER,
SPROUTS, CIABATTA 11

AVOCADO BLT
BACON, HEIRLOOM TOMATO, ROMAINE, AIOLI,
SLICED AVOCADO, FRIED EGG, HARVEST WHEAT 15

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

VEGAN MEATBALL SUB VG
PECAN AND MUSHROOM MEATBALLS, MARINARA,
SPINACH-BASIL PESTO, SPICY GIADINIERA,
BAGUETTE 11.5

Soup

CUP 3.5 / BOWL 5.5

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

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

Side Choices

BROCCOLI-QUINOA**: SUNFLOWER SEEDS, VEGAN FETA
TUSCAN KALE**: PINE NUTS, PARMESAN,
GOLDEN RAISINS
RED POTATO SALAD: EGG, ONION, DILL, MUSTARD
SEASONAL FRUIT: WATERMELON
HOUSEMADE CHIPS: OLD BAY SEASONING
PUMPKIN SEEDS: CHILI POWDER
HOUSEMADE DILL PICKLES

Salads

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

SEASONAL HARVEST V GF**
GREENS, MARKET VEGGIES, PURE LUCK GOAT CHEESE
RICOTTA, FRIED EGGPLANT, TOASTED SUNFLOWER
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
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 **
KATZ COLD BREW NITRO DRAFT 5.

UNDERSTAND OUR MENU

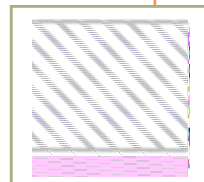
NEIGHBORHOOD FAVORITES
** CONTAINS NUTS/SEEDS
GF GLUTEN FREE
V VEGETARIAN
VG VEGAN
PLEASE INFORM US OF ANY FOOD ALLERGIES
BEFORE ORDERING



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 \$7

POMELO ROSÉ - YOUNTVILLE BOLD CHARDONNAY - MONTEREY DRY CREEK CHENIN BLANC - YOLO
SANS CARBONIC CARIGNAN - IRVINE PRINCE DE LIS CHAMPAGNE - FRANCE

375ML & SPLITS

MAS FI CAVA (187 ML) 6.5
SPAIN

ROMBAUER CHARDONNAY 16
CALIFORNIA

SONOMA-CUTRER CHARDONNAY 13
CALIFORNIA

ANGELS & COWBOYS ROSE 14
SONOMA

DUCKHORN SAUVIGNON BLANC 15
NAPA VALLEY

FROG'S LEAP SAUVIGNON BLANC 16
NAPA VALLEY

CATENA MALBEC 11
ARGENTINA

AU BON CLIMAT PIONT NOIR 16
SANTA MARIA

ARGYLE PINOT NOIR 22
WILLAMETTE VALLEY

750 ML RED VARIETALS

FELINO MALBEC 19
ARGENTINA

NO CURFEW RED BLEND 15
NAPA VALLEY

VINA ALBERDI TEMPRANILLO 25
SPAIN

CORAZON DEL SOL SOLEADO 40
ARGENTINA

CAYMUS-SUISUN PETIT SYRAH 43
CALAFORNIA VARIOUS

CONUNDRUM RED BLEND 21
SANTA BARBARA

MOTHERS MILK SHIRAZ 23
AUSTRALIA

LEVIATHAN RED BLEND 32
OAKVILLE

TANNAT FROM CRUSE WINE CO. 41
CALIFORNIA (NATURAL WINE)

DIRTY AND ROWDY MSG 42
MONTEREY

EMMOLO MERLOT 20
NAPA VALLEY

BOLD PINOT NOIR 18
MONTEREY

ALEXANA PINOT NOIR 29
WILLAMETTE

CHEHALEM PINOT NOIR 29
WILLAMETTE VALLEY

LO-FI CABERNET FRANC 31
SANTA BARBARA

OAK FARMS CABERNET SAUVIGNON 24
LODI

GROUND EFFECT CABERNET SAUVIGNON 23
SANTA BARBARA

BONANZA CABERNET SAUVIGNON 24
CALAFORNIA

FAUST CABERNET SAUVIGNON 45
NAPA VALLEY, CA

JORDAN CABERNET SAUVIGNON 60
ALEXANDER 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

HEIDI SCHROCK "BISCAYA" ROSÉ 21
BURGENLAND
BIODYNAMIC

"STUDIO" BY MIRAVAL 21
FRANCE

HEITZ CELLAR ROSÉ 27
NAPA VALLEY

SPARKLING ST. LAURENT CRUSE WINE CO. 13
CALAFORNIA (NATURAL WINE)

LA FARRA PRESECCO 22
ITALY

PET NAT SPARKLING ROSÉ 24
PASO ROBLES

ARGYLE SPARKLING 30
WILLAMETTE

750 ML WHITE VARIETALS

AU BON CLIMAT PINOT GRIS & BLANC 21
SANTA BARBARA

WESTMOUNT PINOT GRIS 18
WILLAMETTE VALLEY

CONUNDRUM WHITE BLEND 21
SANTA BARBARA

DOMAINE BONNARD SANCERRE 23
FRANCE

K VINTNERS VIOGNIER 28
WASHINGTON

PAUL NICOLLE CHABLIS 29
FRANCE

PIKE ROAD PINOT GRIS 16
WILLAMETTE VALLEY

SLEIGHT OF HAND RIESLING 18
COLUMBIA VALLEY

EMMOLO SAUVIGNON BLANC 18
NAPA VALLEY

ASTROLABE SAUVIGNON BLANC 18
MARLBOROUGH

RAPURA SAUVIGNON BLANC 18
MARLBOROUGH

DOMAINE CIRINGA SAUVIGNON BLANC 21
SLOVENIJA

GHOST BLOCK SAUVIGNON BLANC 26
YOUNTVILLE

LOLA CHARDONNAY 18
NAPA

BOLD CHARDONNAY 21
MONTEREY

LIOCO CHARDONNAY 21
SONOMA

MOUNT EDEN CHARDONNAY 23
EDNA VALLEY

POSEIDON CHARDONNAY 25
NAPA VALLEY