LOCAL Foods TANGLEWOOD

Munch while you wait !

CASHEW QUESO ** VG VEGAN TACO MEAT, HOUSE TORTILLA CHIPS 9. **

FRESH HERB HUMMUS VG GF

VEGGIE CRUDITE + CRISPY TORTILLA CHIPS 8.

SANDWICHES COME WITH 2 HOUSE SIDES OR A CUP OF SOUP

Sandwiches

SUB A 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.**

"BANH MI"

CHARRED FALCON LAKE FARMS PORK. PICKLED ONION, JALAPEÑO, CILANTRO, SAMBAL, AIOLI, FRENCH BAGUETTE 13. (MAKE IT VEGAN WITH TOFU AND VEGAN AIOLI)

GULF SEAFOOD

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

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

公公 CLASSIC TX CHEESEBURGER

44FARMS BEEF, LETTUCE, TOMATO, PICKLES, ONION, CHEDDAR, "SECRET SAUCE", POTATO BUN 13.

SMOKED QUINOA PATTY, TOMATO, ROMAIN, PICKLES, RED ONION, VEGAN SECRET SAUCE, PRETZEL BUN 12. **

AVOCADO BLT

CRISPY BACON, LETTUCE, HEIRLOOM TOMATO, SLICED AVOCADO, FRIED EGG, SRIRACHA AIOLI, HARVEST WHEAT 15.

WATERMELON-MINT LEMONADE 3.5 HONEY ICED COFFEE (WITH FLAX MILK) 4.5 ** KATZ COLD BREW NITRO DRAFT 5. MEXICAN COKE / MEXICAN SPRITE 3. PAT GREER'S KOMBUCHA 4.5

RED POTATO SALAD DILL, CELERY, EGG HOUSEMADE CHIPS OLD BAY SEASONING SEASONAL FRUIT LOCAL WATERMELON **PUMPKIN SEEDS** CAJUN SEASONING ** DILL PICKLES HOUSE BRINE

TUSCAN KALE PINENUTS, PARMESAN, GOLDEN RAISINS ** JICAMA-CUCUMBER SALAD RED ONION, PISTACHIOS, CARROTS **

UNDERSTAND OUR MENU

** CONTAINS NUTS/SEEDS **GF** GLUTEN FREE

- V VEGETARIAN
- VG VEGAN

PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING

Salads

SUMMER HARVEST V GF

GREENS, MARKET VEGGIES, PURE LUCK GOAT CHEESE, EGGPLANT, TOASTED SUNFLOWER SEEDS, WATERMELON, FRESH HERB VINAIGRETTE 13. **

TACO SALAD VG

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

ASIAN CHICKEN

NAPA CABBAGE, PICKLED CUCUMBER, BEAN SPROUTS, BROCCOLI, CASHEWS, GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 13. **

SHRIMP COBB GF

CHOPPED ROMAINE, AVOCADO, BACON, CHOPPED EGG, CILANTRO-CORN, TOMATO, PICKLED ONION, **RED WINE VINAIGRETTE 16. ****

企论 LOCAL POWER BOWL VG GF

CURRY TOFU, QUINOA, CHEF'S BEAN BLEND, KALE, RAINBOW CARROTS, AVOCADO COULIS 14.

SALMON POKE BOWL GF

SESAME QUINOA, SNAP PEAS, BABY BOK CHOY, BEAN SPROUTS, SLICED AVOCADO, CITRUS-SOY VINAIGRETTE 14.

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

Sweets CHOCOLATE CHIP COOKIE 2.5 VEGAN CARROT CUPCAKE VG 4.

Wines By The Glass \$7

SPARKLING BRUT

ELIZABETH CHAMBERS PINOT GRIS MARTIN RAY SAUVIGNON BLANC **AERENA ROSE** NO CURFEW PINOT NOIR NO CURFEW CABERNET SAUVIGNON



Neighborhood

∩ Favorites

This icon means the dish is

exclusive to this Local Foods.

Perhaps it highlights seasonal

ation or unique recipe. Enjoy.

ingredients or reflects our chef's

style of cuisine, a favorite preper-

CUP 3.5 / BOWL 5.5

OUR CLASSIC CHICKEN POSOLÉ POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEEDS **

CHILLED TOMATO-BASIL** VG GF CASHEW-CUCUMBER RELISH **

SCAN CODE FOR MORE INFO **ON INGREDIENTS AND ALLERGENS**

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





BLUE HORIZON SEAFOOD

Horizon Seafood Owner Frixos Chrisinis strives to provide the freshest fish that the Gulf has to offer.

LOOK FOR THIS ICON ON OUR M

ANY SANDWICH MAY BE PREPARED AS A SALAD