

## OUR MENU

**N** CONTAINS NUTS

**GF** GLUTEN FREE **F** CONTAINS FISH

**V** VEGETARIAN **VG** VEGAN

\* CONSUMING RAW/UNDERCOOKED PRODUCT MAY CAUSE FOODBORNE ILLNESS

## SHAREABLES

SERVED WITH EL MILAGRO  
CORN TORTILLA CHIPS

**SPINACH & HEART OF PALM DIP** **VG N GF**  
CASHEW CREAM, CRISPY POTATO STRIPS & FRIED  
SHALLOTS 12

**CASHEW QUESO** **VG N GF**  
PICO DE GALLO, VEGAN "TACO MEAT" 11  
ADD ESCABECHE +2.5 / ADD GUACAMOLE +2.5

## SANDWICHES

SERVED WITH CHOICE OF 2 SIDES OR A CUP OF SOUP. **SUB GLUTEN FREE BREAD +3**

**"CRUNCHY" CHICKEN** **N**  
OVEN ROASTED CHICKEN, NUT-SEED CRUMBLE,  
CRUSHED CHIPS, TOMATO, LETTUCE,  
HOUSE PICKLES, PROVOLONE, RANCH,  
PRETZEL BUN 17.5

**TRUFFLED EGG SALAD** **V**  
SWIFT HILL FARMS EGGS, GREENS, TOMATO,  
PARMESAN, AIOLI, PRETZEL BUN 15.5  
\*\*GLOW UP - ADD SMOKED FAROE ISLAND SALMON +8.5

**GARDEN SAMMIE** **VG**  
BRUSSELS, AVOCADO SPREAD, HUMMUS,  
CURRIED CAULIFLOWER, PICKLED RED ONION,  
TOMATO, LETTUCE, SPROUTS, CIABATTA 15

**GULF SEAFOOD POBOY** **\***  
SHRIMP & BLUE CRAB, TOMATO, LETTUCE,  
PICKLED ONION, GREEN GODDESS DRESSING,  
FRENCH ROLL 19.5

## SALADS

ADD A PROTEIN TO ANY SALAD TOFU 5 / CHICKEN 4/7.5 / FAROE ISLAND SALMON FILLET 12\* / U15 GULF SHRIMP 10\*

**SPRING HARVEST** **VG GF**  
MIXED GREENS, SPRING ASPARAGUS,  
GUNDERMANN BEETS, SUGAR SNAP PEAS, LOCAL  
RADISH, FRESH STRAWBERRIES, BRUSSELS  
SPROUTS, SUNFLOWER SPROUTS, SUNFLOWER  
SEEDS, LONESTAR GOAT CHEESE, FRESH HERB  
VINAIGRETTE 15

**CHOPPED GREEN SALAD** **V**  
ROMAINE, HERB & SCALLION MARINATED  
CHICKPEAS, FETA, AVOCADO, ENGLISH  
CUCUMBER, CASTELVETRANO OLIVES,  
HOUSE CROUTONS, RED WINE & SHALLOT  
VINAIGRETTE 15

**TACO** **VG GF**  
VEGAN TACO MEAT, KALE-ROMAINE MIX,  
AVOCADO, GRILLED CORN, TOMATO,  
KIDNEY BEANS, PICKLED ONION, JICAMA,  
PEPITAS, CILANTRO, TORTILLA SHELL,  
LEMON VINAIGRETTE 17

**ASIAN CHICKEN SALAD** **GF N**  
ROAST CHICKEN, NAPA CABBAGE, ROMAINE,  
SWEET POTATO NOODLES, CURED CUCUMBER,  
BROCCOLI, BEAN SPROUTS, GREEN BEANS,  
TOASTED CASHEWS, CILANTRO, SESAME SEEDS,  
TOSSED WITH A SESAME-TAMARI  
VINAIGRETTE AND SERVED WITH A SIDE OF  
SAMBAL-PEANUT SAUCE 19.5

**BUBBY SALAD** **F \***  
HOUSE SMOKED FAROE ISLAND SALMON, KALE,  
JAMMY EGG, WHITE MOUNTAIN YOGURT LABNEH,  
PICKLED RED ONION, VILLAGE FARMS CHERRY  
TOMATOES, SUNFLOWER SPROUTS, FRIED  
SHALLOT & SESAME SEED MIX, SLOW DOUGH  
CIABATTA CROUTONS, LEMON VINAIGRETTE 22

## HOUSEMADE SIDES

**HOUSEMADE CHIPS** **VG GF**  
OLD BAY SEASONING

**FRESH STRAWBERRIES** **VG GF**  
GINGER GLAZED, ITALIAN BASIL

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

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

**ESCABECHE** **VG GF**  
CAULIFLOWER, CARROT, JALAPEÑO

**PICKLE SPEARS** **VG GF**

## SOUP CUP / BOWL

**OUR CLASSIC CHICKEN POSOLÉ** **GF**  
POBLANO, GREEN CHILES, HOMINY, CILANTRO &  
PUMPKIN SEED GARNISH 5/8.5

**CASHEW CREAM OF BROCCOLI SOUP** **VG GF N**  
CRISPY OLD BAY CHICKPEAS 5/8.5

## BOWLS

**TEMPEH+GRILLED MUSHROOM POWER BOWL** **VG GF N**  
HERB MARINATED & GRILLED HIFI MYCOLOGY LION'S MANE  
AND OYSTER MUSHROOMS, FLYING TEMPEH BROTHERS  
SAUSAGE, MASSAGED KALE, CASHEW-RED PEPPER PUREE,  
JASMINE-QUINOA RICE, SUNFLOWER SPROUT SALAD 19.5  
ADD TOFU 5 - CHICKEN 4/7.5 - U15 GULF WHITE SHRIMP 10\* - SEARED FAROE  
ISLAND SALMON FILLET 12\*

**CHICKEN AND FARRO BOWL**  
HERB MARINATED GRILLED CHICKEN BREAST, ARUGULA,  
SHAVED GREEN APPLE, BROCCOLI, SHAVED FENNEL,  
FRENCH FETA, PESTO DRESSED FARRO,  
SPROUTS ALIVE RADISH SPROUTS 19.5

**SALMON POKE** **GF F \***  
HOUSE SESAME-TAMARI MARINATED FAROE ISLAND  
SALMON, SHAVED RADISH, FRESH STRAWBERRIES,  
DICED CUCUMBER, CABBAGE, JASMINE-QUINOA RICE,  
BROCCOLI-MISO CRUNCH, NORI AIOLI, RADISH SPROUTS,  
SESAME SEEDS 21

**SASHIMI TUNA & AVOCADO BOWL** **GF F \***  
RAW SUSHI GRADE AHI TUNA TOSSED IN SESAME PONZU,  
AVOCADO, PICKLED DAIKON, STRAWBERRIES,  
DICED CUCUMBERS, JICAMA, NAPA CABBAGE,  
RADISH, GINGER-SCALLION SAUCE, SPROUTS ALIVE  
RADISH SPROUTS, TOASTED SESAME SEEDS 25

## KIDS

SERVED WITH YOUR CHOICE OF FRUIT, PICKLES, OR CHIPS

**KIDS CRUNCHY CHICKEN**  
CRUSHED CHIPS, PROVOLONE, BUTTERMILK RANCH,  
PRETZEL BUN 10

**KIDS PEANUT BUTTER & JELLY** **N VG**  
PRETZEL BUN 7.5

**KIDS GRILLED CHEESE** **V**  
PROVOLONE, PRETZEL BUN 7.5

## DRINKS

**BUBBLER BAR** 4.5  
ICED TEAS, SEASONAL LEMONADES, AGUA FRESCA

**GREEN MONKEY SMOOTHIE** 10 **VG GF**  
CHIA, FLAX, APPLES, SPINACH, KALE, BASIL,  
LIME JUICE, PINEAPPLE, AVOCADO, DATES

**WIRED MONKEY SMOOTHIE** 10 **N VG GF**  
COLD BREW, BANANAS, PEANUT BUTTER, ALMOND MILK,  
DRIED CHERRIES, DATES, CINNAMON, CHIA SEEDS

**KOSMIC KOMBUCHAS** 4.5  
LOCAL. LEMON. LOVE. / MINT JULEP / SALTY DOG

**ASSORTED CANNED/BOTTLED BEVERAGES** 2.5 - 8.75