

OUR MENU

- N** CONTAINS NUTS
- GF** GLUTEN FREE **F** CONTAINS FISH
- V** VEGETARIAN **VG** VEGAN
- * CONSUMING RAW/UNDERCOOKED PRODUCT MAY CAUSE FOODBORNE ILLNESS

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

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

BANH MI

CHARRED F.L.F. PORK, PICKLED ONION, CUCUMBER-CARROT MIX, JALAPEÑO, CILANTRO, SAMBAL, AIOLI, FRENCH ROLL 17

**MAKE IT VEGAN WITH NON GMO UNCLE PHAN'S FRESH TOFU & VEGAN AIOLI

AVOCADO B.L.T. *

CRISPY BACON, TRUE HARVEST BUTTER LETTUCE, HEIRLOOM TOMATO, FRIED EGG, AVOCADO, AIOLI, SOURDOUGH 18

**CLUB IT UP BY ADDING CHICKEN & PROVOLONE +5.5

BORRACHO BEEF

MEXICAN STYLE BRAISED WAGYU EXCELENTE BEEF, GRILLED RED ONION, CILANTRO-CABBAGE SLAW, PICKLED PEPPERS, TOMATO, PROVOLONE, AIOLI, AU JUS, CIABATTA 21

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

FRENCH BISTRO MUSHROOM BOWL **VG GF**

HERB MARINATED & GRILLED HIFI MYCOLOGY LION'S MANE AND OYSTER MUSHROOMS, LOCAL GARLICKY WINTER GREENS, WHITE BEAN CASSOULET, ROASTED LOCALLY GROWN CARROTS, TEXAS BLACK GOLD GARLIC BALSAMIC, 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, SESAME 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, SESAME 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