

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 18

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

BROSSELS, 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 20

BANH MI

CHARRED F.L.F. PORK, PICKLED ONION, CUCUMBER-CARROT MIX, JALAPEÑO, CILANTRO, SAMBAL, AIOLI, FRENCH ROLL 17.5

**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 22.5

SALADS

ADD A PROTEIN TO ANY SALAD TOFU 5 / CHICKEN 4/7.5 / FAROE ISLAND SALMON FILLET 12 * / TAIL-ON GULF SHRIMP 9 *

FALL HARVEST

VG GF

MIXED GREENS, 2L PRODUCE ROASTED BUTTERNUT SQUASH, CARAMELIZED CAULIFLOWER, ROASTED RED GRAPES, GREEN BEANS, TEXAS RED BEETS, LOCAL RADISH, BRUSSELS SPROUTS, SUNFLOWER SPROUTS, SUNFLOWER SEEDS, LONESTAR GOAT CHEESE, FRESH HERB VINAIGRETTE 15.5

CHOPPED GREEN SALAD

V

ROMAINE, HERB & SCALLION MARINATED CHICKPEAS, FETA, AVOCADO, ENGLISH CUCUMBER, CASTELVETRANO OLIVES, HOUSE CROUTONS, RED WINE & SHALLOT VINAIGRETTE 15.5

TACO

VG GF

VEGAN TACO MEAT, KALE-ROMAINE MIX, AVOCADO, GRILLED CORN, TOMATO, KIDNEY BEANS, PICKLED ONION, JICAMA, PEPITAS, CILANTRO, TORTILLA SHELL, LEMON VINAIGRETTE 18

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, SIDE OF SAMBAL-PEANUT SAUCE 20.5

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 22.5

HOUSEMADE SIDES

HOUSEMADE CHIPS

VG GF

OLD BAY SEASONING

APPLE-CRANBERRY SALAD

VG GF

CELERY, PARSLEY, LEMON JUICE

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

HOUSE PICKLE SPEARS

VG GF

SOUP

CUP / BOWL

OUR CLASSIC CHICKEN POSOLÉ

GF

POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEED GARNISH 5/8.5

GINGER CHICKEN LEMONGRASS

GF F

COCONUT MILK, KAFFIR LIME, GARLIC, FRIED SHALLOT AND CILANTRO GARNISH 6/9

BUTTERNUT SQUASH BISQUE

VG GF

OAT MILK & CANDIED PEPITAS 5/8.5

BOWLS

FRENCH BISTRO MUSHROOM BOWL

V GF

HERB MARINATED & GRILLED HIFI MYCOLOGY LION'S MANE AND OYSTER MUSHROOMS, LOCAL GARLICKY 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 - TAIL-ON GULF SHRIMP 9 * - 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, MANDARIN ORANGE, 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, MANDARIN, 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 10.5

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

RAMBLER 2.5/MEXICAN COKE 4.5/DUBLIN ROOT BEER 4

LOCAL FOODS 2ND STREET DISTRICT | 454 W. 2ND (512) 614-1212