

LOCAL FOODS KITCHEN



CHEF'S MENU



'20

STARTERS

SMOKEY GOUDA STICKS *marinara*..... 12

SOUPS Tomato or Soup of the DayCup....5..... Bowl. 7
 KALE CAESAR croutons, Parmesan.....Half....5.....Full... 7
 HULEN WEDGE iceberg, scallion, tomato, bacon, pecans, blue cheese & ranch Half....6.....Full... 10
 AVOCADO MANDARIN SPINACH SALAD with strawberries & french dressingHalf....7.....Full... 11

Combos

COMBO 1

Soup or Wedge/Caesar/Mandarin & ½ Sandwich....10-15

COMBO 2

½ Entree Salad & ½ Sandwich....15

COMBO 3

½ Entree Salad & Cup Soup....14

SBLTA, Turkey or Corned Beef sandwich add 2.00

ENTREE SALADS

CHEFS DAILY BOWL fresh vegetables, proteins, grains, small batch dressings (see specials board)

Chicken/Veggie....15 Salmon/Steak/Shrimp. 17

SALMON NICOISE dill potato, tomatoes, egg, caper, olive, red onion, haricot vert, green goddess dressingFull....17... Half... 10.50

POWER SALAD sweet potato, broccoli, edamame, carrot, sunflower, walnut, raisin, apple, lettuces, select a dressing
 Full....12 Half....8 Wrap... 10

Dressings: tzatziki • house vinaigrette • lemon • green goddess • ranch • caesar • sesame ginger • balsamic vinaigrette • creamy cilantro

MEXCRUNCH greens, black beans, pico, avocado, pepita seeds, corn tortilla, queso fresco, peppers, cabbage, creamy cilantro dressing & drizzled with chipotle orange bbqFull....12.... Half....8... Wrap... 10

KEBAB COBB tandoori chicken, avocado, tomato, smoked bacon, onion, feta, peppers, greens, pita & Tzatziki dressing
 Full....13 Half....9 Wrap... 11

CHINESE CHICKEN SALAD crisp rice noodle, scallion, iceberg, cilantro, toasted almond and sesame ginger dressing
 Full....12 Half....8 Wrap... 10

SANDWICHES



All sandwiches come with a Texas greens house salad

HIPPIE CRUNCH guacamole, sprouts, tomato, spicy lemon hummus, sweet potatoes, cucumber, fried onion on walnut scallion 10

JALAPENO TURKEY CRUNCH guacamole, roast turkey, tomato, grilled onion, Crunchy Warm Cheese Bread 12

ALBACORE TUNA SALAD grilled or cold, white cheddar, red onion and greens on hippie wheat. *No splits on grilled*..... 10

GRILLED CORNED BEEF REUBEN topped with sauerkraut, swiss cheese, onion, Dijon, 1000 island on rye 12

GRILLED FISH TACOS slaw, pickled red onion, lime, cilantro, toasted cumin vinaigrette w/ avocado tomato pico, chili fries 15

WARM SMOKED CHICKEN PANINI red onion, mozzarella, tomato, basil pesto, sriracha aioli on focaccia 11

GRILLED SALMON BURGER (8oz) Build your own and select from

mozzarella, white cheddar, lettuce, arugula, lemon aioli, tomato, red onion ..14

PIMENTO CHEESE BLT sriracha, red onion, sourdough..... 10

SBLTA grilled salmon, bacon, lettuce, tomato, avocado and lemon aioli on grilled sourdough 13

FARM BURGER (8oz) Build your own and select from white or yellow cheddar, lettuce, tomato, onion, mayo, mustard and ketchup. Comes with choice of chips, fries or a vegetable salad from the center deli case..... 13

Add bacon, guacamole, goat cheese, pimento cheese or Gorgonzola 1.75ea

Kids Menu

UNDER 10....6

Select one: GRILLED CHEESE • MAC & CHEESE • TURKEY CHEDDAR ROLLUP • PB & J • CHICKEN SKEWER
fresh fruit or carrots & celery with ranch dressing

SIDES&EXTRAS

Chef's Daily Fries . 6
 Grilled Salmon 2.5oz....4 / 5 oz... 8
 Grilled Chicken 2.5oz....3 / 5 oz... 7
 Bacon 1.35

Avocado....small 1.50 / large 3.00
 Jalapenos.. 50¢

DRINKS

Ginger Lemonade..... 3.50
 Iced Tea / Hot Tea 2.50
 Mimosa.....glass 4... carafe 14

Assorted Juices, Waters,
Refreshers Beer and Wine

HOT CHOCOLATE & CO FFEE

House Hot Chocolate.....5.75

Light & sweet - San Francisco's

Dandelion small-batch chocolate

European Drinking Chocolate

.....**4.50**

Italian-inspired: thick, hot, rich

Avoca French Roast

.....

3.00

Shot of Chocolate2.50

House Cold Brew3.50