



DOWNTOWN
 420 MAIN STREET
 713.227.0531
 10AM-8PM SEVEN DAYS A WEEK
 WEEKEND BRUNCH
 HAPPY HOUR 3-6 EVERY DAY



** CONTAINS NUTS/SEEDS
 PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING

SANDWICHES PROUDLY SERVING SLOW DOUGH BREAD.

WITH CHOICE OF 2 SIDES OR CUP OF SOUP

SMOKED SALMON

ONION JAM, LEMON CREAM CHEESE, MIXED GREENS, POPPY BAGEL 12. **

44 FARMS BEEF "BANH MI"

CHARCOAL GRILLED BEEF, RADISH SLAW, PICKLED ONIONS, SAMBAL, AIOLI, BOLILLO ROLL 14.

TRUFFLED EGG SALAD

MIXED GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 9.5

SPICY FALAFEL

TOMATO, SWEET PEA HUMMUS, ROMAINE, CASHEW "CREAM", SAMBAL, HARVEST WHEAT 12. **

44 FARMS HAMBURGER

WILD MUSHROOMS, SWISS, ROMAINE, CRISPY ONIONS, SECRET SAUCE, SESAME SEED CHALLAH 14.

TURKEY SALAD

DILL HAVARTI, PECAN PESTO, CRANBERRIES, ARUGULA, AIOLI, SOURDOUGH 13. **

GULF SEAFOOD

SHRIMP & BLUE CRAB, TOMATO, PICKLED ONION, LETTUCE, GREEN GODDESS DRESSING, CIABATTA 13.5

"CRUNCHY" CHICKEN

NUT-SEED CRUMBLE, CRUSHED CHIPS, TOMATO, HOUSE PICKLES, ROMAINE, PROVOLONE, BUTTERMILK RANCH, PRETZEL BUN 12. **

GARDEN SAMMIE

BRUSSELS SPROUTS, AVOCADO, HUMMUS, PICKLED ONION, TOMATO, CURRIED CAULIFLOWER, SPROUTS, CIABATTA 10.
 ADD CHICKEN 12.5 AS A SALAD W/ CHICKEN 13.5

SUB  WRAP FOR \$2.50

SIDES

\$4 EACH / 3 SIDES FOR \$11

PESTO ORZO CHERRY TOMATOES, CUCUMBER, SUMMER SQUASH, BASIL

TUSCAN KALE PINE NUTS, PARMESAN **

QUINOA BROCCOLI, FETA, SUNFLOWER SEEDS **

SEASONAL FRUIT

POTATO SALAD DILL, HONEY, ONION

CORN NUTS CHILI-CHEESE SEASONING

HOUSEMADE CHIPS W/ OLD BAY SEASONING

DILL PICKLE SPEARS

SOUPS

\$3.5 CUP / \$5.5 BOWL

CHICKEN POSOLE POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEED GARNISH **

SUMMER SQUASH AND QUINOA

ZUCCHINI, YELLOW SQUASH, COCONUT MILK, TURMERIC, CILANTRO, PAPRIKA OIL

DRINKS

HIBISCUS LEMONADE 3.

ICED TEA / FOUNTAIN SODA 3.

CINNAMON OR VANILLA ICED COFFEE 4.5

COLD BREW NITRO DRAFT 4.

PAT GREER'S KOMBUCHA 4.5

YERBA MATE 3.5

RAMBLER ATX SPARKLING WATER 3.

MEXICAN COKE 3.

TOPO SABORES FLAVORED SODA 3.

SAINT ARNOLD'S ROOT BEER 3.5

MARTINELLI APPLE JUICE 3.5

SALADS

sandwiches may also be prepared as salads

SEASONAL HARVEST

CITRUS GOAT CHEESE, BRUSSELS SPROUTS, SEASONAL FRUIT, CANDIED SUNFLOWER SEEDS, SEASONAL VEGETABLES, FRESH HERB VINAIGRETTE 11.5 **
 ADD CHICKEN, TOFU 13. OR SHRIMP 14.

TACO SALAD

BABY KALE MIX, VEGAN "TACO MEAT," AVOCADO, CILANTRO-CORN, PICKLED ONIONS, TORTILLA STRIPS, PUMPKIN SEEDS, LIME VINAIGRETTE 12.5 **

SALMON POKE

BOK CHOY, AVOCADO, EDAMAME, SESAME CILANTRO QUINOA, RADISH, PICKLED EGG, SANBAIZU 17. **

ASIAN CHICKEN

NAPA CABBAGE, HOUSE PICKLES, BEAN SPROUTS, CRISPY RICE NOODLES, CASHEWS, GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 12.5 **

GULF TUNA COBB

ARUGULA, ROMAINE, AVOCADO, TOMATO, SHAVED RED ONION, BOILED EGG, SPICED PECANS, FRESH HERB VINAIGRETTE 14. **

5% SURCHARGE FOR ALL TO-GO ORDERS