

SANDWICHES • SOUPS • SALADS

Proudly serving:
Slow Dough Bread
Company

SANDWICHES

SANDWICHES MAY ALSO BE PREPARED AS A SALADS

CHOICE OF 2 SIDES OR CUP OF SOUP SUBSTITUTE GLUTEN FREE WRAP FOR 2.5

MILTON'S

HEBREW NATIONAL BEEF SALAMI, SHARP CHEDDAR, CRISPY ONIONS, PICKLE AIOLI
FARM EGG, CHALLAH TEXAS TOAST 12

QUINOA BURGER

SMOKED QUINOA-BEAN PATTY, TOMATO, PICKLES, ONION, SECRET SAUCE, PRETZEL BUN 11.5

CAJUN HAM

BHR TASSO HAM, KIMCHI, BUTTERNUT SLAW, HONEY BEER MUSTARD, BAGUETTE 11.5

TRUFFLED EGG SALAD

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

SMOKED SALMON

COLD CURED & SMOKED IN-HOUSE, MIXED GREENS, ONION JAM,
LEMON CREAM CHEESE, POPPY SEED BAGEL 11.5 **

"CRUNCHY" CHICKEN

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

GARDEN SAMMIE

BRUSSELS SPROUTS, AVOCADO, HUMMUS, TOMATO, PICKLED ONIONS,
SPROUTS, CIABATTA 10 ADD CHICKEN 12.5 AS SALAD W/ CHICKEN 13.5

GULF SEAFOOD

SHRIMP, CRAB, GREEN GODDESS, PICKLED RED ONION, TOMATO, CIABATTA 13.5

ROAST BEEF

CHEDDAR, CURRIED CAULIFLOWER, KALE, TOMATO, HORSERADISH AIOLI, SESAME BUN 14.

SOUPS

CUP 3.5 - BOWL 5.5
VEGAN SQUASH
& QUINOA

CILANTRO, PEAS, PAPRIKA

CHICKEN POSOLE
HOMINY, GREEN CHILIES
PUMPKIN SEEDS, LIME**

SIDES

À LA CARTE 4. TO-GO 5. OR 3 SIDES BOWL FOR 11.

HOUSEMADE CHIPS

OLD BAY SEASONING

PESTO ORZO

SQUASH, CHERRY TOMATO, CUCUMBER

QUINOA

BROCCOLI, CARROT, FETA, WALNUTS **

HOUSE CORN NUTS

"CHILI-CHEESE" SEASONING

SCALLOPED POTATO SALAD

DILL, SPRING ONION, HONEY

DILL PICKLES

MADE IN HOUSE

TUSCAN KALE

GOLDEN RAISINS, PINE NUTS, PARMESAN **

FRESH FRUIT

LOCALLY SOURCED MELON

SALADS

SALMON POKÉ

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

TACO SALAD

KALE, ROMAINE, VEGAN "TACO MEAT", AVOCADO, PICKLED ONION, TORTILLA STRIPS,
CILANTRO-CORN, LIME VINAIGRETTE 12. **

ASIAN CHICKEN

GINGER-SOY DRESSING, SPROUTS, CILANTRO, TOASTED CASHEWS, RICE NOODLES, PEANUT SAUCE 12. **

PEPPER TUNA

ARUGULA MIX, CUCUMBER, WATERMELON, SPRING ONION, "VEGAN CHEESE",
CASHEW VINAIGRETTE 16. **

SUMMER HARVEST

RICOTTA CHEESE, BRUSSELS SPROUTS, PEACHES, ALMONDS, SEASONAL VEGETABLES,
FRESH HERB VINAIGRETTE 11. ** ADD CHICKEN OR TOFU 13. ADD SHRIMP 14.

DRINKS

MINTADE (BLEND OF CITRUS JUICES & MINT) 3.

HOUSE AQUA FRESCA (ASK FOR FLAVOR AND AVAILABILITY) 4.

BOTTLED BEVERAGES 3.

COLD BREW COFFEE - NITRO DRAFT (not served over ice) 6.

HOUSE HONEY ICED COFFEE 4.5

PAT GREER'S LOCAL FOODS KOMBUCHA ON DRAFT 3.5.

SWEETS

CHOCOLATE CHIP PECAN COOKIE** 2.

BUTTERSCOTCH BROWNIE ** 3.

GLUTEN FREE 7 LAYER BAR ** 2.75

MOM'S CHOCOLATE CUPCAKE 4.

ask a staff member to
view our full wine list



PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING

** CONTAINS NUTS OR SEEDS