

## SANDWICHES

SANDWICHES COME WITH CHOICE OF 2 SIDES OR A CUP OF SOUP  
SUBSTITUTE **GLUTEN-FREE WRAP** FOR 2.5

**ROAST BEEF** 44FARMS BEEF, CHEDDAR,  
CURRIED CAULIFLOWER, KALE, TOMATO,  
HORSERADISH AIOLI, WHEAT 14.

**FALAFEL** LETTUCE, TOMATO, PICKLE, KALAMATA OLIVES,  
SPICY VEGAN YOGURT, HARVEST WHEAT 12.

**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,  
GOLDEN BAGEL'S POPPY SEED BAGEL 11.5 \*\*

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

**GULF SEAFOOD** SHRIMP & CRAB MEAT, PICKLED RED  
ONION, TOMATO, GREEN GODDESS, CIABATTA 13.5

**GARDEN SAMMIE** BRUSSELS SPROUTS, AVOCADO,  
HUMMUS, TOMATO, SPROUTS, ROASTED CAULIFLOWER  
AND BROCCOLI, PICKLED ONIONS, CIABATTA 10.  
**ADD CHICKEN 12.5, AS A SALAD W/ CHICKEN 13.5**

**"BANH MI"** PORK, PICKLED ONION, CUCUMBER-CARROT,  
JALAPEÑO, CILANTRO, SAMBAL, AIOLI, BAGUETTE 12.  
**SUB TOFU OPTIONAL**

**AVOCADO BLT** FRIED EGG, BACON, BIBB LETTUCE, AIOLI,  
EARLY TOMATO, SOURDOUGH 14.

SANDWICHES MAY ALSO BE PREPARED AS A SALAD



## HEIGHTS

713.360.6133 - 714 YALE ST. #1A  
10AM-9PM SEVEN DAYS A WEEK

PROUDLY SERVING SLOW DOUGH BREAD.

## STARTERS

### AVOCADO TOAST

WHEAT, SESAME, TOMATO, LOCAL SPROUTS 7. \*\*

### VEGAN CHILI CON QUESO

RED CHILI TACO MEAT, CORN TORTILLA CHIPS 8. \*\*

### SEASONAL HUMMUS

SERVED WITH VEGGIES, TEXAS OLIVE OIL,  
& TOASTED BREAD 9.

## SALADS

### SEASONAL HARVEST

MIXED GREENS, MARKET VEGGIES, SPROUTS,  
GOAT CHEESE, SEASONAL FRUIT, NUTS,  
HERB VINAIGRETTE 11. \*\*

**ADD CHICKEN 13. ADD TOFU 13. ADD SHRIMP 15.**

### ASIAN CHICKEN

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

### TURKEY COBB

TOMATO, EGG, AVOCADO, BACON, CUCUMBER,  
WHITE CHEDDAR, AGAVE CREOLE MUSTARD DRESSING 14.

### TACO SALAD

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

## SWEETS

CHOCOLATE CHIP PECAN COOKIE 2. \*\*

VEGAN CARROT CAKE CUPCAKE 4. \*\*

VEGAN CHOCOLATE BROWNIE 3.

GLUTEN FREE 7-LAYER BAR 2.75 \*\*

## DRINKS

STRAWBERRY MINTADE 3.

HONEY ICED COFFEE 4.5

KATZ HILL COUNTRY PECAN COLD BREW COFFEE 6.

KATZ NITRO COLD BREW DRAFT 6.

PAT GREER'S LOCAL FOODS KOMBUCHA 4. (limited availability)

WILD SOUTH TEA (SWEET PEACH) 4.

MEXICAN COKE, TOPO CHICO, DR. PEPPER 3.

## SIDES

4. EACH / 5. TO-GO OR 3 SIDES FOR 11.

**BEETS** BROWN RICE, GREEN APPLES, MINT, PISTACHIOS \*\*

**TUSCAN KALE** GOLDEN RAISINS, PINE NUTS, PARMESAN \*\*

**RED POTATO SALAD** HARD BOILED EGG, MUSTARD, DILL

**SUMMER SQUASH** ZUCCHINI, SWEET PEPPERS, FENNEL

**PUMPKIN SEEDS** WITH SPICY SEASONING

**HOUSEMADE CHIPS** WITH OLD BAY SEASONING

**LOCAL FRUIT** TEXAS WATERMELON

**HOUSE DILL PICKLE SPEARS**

## SOUP

CUP 3.5 / 5.5 BOWL

### PEACH GAZPACHO

CUCUMBER, OLIVE OIL,  
GOAT CHEESE

### POSOLE

CHICKEN, HOMINY,  
POBLANO, CILANTRO,  
PUMPKIN SEEDS

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

THERE IS A 5% SERVICE CHARGE ADDED TO ALL TO-GO ORDERS