

## SANDWICHES

SANDWICHES COME W/ 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, CURRIED CAULIFLOWER,  
PICKLED ONIONS, CIABATTA 10.  
ADD CHICKEN 12.5, **AS A SALAD W/ CHICKEN** 13.5

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

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, BAKED PITA 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, 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, LEMON VINAIGRETTE 12. \*\*

## 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

**QUINOA** CARROT, SNAP PEAS, BALSAMIC

**PUMPKIN SEEDS** WITH SPICY SEASONING

**HOUSEMADE CHIPS** WITH OLD BAY SEASONING

**LOCAL FRUIT** TEXAS GRAPEFRUIT

**HOUSE DILL PICKLE SPEARS**

## SOUP

CUP 3.5 / 5.5 BOWL

### VEGAN GUMBO

KIDNEY BEANS,  
SCALLIONS, RICE

### POSOLE

CHICKEN, HOMINY,  
POBLANO, CILANTRO,  
PUMPKIN SEEDS

## SWEETS

CHOCOLATE CHIP COOKIE 2.

LEMON BAR 3.

VEGAN CHOCOLATE BROWNIE 3.

PECAN TART 3.

## DRINKS

STRAWBERRY MINTADE 3.

HONEY ICED COFFEE 4.5

KATZ SEASONAL FLAVORED 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.

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