



HEIGHTS

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

** CONTAINS NUTS/SEEDS

PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING

PROUDLY SERVING
SLOW DOUGH BREAD

Sandwiches

SANDWICHES COME WITH CHOICE OF 2 SIDES OR A CUP OF SOUP

VEGAN MEATBALL

ROASTED PEPPERS, MARINARA, MIXED GREENS, SPINACH-BASIL PESTO, BAGUETTE 14.

SMOKED SALMON

MIXED GREENS, ONION JAM, LEMON CREAM CHEESE, GOLDEN BAGEL'S POPPY SEED BAGEL 12. **

QUINOA BURGER

SMOKED-QUINOA BLACK BEAN PATTY, PICKLE, RED ONION, TOMATO, SECRET SAUCE 11.5

GARDEN SAMMIE

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

AVOCADO BLT

FRIED EGG, BACON, BIBB LETTUCE, AIOLI, HEIRLOOM TOMATO, SOURDOUGH 14.

BANH MI

GRILLED BLACK HILL RANCH PORK, PICKLED ONION, CARROT/CUCUMBER MIX, JALAPEÑO, CILANTRO, SAMBAL, AIOLI, BAGUETTE 12. (TOFU AVAILABLE UPON REQUEST)

GULF SEAFOOD

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

TRUFFLED EGG SALAD

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

ROAST BEEF

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

"CRUNCHY" CHICKEN

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

TURKEY CONFIT

CRANBERRY SAUCE, WARM BRIE, ARUGULA, AIOLI, WHEAT 13. **

Sandwiches may also be prepared as salads.

SUB GLUTEN-FREE WRAP FOR \$2.50

DRINKS

SEASONAL LEMONADE 3.
ICED TEA / FOUNTAIN SODA 3.
HONEY ICED COFFEE 4.5 **
HILL COUNTRY PECAN COLD BREW 6. **
COLD BREW NITRO DRAFT 4.
PAT GREER'S KOMBUCHA 4.5
MEXICAN COKE 3.
DUBLIN DR. PEPPER 3.
TOPO CHICO 3.
YERBA MATE BERRY TEA 3.5
RAMBLER AUSTIN'S SPARKLING WATER 3.

APPETIZERS

AVOCADO TOAST 7 **

WHEAT, SESAME, TOMATO, LOCAL SPROUTS

VEGAN CASHEW QUESO 8 **

RED CHILI TACO MEAT, CORN TORTILLA CHIPS

SEASONAL HUMMUS 9 **

VEGGIES, TEXAS OLIVE OIL, TOASTED BREAD

SIDES

4. EACH / 3 SIDES FOR 11.

TO-GO: 5. PINT / 8. QUART

BEETS BROWN RICE, APPLE, MINT, PISTACHIOS **

DILL PICKLE SPEARS

HOUSEMADE CHIPS OLD BAY SEASONING

PUMPKIN SEEDS SPICY SEASONING

QUINOA POMEGRANATE, ALMONDS, SQUASH, GREEN BEANS, SWEET POTATO **

RED POTATO SALAD EGG, MUSTARD, DILL

SEASONAL FRUIT

TUSCAN KALE PINE NUTS, PARMESAN **

CUP 3.5 / BOWL 5.5

CHICKEN POSOLÉ

POBLANO, GREEN CHILES, HOMINY, CILANTRO & PUMPKIN SEED **

VEGAN BEAN GUMBO

BASMATI RICE, SCALLIONS

SOUPS

Salads

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

ASIAN CHICKEN NAPA CABBAGE, CRISPY RICE NOODLES, BEAN SPROUTS, CASHEWS, HOUSE PICKLES, GINGER-SOY VINAIGRETTE, SPICY PEANUT SAUCE 12. **

ARUGULA SHRIMP ARUGULA MIX, WHEATBERRY, CRANBERRY, PECORINO, NUTS, LEMON VINAIGRETTE 13. **

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

ADD CHICKEN or TOFU 13. ADD SHRIMP 14.

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

5% SURCHARGE FOR ALL TO-GO ORDERS