

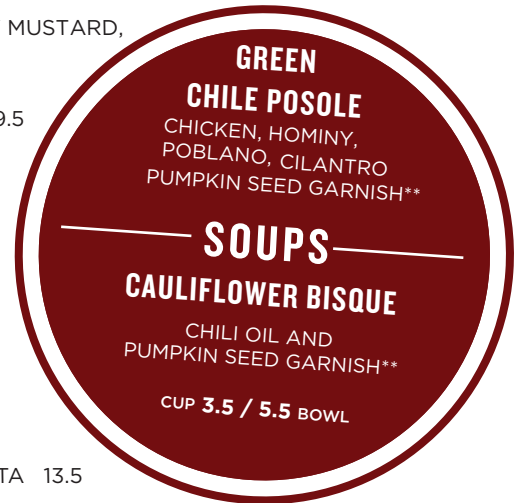
AVOCADO TOAST \$4
SEA SALT, LEMON ZEST,
BLACK SESAME SEEDS

JALAPENO HUMMUS \$8
SERVED WITH LOCAL VEGGIES
& CIABATTA TOAST

SANDWICHES

PROUDLY SERVING SLOW DOUGH BREAD
SANDWICHES COME WITH A CHOICE OF 2 SIDES OR CUP OF SOUP

- QUINOA BURGER** SMOKED QUINOA-MUSHROOM PATTY, TOMATO, HOUSE PICKLES, RED ONION, SECRET SAUCE, PRETZEL BUN 11
- PASTRAMI** 44 FARMS BEEF, PROVOLONE, SAUERKRAUT, RUSSIAN DRESSING, SPICY MUSTARD, MARBLE RYE 14.
- TRUFFLED EGG SALAD** MIXED GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 9.5
- SPICY MEATBALL** MARINARA, PEPPERONCINI, PROVOLONE, CIABATTA 13..
- SMOKED SALMON** COLD CURED AND SMOKED IN-HOUSE, MIXED GREENS, ONION JAM, CREAM CHEESE, POPPY SEED BAGEL 11.5 **
- “CRUNCHY” CHICKEN** NUT CRUMBLE, CHIPS, PROVOLONE, BUTTERMILK RANCH, TOMATO, HOUSE PICKLES, ROMAINE, PRETZEL BUN 11.**
- GULF SHRIMP & CRAB** BUTTERMILK RANCH, PICKLED RED ONION, TOMATO, CIABATTA 13.5
- GARDEN SAMMIE** BRUSSELS SPROUTS, AVOCADO, HUMMUS, TOMATO, SPROUTS, CURRIED CAULIFLOWER, PICKLED ONIONS, CIABATTA 9.5
ADD CHICKEN 12, AS SALAD W/ CHICKEN 13.
- SLOW ROASTED BHR PORK** BUTTERNUT SLAW, HOUSE PICKLES, GILBERT’S BBQ SAUCE, AIOLI, TEXAS TOAST 12.



SIDES

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

- ASIAN SLAW** CABBAGE, EDAMAME, TOFU, MISO VINAIGRETTE
- PUMPKIN SEEDS** CAJUN SEASONING, OLIVE OIL
- HOUSEMADE CHIPS** WITH OLD BAY SEASONING
- ORZO SALAD** TOMATO, OLIVES, GOLDEN BEETS, ONION
- QUINOA** LENTILS, CAULIFLOWER, GREEN ONIONS, WALNUTS
- TUSCAN KALE** GOLDEN RAISINS, PINE NUTS, PARMESAN **
- LOCAL FRUIT** WATERMELON
- HOUSE DILL PICKLE SPEAR**

SALADS

SANDWICHES MAY ALSO BE PREPARED AS A SALAD

- SEASONAL HARVEST** MIXED GREENS, MARKET VEGGIES, GOAT CHEESE, SPROUTS, SEASONAL FRUIT, SUNFLOWER SEEDS, FRESH HERB VINAIGRETTE 10. **
ADD CHICKEN, TOFU 12. OR SHRIMP 13.
- ASIAN CHICKEN** GINGER-SOY DRESSING, SPROUTS, HOUSE PICKLES, TOASTED CASHEWS, CRISPY RICE NOODLES, PEANUT SAUCE 12. **
- VEGAN CAESAR** BABY KALE AND ROMAINE, VEGAN CHEESE, SPICED PECANS, SEASONAL FRUIT, CRISPY SWEET POTATO, CROUTONS, VEGAN CAESAR DRESSING 10. **
ADD CHICKEN, TOFU 12. OR SHRIMP 13.
- TACO SALAD** BABY KALE MIX, VEGAN “TACO MEAT,” AVOCADO, PICKLED ONION, TORTILLA STRIPS, CILANTRO-CORN, LIME VINAIGRETTE 12. **
- SALMON SALAD** BABY KALE, SWEET POTATO, LOCAL RADISH, WHEATBERRIES, CARAMELIZED PEARS, BALSAMIC DIJON VINAIGRETTE 16. **

DRINKS

- MINTADE 3.
- HONEY ICED COFFEE (WITH SOY MILK) 4.5
- MEXICAN COKE, TOPO CHICO, GRAPEFRUIT TOPO CHICO, DR.PEPPER, SAINT ARNOLD ROOT BEER 3.
- COLD BREW COFFEE-NITRO DRAFT 6.
- COLD BREW FLAVORED COFFEE BOTTLE 6.
- PAT GREER’S KOMBUCHA 3.5
- BRUCE COST GINGER ALE 3.5

SWEETS

- GLUTEN FREE SWEET POTATO CHEESECAKE 4.
- CHOCOLATE CHIP PECAN COOKIE ** 2.
- GLUTEN FREE 7-LAYER BAR ** 2.75
- MOM’S CHOCOLATE CUPCAKE 4.
- BUTTERSCOTCH BROWNIE ** 3.
- VEGAN CREME BRULEE 3.



TANGLEWOOD

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

SANDWICHES • SOUPS • SALADS