

## AVOCADO TOAST \$5

CHERRY TOMATOES,  
PICKLED ONIONS,  
BLACK SESAME SEEDS

## HUMMUS \$8

SERVED WITH  
MEDITERRANEAN TOMATO  
SALAD AND HOUSEMADE  
CHIPS

# 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 11.5

**TRUFFLED EGG SALAD** MIXED GREENS, TOMATO, PARMESAN, AIOLI, PRETZEL BUN 9.5

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

**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 12.\*\*

**GULF SEAFOOD** BUTTERMILK RANCH, PICKLED RED ONION, TOMATO, CIABATTA 13.5

**GARDEN SAMMIE** BRUSSELS SPROUTS, AVOCADO, HUMMUS, TOMATO, SPROUTS,  
CURRIED CAULIFLOWER, PICKLED ONIONS, CIABATTA 10  
ADD CHICKEN 12.5 AS SALAD W/ CHICKEN 13.5

**BBQ PORK** BUTTERNUT SLAW, HOUSE PICKLES, GILBERT'S BBQ SAUCE, AIOLI, TEXAS TOAST 12.

**FISH TACOS** SEARED AMBERJACK, AVOCADO COULIS, SPICY SLAW, CORN SALSA, CORN TORTILLA 14.



## SIDES

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

**ASIAN SLAW** CABBAGE, EDAMAME, TOFU, MISO VINAIGRETTE

**BEETS** WHEATBERRIES, GREEN APPLE, MINT, PISTACHIO \*\*

**PUMPKIN SEEDS** CAJUN SEASONING, OLIVE OIL

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

**HOUSEMADE CHIPS** WITH OLD BAY SEASONING

**LOCAL FRUIT** SEASONAL

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

**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 11. \*\*  
ADD CHICKEN, TOFU 13, OR SHRIMP 14.

**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,  
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. \*\*

## DRINKS

MINTADE, ICED TEA, FOUNTAIN DRINK 3.

HONEY ICED COFFEE (WITH SOY MILK) 4.5

MEXICAN COKE, TOPO CHICO, DR.PEPPER 3.

SAINT ARNOLD'S ROOT BEER 3.5

COLD BREW COFFEE-NITRO DRAFT 6.

PAT GREER'S KOMBUCHA 4.5

## SWEETS

CHOCOLATE CHIP PECAN COOKIE \*\* 2.

GLUTEN FREE 7-LAYER BAR \*\* 2.75

MOM'S CHOCOLATE CUPCAKE 4.

BUTTERSCOTCH BROWNIE \*\* 3.

VEGAN CARROT CAKE 4.



TANGLEWOOD

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

SANDWICHES • SOUPS • SALADS