



## TANGLEWOOD

713.789.0642  
5740 SAN FELIPE #130  
10AM-9PM SEVEN DAYS A WEEK

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

## Sandwiches

PROUDLY SERVING  
SLOW DOUGH BREAD

SANDWICHES COME W/ CHOICE OF 2 SIDES OR A CUP OF SOUP

**FALAFEL** OLIVE CRUMBLE, PICKLED ONION, TOMATO, LETTUCE, PICKLES, SAMBAL, VEGAN AIOLI, WHEAT 12.

**"BANH MI"** GRILLED BLACK HILL RANCH PORK, CARROT/ CUCUMBER MIX, PICKLED ONION, JALAPEÑO, CILANTRO, SAMBAL, AIOLI, FRENCH BAGUETTE 12.

(TOFU AVAILABLE UPON REQUEST)

**SHRIMP TACOS** SPICY CABBAGE SLAW, SALSA, ROASTED CILANTRO-CORN, AVOCADO COULIS 13.

**SMOKED SALMON** COLD CURED & SMOKED IN-HOUSE MIXED GREENS, ONION JAM, LEMON CREAM CHEESE, POPPY SEED BAGEL 11.5 \*\*

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

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

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

**GULF SEAFOOD** SHRIMP & BLUE CRAB, TOMATO, LETTUCE, PICKLED ONION, GREEN GODDESS DRESSING, CIABATTA 13.5

**GARDEN SAMMIE** BRUSSELS SPROUTS, AVOCADO, HUMMUS, TOMATO, CURRIED CAULIFLOWER, PICKLED ONIONS, SPROUTS, CIABATTA 10.

ADD CHICKEN 12.5 AS A SALAD W/ CHICKEN 13.5

*Sandwiches may also be prepared as salads.*

SUB GLUTEN-FREE WRAP FOR \$2.50

## DRINKS

SEASONAL MINTADE 3.  
ICED TEA / FOUNTAIN SODA 3.  
HONEY ICED COFFEE 4.5  
COLD BREW NITRO DRAFT 6.  
PAT GREER'S KOMBUCHA 4.5  
WILD SOUTH TEA 3.5  
MEXICAN COKE 3.  
TOPO CHICO 3.  
ST. ARNOLD'S ROOT BEER 3.5  
DUBLIN DR. PEPPER 3.  
MARTINELLI APPLE JUICE 3.5  
GUAYAKI YERBA MATE 3.5

## APPETIZERS

**AVOCADO TOAST \$5**  
TOMATOES, PICKLED ONION, BLACK SESAME SEEDS

**VEGAN QUESO \$8 \*\***  
SERVED W/ HOUSE CORN TORTILLA CHIPS (CONTAINS NUTS)

**HUMMUS CRUDITE \$8**  
SERVED W/ SEASONAL VEGGIES & CIABATTA TOAST

## SIDES

4. EACH / 3 SIDES FOR 11.

TO-GO: 5. PINT / 8. QUART

**ASIAN SLAW** TOFU, EDAMAME, SESAME

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

**SUMMER SQUASH** SWEET PEPPERS, FRESH BASIL

**RED POTATO SALAD** EGG, CELERY, DILL

**SEASONAL FRUIT**

**PUMPKIN SEEDS** À LA CARTE 3.

**HOUSEMADE CHIPS** W/ OLD BAY SEASONING

**DILL PICKLE SPEARS**

## SOUPS

CUP 3.5 / BOWL 5.5

### CHICKEN POSOLE

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

### VEGAN TOMATO SOUP

GARNISHED WITH GARLIC OIL

## Salads

**TACO SALAD** BABY KALE MIX, AVOCADO, VEGAN "TACO MEAT," ROASTED CILANTRO-CORN, PICKLED ONIONS, TORTILLA STRIPS, LIME VINAIGRETTE 12. \*\*

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

**ARUGULA SHRIMP** ARUGULA MIX, BROWN RICE, ROASTED GRAPES, PECORINO, SPICED PECANS, LEMON VINAIGRETTE 13. \*\*

**SEASONAL HARVEST** MIXED GREENS, MARKET VEGGIES, SPROUTS, PEACHES, GOAT CHEESE RICOTTA, SUNFLOWER SEEDS, FRESH HERB VINAIGRETTE 11. \*\*

ADD CHICKEN, TOFU 13, OR SHRIMP 14.

**VEGAN CAESAR** BABY KALE MIX, PICKLED CELERY, CRISPY SWEET POTATO, CROUTONS, SPICED PECANS, VEGAN CASHEW CHEESE 10. \*\*

ADD CHICKEN, TOFU 12. OR SHRIMP 13.

5% SURCHARGE FOR ALL TO-GO ORDERS