

*We strive to use organic & local ingredients when possible*

## seasonal greens

*wonderful additions!*

avocado \$2 | tofu \$2 | grilled chicken \$6 | grilled shrimp \$6 | grilled salmon 6oz \$10 | grassfed beef 4oz \$10

### the green goddess bowl (vegan)(gf) 12 'lil / 16 full

brussels sprouts, edamame beans, sautéed seasonal greens, quinoa or/ cilantro lime rice, grilled avocado, seasonal pickled vegetables & edamame hummus

### *new* best beets salad 10

roasted beets, organic spinach, herb goat cheese, apples, pears topped with roasted turmeric pumpkin seeds

### *new* fall harvest seasonal salad

ask your server for details

## mains

*wonderful additions!*

brussels sprouts \$8 | sautéed organic onions & mushrooms \$4 | seasonal farmer's vegetables \$5 | mashed potatoes \$4 | waffle fries \$4 | sweet potatoes fries \$4

### *new* grilled salmon (gf) 18

6oz faroe island salmon w/ a miso glazed served with sautéed seasonal greens & quinoa or/ cilantro lime rice  
*pairs well with a glass of the san pietro pinot grigio*


### herb garden (half of a whole) chicken (gf) 23

organic & free-range half chicken (*sous-vide then oven roasted & grilled*)  
served with a mound of roasted brussels sprout leaves tossed in himalayan salt & black pepper  
*pairs well with a glass of the disruption riesling (washington)*


### surf & turf (gf) 33

7 oz grassfed beef tenderloin & jumbo shrimp scampi on a bed of organic herb mashed potatoes  
*pairs nicely with a glass of the belle glos meiom pinot noir (california)*

### the butcher board ribeye (gf) 36

*local & grass-fed, courtesy of CUT BEEF (tyler, tx)*   
16 oz grilled ribeye steak served with our organic herb mashed potatoes  
*pairs perfectly with a glass of cabernet / or a whole bottle of the jordan cabernet or the balcones scotch whisky (waco, tx)*

### our award winning pub burger 14

*local & grass-fed, courtesy of CUT BEEF (tyler, tx)*   
grass-fed beef, bacon jam, fried onions, pickles, aioli, seasonal greens & tomatoes  
(*be extra! add: fried organic egg, avocado, & cheese \$1 ea*)  
*pairs well with the mermaids & unicorn beer from true vine brewery (tyler, tx)*

