VEGAN FOR ALL

Mediterranean Fusion Bowl

Organic lentil brown rice, golden raisins, ginger-glazed brussels sprouts, herb basmati rice, black beans, pico de gallo, butternut squash, guacamole, pickled veggies, cumin-cilantro vegan aioli

The Nutritious Bowl @

Two veggie patties, organic lentil brown rice, black beans, pico de gallo, guacamole, turmeric roasted seasonal vegetables, pickled veggies, tahini drizzle

Smashed Avocado Toast 🕖

Freshly baked Italian rustic bread, a blend of Persian cucumber.

cherry tomatoes, radish, Kalamata olive, red onion, spicy chickpeas, tahini drizzle, rosemary fingerling potatoes

Falafel Bowl 🚱

Falafel balls, jalapeño hummus, orzo pasta salad, a blend of persian cucumber, cherry tomato, Kalamata olive, red onion, lemon, parsley, tahini drizzle, pita



BRUNCH FOR LUNCH

Available Monday-Friday, 11am-3pm

Made with locally sourced farm fresh cage-free eggs.

Traditional Breakfast

16

Three scrambled eggs with jalapeño sausage or applewood-smoked bacon, rosemary fingerling potatoes, fresh fruit, toasted wheat bread

Huevos Rancheros

Jalapeño sausage, cheddar, Texas caviar blend, tortilla chips topped with three fried eggs, avocado, pico de gallo, served with rosemary fingerling potatoes, flour tortillas

Crispy Chicken & Eggs

Southern-style crispy all-natural chicken breast, topped with roasted Anaheim chile mushroom cream sauce, two fried eggs, rosemary fingerling potatoes





DELIVERY & TAKE OUT



visit eatatlocaltable.com

SANDWICHES & PITAS

Smoked Salmon Avocado Toast

Freshly baked Italian rustic bread, chipotle cream cheese, Persian cucumbers, guacamole spread, capers, red onions, dijon drizzle, served with rosemary fingerling potatoes, Persian cucumber dill salad* with fried eggs +2

17

15 **Grilled Chicken on Ciabatta** with Hand-cut fries 🔗

All-natural chicken, pesto, mozzarella, homemade potato crisps, roasted red bell pepper, mixed greens

Philly Cheesesteak on Ciabatta 17 with Hand-cut fries

Shaved steak, provolone, caramelized onion, wild mushrooms, bell pepper, mayo

14 **Gyros Pita with Hand-cut fries**

Seasoned lamb and beef with tomato, onion, signature tzatziki

15 **Bacon Jam Club Sandwich** with Homemade chips

Smoked turkey, ham, bacon jam, provolone cheese, American cheese, lettuce, tomato, mayo

15 **Chicken Salad on Croissant** with Orzo Pasta Salad and Homemade chips 🕖

Blend of all-natural chicken, walnut, apple, celery and mayo, arugula

WRAPS & TACOS

Chipotle Chicken Wrap with Homemade chips 15

All-natural chicken, whole-wheat tortilla, avocado, black beans, lettuce, tomato, feta, chipotle chili sauce

Beef Tenderloin Wrap with Homemade chips

All-natural beef tenderloin, whole-wheat tortilla, avocado. black beans, feta, tomato, lettuce, basmati rice, chipotle chili sauce

14 **Spicy Buffalo Chicken Wrap** with Homemade chips

Whole wheat tortilla, mixed lettuce, cherry tomatoes, feta jalapeño

Spicy Shrimp Tacos with Black Beans

Three flour tortillas, honey-habanero aioli, purple and Napa cabbage slaw, homemade pickling

Spicy Beef Tacos with Black Beans

Three flour tortillas, honey habanero aioli, purple and Napa cabbage slaw, homemade pickling



BURGERS with fresh hand-cut fries

All-natural beef with no antibiotics or added growth hormones*



17

16

16

15

The Local American cheese, applewood-smoked bacon, avocado,

lettuce, tomato, onion, pickle, chipotle chili sauce Cheeseburger Americana

American, lettuce, tomato, onion, pickle, mayo with applewood-smoked bacon +2

All Natural Chicken Burger Crispy or grilled, applewood-smoked bacon, provolone, avocado, chipotle slaw

Veggie Burger (veg) Veggie patty, provolone, avocado, black beans,

pico de gallo, chipotle chili sauce

WOODSTONE PIZZAS

Sub Cauliflower Pizza Crust Add 5 (9f)

nerry tomatoes, mozzarella, arugula, basil pesto	
Prosciutto & Caramelized Pineapple 🖉	17

Pesto, mozzarella, crushed red pepper, arugula

15 Pepperoni

Marinara, mozzarella, fresh basil

Hawaiian All-natural chicken, applewood-smoked bacon, pineapple, red onion,

mozzarella, hickory-smoked bbg sauce, topped with fresh basil Brussels Sprouts & Goat Cheese (veg)

Caramelized onion, fire-roasted red bell peppers, crushed red pepper,

Parmesan, marinara pesto, sweet chili drizzle











TO SHARE

Green Chile Shrimp Ceviche (9f) Guacamole, Persian cucumbers, homestyle tortilla chips, cilantro 17 Ahi Tuna Tartare Homemade guacamole, toasted sesame seeds, homestyle crisps 16 **Blue Crab Cakes** Two blue crab cakes topped with sweet-roasted corn, red bell peppers, chipotle chili sauce, baby greens* 12 Homemade Hummus (veg) Choice of Tuscan or jalapeño hummus with toasted pita bread with carrots and Persian cucumbers +3 (gf) 15

Cast-iron Spinach Artichoke Dip (veg) (gf) Tortilla chips, pico de gallo **Southwestern Quesadillas**

All-natural beef tenderloin, shredded chicken, or slow-braised short rib with Texas caviar blend, guacamole, chipotle chili sauce 17

Cast-Iron Baked Goat Cheese (ve) 15 Topped with a mix of crumbled candied walnuts, dried apricots. and crushed red pepper, toasted baguette

Cast-Iron Fire-Roasted Brussels Sprouts (veg) Sweet chili sauce

Loaded Baked Potato Soup cup 7 with bacon, cheddar, chives

Soup of the Day cup 7 ask your server



ENTRÉES

18

15

Cyros Plate with Hand-cut fries

Slices of savory seasoned lamb and beef, our signature tzatziki, jalapeño hummus, lettuce, tomato, onion, warm pita

22 **Local's Kabob Plate**

Tender and juicy skewers of beef tenderloin, grilled all-natural chicken or a combination of both with herb basmati rice, turmeric roasted seasonal vegetables, warm pita make it (gf) remove pila

18 Mama's Meatloaf

All-natural beef with no antibiotics or added growth hormones with green beans and mashed potatoes, topped with poblano mushroom cream sauce, garlic toast

Lemon Pasta (veg) 15

Angel hair pasta, lemon olive oil sauce, capers, crushed red pepper, sun-dried tomatoes, garlic toast

with grilled all-natural chicken with grilled shrimp +6



Penne Rustica (veg)

Spinach, wild mushrooms, roasted tomato cream sauce, Parmesan, garlic toast

> with jalapeño sausage +4 with grilled shrimp +6

ANAHEIM GRILLED CHICKEN

Angheim Grilled Chicken

18

All natural chicken, roasted Anaheim chile mushroom cream sauce, herb basmati rice, turmeric roasted seasonal vegetables, warm pita

Southern Chicken-Fried Chicken 18

Crispy all-natural chicken breast, garlic mashed potatoes topped with roasted Anaheim chile mushroom cream sauce, green beans,



Honey Ginger-Glazed Salmon

23

Sustainable salmon, basmati lentil rice, turmeric roasted seasonal vegetables, garlic toast*

Mediterranean Salmon

23

Sustainable salmon, guacamole, feta, herb basmati rice, green beans, warm pita* make il (gf) remove pila

Ahi Tuna Poke Bowl 🚱

Organic brown rice, ginger-glazed brussels sprouts, Persian cucumbers, scallion, guacamole, toasted sesame seeds, pickled veggies, chipotle

Slow-braised Short Rib

27

Mashed potatoes, green beans, mushroom red wine reduction

Cobb Salad Hard-boiled eggs, applewood-smoked bacon, shaved carrots, crispy chickpeas, tomatoes, feta jalapeño ranch dressing make il (gf) remove pila

Honey Ginger-Roasted Brussels Sprouts Salad (veg)

SALADS

Grilled Shrimp +6

Falafel Balls +4

All-Natural Chicken Breast +5

Grilled Sustainable Salmon +8

Crispy Chicken Strips +5

Seasoned Lamb & Beef +5

ADD-ONS Beef Tenderloin +7

Mixed greens, goat cheese balls, red onions, candied walnuts in a

15

15

18

14

14

lemon zest and roasted garlic vinaigrette **Beef Tenderloin Fajita Salad**

Mixed greens and cherry tomatoes tossed in feta jalapeño ranch dressing, avocado, tortilla strips make il (gf) remove pila

Asian Chicken Salad

Shredded grilled chicken, mixed greens, purple and Napa cabbage, carrot and Persian cucumber homemade pickling, cilantro, mint, sesame seeds, peanut sesame ginger vinaigrette

Chicken Salad Plate with Fresh Fruit

Blend of all-natural chicken, walnuts, apple, celery, mayo, pita

Local Farmers Market Salad (ve)

Blend of Persian cucumber, cherry tomato, radish, Kalamata olive, red onion, goat cheese balls, crispy chickpeas, herb-roasted garlic vinaigrette on mixed greens

Orzo Pasta Salad (veg)

A refreshing blend of orzo pasta, red onion, black beans, red and green bell pepper, cilantro-lime jalapeño dressing



Our mission is to create the perfect neighborhood restaurant one colorful table at a time.

We proudly use the freshest ingredients to make all dressings & sauces from scratch

- a true local experience.



Important information about Our Menu

*Some dishes may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Please be aware that our restaurants use gluten and ingredients that contain all primary FDA allergens (peanuts, tree nuts, eggs, shellfish, milk, soy, and wheat). Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens. Please let your server know if you have any food alleraies and we will do our best to accommodate.





