

# *vegan for all*

## **THE NUTRITIOUS BOWL**

16

Two organic tricolor quinoa and kale patties, organic brown rice, Cuban black beans, pico de gallo, avocado relish, seasonal vegetables, tahini drizzle

## **AWESOME // SPICY SEITAN "BEEF" TACOS**

14

Two corn tortillas with purple and Napa cabbage slaw, avocado relish, cumin-cilantro vegan aioli, house-made pickling, Cuban black beans, Spanish rice

## **GRATEFUL // MEDITERRANEAN SW FUSION BOWL**

14

Organic lentil brown rice, golden raisins, ginger-glazed Brussels sprouts, herb basmati rice, Cuban black beans, pico de gallo, butternut squash, avocado relish, cumin-cilantro vegan aioli

*with* seitan +5

## **VEGAN COWBOY // SEITAN "STEAK"**

15

Portobello mushroom, herb basmati rice topped with Cuban black beans, pico de gallo, seasonal vegetables, avocado relish, pita bread

## **FALAFEL WRAP WITH ICEBERG WEDGE SALAD & TAHINI DRESSING**

13

Whole-wheat tortilla, beet hummus, pickled veggies, guacamole, lettuce, tomato, tahini sauce

**JOIN US**

*for brunch*

**SATURDAY & SUNDAY  
FROM 9AM-3PM**



localtablekaty



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# Local TABLE

## DELIVERY & TAKE OUT



JOIN US

*for brunch*

**SATURDAY & SUNDAY  
FROM 9AM-3PM**

*visit* [eatatlocaltable.com](http://eatatlocaltable.com)

**CYPRESS**  
10535 Fry Rd. Ste. 100  
Cypress, TX 77433  
832.653.6477

**KATY**  
22756 Westheimer Pkwy. Ste. 100  
Katy, TX 77450  
832.913.6150

**FULSHEAR (Coming Soon)**  
11525 S Fry Rd. Ste. 101  
Fulshear, TX 77441  
832.653.6477

## sandwiches & wraps

### **GRILLED CHICKEN ON CIABATTA WITH HAND-CUT FRIES** 13

All-natural chicken, provolone, roasted red bell pepper, tomatoes, basil pesto, mixed greens, mayo

### **BEEF TENDERLOIN STEAK ON CIABATTA WITH HAND-CUT FRIES** 14

Provolone, caramelized onion, mushroom, bell pepper, mayo

### **SONOMA CHICKEN SALAD ON WHEAT WITH BLACK BEAN ORZO PASTA SALAD AND CHIPS** 12

All-natural chicken, walnut, apple, celery, arugula, mayo

### **VEGGIE ON WHEAT WITH ROASTED VEGGIE ORGANIC TRICOLOR QUINOA SALAD** 12

Provolone, jalapeño hummus, mushrooms, arugula, tomato, avocado, Persian cucumber dill salad

### **SMOKED SALMON AVOCADO TOAST** 15

Chipotle cream cheese, Persian cucumbers, avocado, capers, red onions, served with herb-roasted new potatoes, Persian cucumber dill salad

*with* fried eggs +2



**BAJA CHICKEN WRAP WITH ICEBERG WEDGE SALAD  
& CHUNKY FETA JALAPEÑO DRESSING**

### **BAJA CHICKEN WRAP WITH ICEBERG WEDGE SALAD & CHUNKY FETA JALAPEÑO DRESSING** 13

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

### **MEDITERRANEAN WRAP WITH ICEBERG WEDGE SALAD & CHUNKY FETA JALAPEÑO DRESSING** 13

Whole-wheat tortilla, seasoned lamb and beef, tomato, onion, lettuce, signature tzatziki

### **BEEF TENDERLOIN WRAP WITH ICEBERG WEDGE SALAD & CHUNKY FETA JALAPEÑO DRESSING** 13

All-natural beef tenderloin, Cuban black beans, avocado, tomato, lettuce, basmati rice, chipotle chili sauce in a whole-wheat tortilla

### **HONEY-GLAZED SALMON WRAP WITH ICEBERG WEDGE SALAD & CHUNKY FETA JALAPEÑO DRESSING** 14

Whole-wheat tortilla with spring mix, bacon, avocado, chipotle chili sauce



## Burgers & more

All-natural beef with no antibiotics or added growth hormones with fresh hand-cut fries. Toppings include lettuce, tomato, onion, pickle, and mayo.



**BISTRO CHIPOTLE** 14

Applewood-smoked bacon, avocado, cheddar, chipotle sauce

**MUSHROOM** 13

Caramelized onion, provolone

**CHEESEBURGER AMERICANA** 13

Cheddar

**ORGANIC TRICOLOR VEGGIE QUINOA AND KALE** veg 13

Avocado, Cuban black beans, pico de gallo, provolone

**CRISPY CALIFORNIA CHICKEN** 13

All-natural breaded chicken, applewood-smoked bacon, provolone, avocado, honey habanero sauce, slaw

## woodstone pizzas

**Sub Plant Based, Cauliflower Pizza Crust** Add 3

**HAWAIIAN** 13

All-natural chicken, applewood-smoked bacon, pineapple, red onion, mozzarella, hickory-smoked teriyaki sauce

**MARGHERITA** veg 13

Cherry tomatoes, mozzarella, arugula, basil pesto

**RUSTICA** 13

Jalapeño sausage, fire-roasted red bell pepper, mushroom, mozzarella, marinara sauce

**MEATBALL** 13

Fresh jalapeño, roasted red bell pepper, onion, Parmesan, mozzarella, arugula, marinara sauce

**PEPPERONI** 13

Pepperoni, marinara, mozzarella

**BRUSSELS SPROUTS & GOAT CHEESE** veg 14

Goat cheese, caramelized onion, fire-roasted red bell peppers, crushed red pepper, Parmesan, marinara pesto, balsamic reduction



## appetizers

- TAOS TARTARE** 15  
Ahi tuna on a bed of guacamole, homestyle crisps
- CRAB CAKES** 13  
Two blue crab cakes topped with sweet roasted corn, chipotle chili sauce on a bed of baby greens
- HOMEMADE HUMMUS** (veg) 8  
Choice of Tuscan, jalapeño or beet with toasted pita bread  
*with* carrots and Persian cucumbers +2 (gf)
- LOCAL SAMPLER** (veg) 12  
A selection of Tuscan, jalapeño and beet hummus, toasted pita bread  
*with* carrots and Persian cucumbers +2 (gf)
- CAST-IRON SPINACH ARTICHOKE DIP** (veg) (gf) 12  
Tortilla chips, pico de gallo, signature tzatziki
- SOUTHWESTERN QUESADILLAS** 12  
All-natural beef tenderloin or all-natural chicken with tostada blend, guacamole, chipotle chili sauce
- CAST-IRON BAKED GOAT CHEESE** (veg) 13  
Topped with crumbled candied walnuts and dried apricots, crushed red pepper, served with toasted baguette
- CAST-IRON FIRE-ROASTED BRUSSELS SPROUTS** (veg) 8  
Sweet chili sauce
- CUBAN BLACK BEAN SOUP CUP** (veg) (gf) 5  
*with* pico de gallo
- ALL-NATURAL CHICKEN TORTILLA SOUP CUP** (gf) 5
- FIRE-ROASTED TOMATO BASIL SOUP CUP** (veg) (gf) 5



## pitas & Tacos

- CYRO PITA WITH HAND-CUT FRIES** 13  
Seasoned lamb and beef with tomato, onion, signature tzatziki
- SPICY BEEF TENDERLOIN TACOS WITH CUBAN BLACK BEANS** 14  
Three flour tortillas, honey-habanero aioli, purple and Napa cabbage slaw
- SPICY SHRIMP TACOS WITH CUBAN BLACK BEANS** 14  
Three flour tortillas, honey-habanero aioli, purple and Napa cabbage slaw

**CYROS PLATE WITH HAND-CUT FRIES** 16

Slices of savory seasoned lamb and beef, signature tzatziki, jalapeño hummus, lettuce, tomato, onion, Persian cucumber dill salad, warm pita

**LOCAL'S KABOB PLATE** 18

Tender and juicy skewers of beef tenderloin, grilled all-natural chicken or a combination of both with herb basmati rice, seasonal vegetables, Persian cucumber dill salad, warm pita

**MAMA'S MEATLOAF** 16

Meatloaf made with all natural beef topped with marinara, served with green beans, mashed potatoes with a poblano mushroom cream sauce, garlic toast

**LEMON PASTA**  14

Angel hair pasta tossed in lemon zest and olive oil with capers, crushed red pepper, sun-dried tomatoes, garlic toast

*with* grilled all-natural chicken +4

*with* grilled shrimp +5

**PENNE RUSTICA****PENNE RUSTICA**  14

Spinach, portobello mushrooms tossed in a roasted tomato cream sauce, Parmesan, garlic toast

*with* grilled jalapeño sausage +4

*with* grilled shrimp +5

**ANAHEIM CHILE GRILLED CHICKEN**

**ANAHEIM CHILE GRILLED CHICKEN** 16

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

**TUSCAN GRILLED CHICKEN** 16

All-natural chicken, sundried tomato, apricot walnut curry cream sauce, basmati lentil rice, seasonal vegetables

**SOUTHERN CHICKEN-FRIED CHICKEN** 16

Crispy all-natural chicken breast, garlic mashed potatoes, topped with creamy mushroom poblano sauce, french green beans, garlic toast

**HONEY GINGER GLAZED SALMON****HONEY GINGER-GLAZED SALMON** 18

Basmati lentil rice, seasonal vegetables, garlic toast

**MEDITERRANEAN SALMON**  18

Guacamole, feta with sweet pea organic tricolor quinoa, French green beans, warm pita

**TUNA POKE BOWL** 16

Organic brown rice, ginger-glazed Brussels sprouts, Persian cucumbers, scallion, avocado relish, toasted sesame seeds, chipotle chili drizzle

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**WE PROUDLY USE THE FRESHEST INGREDIENTS  
TO MAKE ALL MENU ITEMS FROM SCRATCH**

Slow Dough Bread Co. • Houston, TX

Atkinson Farms • Spring, TX

Freedman Ranch • Dallas, TX

Patty's Herbs • Pearsall, TX

Houston Dairymaids • Houston, TX

La Ranchera • Houston, TX

Pain du Jour French Bakery • Houston, TX

Fabio's Artisan Pasta • Houston, TX

Katz Coffee • Houston, TX

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# salads

## ORGANIC TRICOLOR QUINOA SALAD veg gf 13

Turmeric-roasted zucchini, broccoli, red bell pepper, red onion, cauliflower, lentil, lemon zest and roasted garlic vinaigrette on a bed of kale

- with* grilled shrimp +5
- with* grilled salmon +6
- with* mixed kabob +6

## GRILLED SALMON WITH ICEBERG WEDGE SALAD 18

Chunky feta jalapeño dressing and orzo pasta salad

## KALE SALAD veg gf 13

Golden raisins, dried cranberries, Parmesan, candied walnuts tossed in a lemon zest and roasted garlic vinaigrette

- with* grilled shrimp +5
- with* grilled salmon +6

## HONEY GINGER-ROASTED BRUSSELS SPROUTS SALAD veg 13

A blend of mixed greens with goat cheese in a lemon zest and roasted garlic vinaigrette

- with* all-natural chicken +4
- with* grilled shrimp +5

## LOCAL FARMERS MARKET SALAD veg gf 12

Persian cucumber, cherry tomato, radish, Kalamata olive, red onion, feta, herb-roasted garlic vinaigrette on mixed greens

- with* grilled all-natural chicken breast +4
- with* seasoned lamb & beef +5

## BEEF TENDERLOIN FAJITA SALAD gf 16

Mixed greens and tomato tossed in chunky feta jalapeño dressing, avocado, tortilla strips

## TOSTADA SALAD veg gf 11

Blend of Cuban black beans, roasted corn, tomato, scallion, red onion, cilantro-lime dressing on a bed of mixed greens, tortilla strips

- with* grilled all-natural chicken breast +4
- with* grilled shrimp +5

## BLACK BEAN ORZO PASTA SALAD veg 12

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

- with* grilled all-natural chicken breast +4
- with* grilled shrimp +5

## CHICKEN SALAD PLATE WITH FRESH FRUIT 12

All-natural chicken, walnuts, celery, apple, light mayo

