

## **SALADS**

### **Avocado Bomb (Full and Half size):**

- 1 large avocado (1/2 = 1/2 avocado), diced and seasoned mixed with the following:
- Corn relish (corn, tomatoes, cilantro, green onions, citrus)
- Hand torn beaon and pineapple
- Marinated Brazos feta
- Citrus mint vinaigrette
- Served on a bed of Organic Baby Arugula
- Garnish: Salt and Pink Peppercorn Blend
- *The Avocado Bomb is prepared to order every time.*

### **Caesar Salad (Full and Half size):**

- Chopped Romaine
- House-shredded Parmesan
- House-made Caesar Dressing
  - Contains anchovies, egg, and parmesan
- Rustic Croutons, garlic parmesan oil tossed
- Lemon Zest on top

### **The Rustic:**

- Farm fresh, free range TX eggs, soft boiled for 9 minutes
- Yolk is creamy, vibrant, and appears moist – Bright yellow / not grey
- Chopped romaine & bibb lettuce
- Double Smoked Applewood Bacon
- Avocado slices
- Marinated feta (lemon juice, rice wine vinegar, black pepper)
- Cucumber Herb Salad (see recipe below) The Rustic salad is topped with a small portion (1 oz.) of cucumber herb salad
- Creamy Italian is drizzled over top of salad

### **Cucumber Herb Salad:**

- Cilantro
- Italian Parsley
- Fennel
- Red Onion
- Sliced Roma Tomatoes
- Italian dressing
- Cracked Black Pepper

### **Crispy Chicken Salad**

- Fried chicken
- Grilled Corn
- Diced Fuji apples
- Romaine
- Bacon
- House-Made Bleu cheese dressing
- Castello bleu cheese crumbles
- Ranch or Avocado Ranch are other good options for a dressing

### **The Powerbowl:**

- Turmeric quinoa
- Kale
- Roasted red or golden beets
- Avocado
- Broccoli
- Honey pepper roasted walnuts
- Sweet potatoes
- Topped with chia seeds
- Topped with 2 nine minute eggs cut ½ for Brunch Bowl version

### **Greek Yogurt dressing for Powerbowl:**

- Turmeric
- Greek yogurt
- Lemon juice
- Honey
- Ginger
- Black pepper
- Cilantro (blended in – not a predominant flavor)
- Extra virgin olive oil (EVOO)