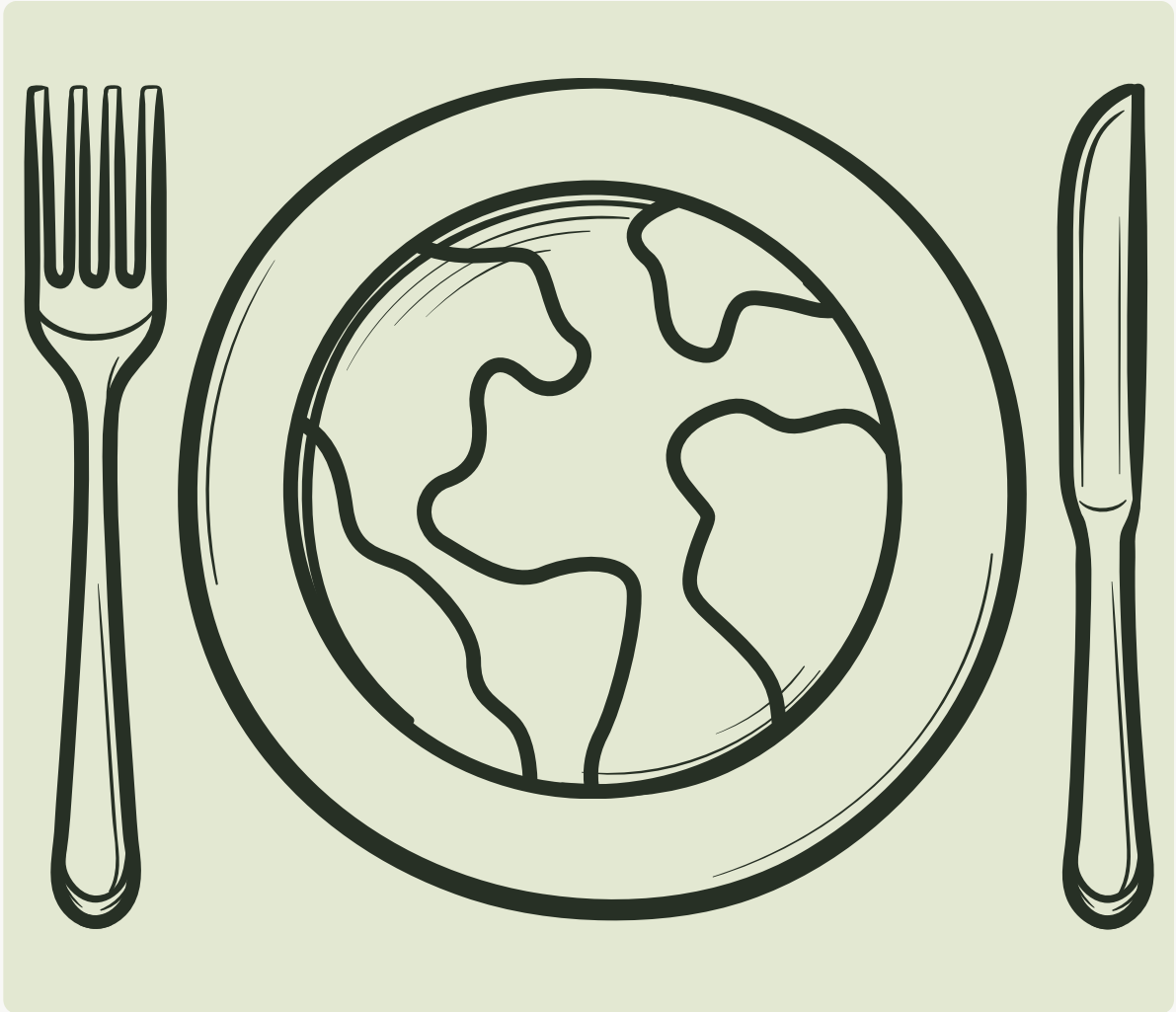


# GARDENS OF AVALON



**Join Us At:**

**8034 Charles Ave., Houston, TX 77004**

**Carry Out -> Call Us:**

**(957) 358-2073**

# About Us



Growing up, finding vegetarian restaurants that truly celebrated fresh and wholesome ingredients was never easy for Ross Wade. Among the select options available, most used a great deal of processed foods, missing the vibrancy in flavor and nourishment of real, farm-fresh ingredients. Dreaming of a place where plant-based dining wasn't an afterthought

but the heart of the experience, Ross founded *Gardens of Avalon*.

Today, *Gardens of Avalon* stands as a testament to that vision: vegetarian food with bright flavors, made with honesty, sourced sustainably, and instilled with Ross's vision.

ABOUT US

BEFORE THE KITCHEN

IN THE KITCHEN

MENU

REFERENCES

# BEFORE THE KITCHEN



Produce from farms is sent straight to the restaurant, thus shortening the supply chain. This ultimately reduces the produce's carbon footprint.

## Farm-To-Table

The journey begins at a local farm, where crops are grown organically. Runoff water contaminated with pesticides poses a great threat to aquatic ecosystems.

---

As to reduce food waste, we primarily purchase unaesthetic vegetables that would normally be sent to landfills. Don't worry, they still taste the same!

---

Finally, the farm-fresh product is cooked and served to customers. Each bite of the food is from a fresh organic crop, making all of our dishes taste fresh.

ABOUT US

BEFORE THE KITCHEN

IN THE KITCHEN

MENU

REFERENCES



Each ingredient is sourced from local farmers. Through working with local vendors, *Gardens of Avalon* hopes to help grow the Houston agricultural scene.

---

We are partnered with the Houston Farmers Market. These partnerships account for ~90% of our ingredients. Due to the local climate, we import the remaining 10%.

---

Sourcing locally has helped us become carbon neutral. Additionally, locally sourced produce helps make for tastier dishes, as they often spend less time in transit, which often causes increased oxidation.

To maintain the highest quality, we purchase small, calculated quantities of produce weekly. Remaining produce is donated to the *Houston Food Bank*. And food scraps from our kitchen is sent to *Happy Earth Compost* for composting.

ABOUT US

BEFORE THE KITCHEN

IN THE KITCHEN

MENU

REFERENCES

# In the Kitchen



Our dishes are designed to incorporate a kaleidoscope of colors.

---

“You eat with your eyes first.  
And broccoli is far tastier if it’s  
part of a painting.”

- Ross Wade

We use only fresh and organic produce for every course. Our dishes rotate seasonally to reflect the ingredients readily available.

---

Ingredients are prepared (chopped, diced, etc.) at the beginning of every week.

---

Prepared ingredients are frozen to avoid drying over the week.

---

Preparation methods are kept simple—roasting, steaming, grilling—to let the flavors of the produce shine. Even brussels sprouts can taste good if prepared correctly.

ABOUT US

BEFORE THE KITCHEN

IN THE KITCHEN

MENU

REFERENCES



# MENU



## Appetizers

### Bellissimo Peppers

Roasted bell peppers stuffed with quinoa, chickpeas, and sun-dried tomatoes, finished with a tahini drizzle.

### Dip and Chips

A creamy, house-made blend of artichokes, fresh spinach, and melted cheeses. Served with warm chips and roasted veggies.

## Drinks

### Mint Mojito

A refreshing mix of elderflower syrup, cucumber, some mint, and sparkling water.

### Pomegranate Mojito

A blend of pomegranate juice, blood orange, a hint of ginger, and garnished with candied orange peel.



ABOUT US

BEFORE THE KITCHEN

IN THE KITCHEN

MENU

REFERENCES



## Cauliflower Wings

Crispy, cauliflower tossed in a house-made spicy buffalo sauce. Served with a side of ranch and celery.

## Entrees

### Greens Bowl

A bowl of roasted seasonal vegetables, couscous, toasted nuts, and a zesty citrus vinaigrette.

### The Incredible Burger

Plant-based patty, topped with melted cheddar, lettuce, vine-ripened tomatoes, caramelized onions, and smoky aioli, served on a toasted brioche bun. Comes with a side of crispy garlic fries or a fresh garden salad.

## Desserts

### Choco-Lava Cake

A decadent chocolate cake with a molten center, served with vanilla bean gelato.

### Mango Mousse

Creamy mango mousse with coconut crumble and topped with mint.



ABOUT US

BEFORE THE KITCHEN

IN THE KITCHEN

MENU

REFERENCES

# REFERENCES

BORBA, JONATHAN. UNSPLASH. “PHOTO BY JONATHAN BORBA ON UNSPLASH.” UNSPLASH.COM, 26 FEB. 2019, UNSPLASH.COM/PHOTOS/PERSON-SLICING-VEGETABLE-UB7Q7AIPU20.

HANSEL, LOUIS. “PEOPLE SITTING BY THE TABLE AT CAFE WITH HANGING GREEN INDOOR PLANTS.” UNSPLASH.COM, UNSPLASH, 4 APR. 2019, UNSPLASH.COM/PHOTOS/PEOPLE-SITTING-BY-THE-TABLE-AT-CAFE-WITH-HANGING-GREEN-INDOOR-PLANTS-WW37D0W8WG0.

KISER, TAYLOR. “PHOTO BY TAYLOR KISER ON UNSPLASH.” VEGETABLE SALAD ON WHITE CERAMIC BOWL PHOTO – FREE FOOD IMAGE ON UNSPLASH, 12 SEPT. 2017, UNSPLASH.COM/PHOTOS/VEGETABLE-SALAD-ON-WHITE-CERAMIC-BOWL-EVOIIAIVRZU. ACCESSED 28 JAN. 2025.

LVRS, ALEX. “PHOTO BY ALEX LVRS ON UNSPLASH.” STRAWBERRY JUICE WITH SLICED ORANGES PHOTO – FREE FOOD IMAGE ON UNSPLASH, 30 SEPT. 2017, UNSPLASH.COM/PHOTOS/STRAWBERRY-JUICE-WITH-SLICED-ORANGES-HDJEXSGUWUW. ACCESSED 28 JAN. 2025.

SCHMIDT, JENNIFER. “OOZING CARAMEL CAKE.” UNSPLASH.COM, UNSPLASH, 28 NOV. 2017, UNSPLASH.COM/PHOTOS/OOZING-CARAMEL-CAKE-GHM50QAMAXC.

SCHMIDT, JENNIFER. “PHOTO BY JENNIFER SCHMIDT ON UNSPLASH.” OOZING CARAMEL CAKE PHOTO – FREE FOOD IMAGE ON UNSPLASH, 28 NOV. 2017, UNSPLASH.COM/PHOTOS/OOZING-CARAMEL-CAKE-GHM50QAMAXC. ACCESSED 28 JAN. 2025.

SPISKE, MARKUS. “PHOTO BY MARKUS SPISKE ON UNSPLASH.” BROWN AND RED DISH ON BROWN WOODEN TRAY PHOTO – FREE BEANS IMAGE ON UNSPLASH, 14 JUNE 2020, UNSPLASH.COM/PHOTOS/BROWN-AND-RED-DISH-ON-BROWN-WOODEN-TRAY-IEJUV-MRN3G. ACCESSED 28 JAN. 2025.

ABOUT US

BEFORE THE KITCHEN

IN THE KITCHEN

MENU

REFERENCES



SIEPMAN, JEFF. "CHEF USING KNIFE FRONT OF BOWL." UNSPLASH.COM, UNSPLASH, 23 AUG. 2019, UNSPLASH.COM/PHOTOS/CHEF-USING-KNIFE-FRONT-OF-BOWL-Z-IXDGQ7LPU.

SPISKE, MARKUS. "PHOTO BY MARKUS SPISKE ON UNSPLASH." UNSPLASH.COM, 5 JAN. 2018, UNSPLASH.COM/PHOTOS/PERSON-WATERING-PLANT-SFYDXGRT5OA.

SPISKE, MARKUS. "PHOTO BY MARKUS SPISKE ON UNSPLASH." UNSPLASH.COM, 23 JUNE 2016, UNSPLASH.COM/PHOTOS/SELECTIVE-FOCUS-PHOTO-OF-PLANT-SPOUTS-VRBZVYX2K4I.

SPISKE, MARKUS. "A PILE OF DIFFERENT TYPES OF FRUITS AND VEGETABLES." UNSPLASH.COM, UNSPLASH, 7 SEPT. 2023, UNSPLASH.COM/PHOTOS/A-PILE-OF-DIFFERENT-TYPES-OF-FRUITS-AND-VEGETABLES-GSW8DAZJXIY.

VICTORULER. "PLANET EARTH WORLD OUTLINE ICON." GRAPHIC VISUAL. CANVA.

VISUAL GENERATION. "PLATE WITH FORK AND KNIFE HAND DRAWN SKETCH ICON." GRAPHIC VISUAL. CANVA.

**Copyright Checklist:**

[https://drive.google.com/file/d/1ASrxFEtiXNpmZEHeTOufn8CmH1\\_9Zb-7/view?usp=sharing](https://drive.google.com/file/d/1ASrxFEtiXNpmZEHeTOufn8CmH1_9Zb-7/view?usp=sharing)

ABOUT US

BEFORE THE KITCHEN

IN THE KITCHEN

MENU

REFERENCES