Local TABLE

executive chef **Sue Nowamooz**
visit **eatatlocaltable.com**

TO SHARE

AHI TUNA BITES 12
Homemade tortilla chips, guacamole, sesame seeds, jalapeño, chives, chipotle chili, ponzu sauce*

GREEN CHILE SHRIMP CEVICHE (gf) 16
Homemade guacamole, a blend of cucumbers, red onion, and cilantro, homestyle tortilla chips*

AHI TUNA TARTARE 17
Homemade guacamole, toasted sesame seeds, homestyle crisps*

BLUE CRAB CAKES 16
Two blue crab cakes topped with sweet-roasted corn, red bell peppers, chipotle chili sauce, baby greens*

HOMEMADE HUMMUS (veg) 12
Choice of Tuscan or jalapeño hummus with toasted pita bread
with carrots and cucumbers +3 (gf)

CAST-IRON SPINACH ARTICHOKE DIP (veg) (gf) 15
Tortilla chips, pico de gallo

SOUTHWESTERN QUESADILLAS 17
Flour or whole wheat tortilla, all-natural beef tenderloin, shredded chicken, or cajun shrimp with Texas caviar blend, guacamole, chipotle chili sauce

CAST-IRON BAKED GOAT CHEESE (veg) 15
Topped with a mix of crumbled candied walnuts, dried apricots, and crushed red pepper, toasted baguette

CAST-IRON FIRE-ROASTED BRUSSELS SPROUTS (veg) 12
Sweet chili sauce

LOADED BAKED POTATO SOUP Cup 7.5
with bacon, cheddar, chives

SOUP OF THE DAY Cup 7.5
ask your server

1/2 POUND BURGERS WITH FRIES

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

THE LOCAL 19
American cheese, applewood-smoked bacon, avocado, lettuce, tomato, onion, pickle, chipotle chili sauce

CHEESEBURGER AMERICANA 17
American cheese, lettuce, tomato, onion, pickle, mayo
with applewood-smoked bacon +2

ALL NATURAL CHICKEN BURGER 16
Crispy or grilled, applewood-smoked bacon, provolone, avocado, chipotle slaw

VEGGIE BURGER (veg) 14
Veggie patty, provolone, avocado, black beans, pico de gallo, chipotle chili sauce

ENTRÉES

LOCAL'S KABOB PLATE 22
Tender and juicy skewers of beef tenderloin, grilled all-natural chicken or a combination of both with herb basmati rice, turmeric roasted seasonal vegetables, pita *make it* (gf) *remove pita*

GYROS PLATE WITH FRIES 19
Slices of savory seasoned lamb and beef, our signature tzatziki, jalapeño hummus, lettuce, tomato, onion, pita

MAMA'S MEATLOAF 19
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, sun-dried tomatoes, Parmesan, capers, crushed red pepper, lemon butter olive oil sauce, basil, garlic toast
with grilled all-natural chicken +5
with shrimp +6

FETTUCCINE PASTA (veg) 15
House-made alfredo sauce, fresh basil, garlic toast
with jalapeño sausage +4
with shrimp +6

ANAHEIM GRILLED CHICKEN 18
All natural chicken, roasted Anaheim chile mushroom cream sauce, herb basmati rice, turmeric roasted seasonal vegetables, pita
make it (gf) *remove pita*

SOUTHERN CHICKEN-FRIED CHICKEN 19
Crispy all-natural chicken breast, garlic mashed potatoes topped with roasted Anaheim chile mushroom cream sauce, green beans, garlic toast

HONEY GINGER-GLAZED SALMON 24
Basmati lentil rice, turmeric roasted seasonal vegetables, garlic toast*

LEMON DILL SALMON (gf) 24
Dijon-dill fingerling potatoes, parsley, turmeric roasted seasonal vegetables, pita* *make it* (gf) *remove pita*

AHI TUNA POKE BOWL 18
Organic brown rice, ginger-glazed brussels sprouts, cucumbers, scallion, guacamole, toasted sesame seeds, pickled veggies, chipotle drizzle*

CAST-IRON CHIMICHURRI SKIRT STEAK 27
Rosemary fingerling potatoes, turmeric roasted seasonal vegetables with a side of house chimichurri sauce

PLANT-BASED

MEDITERRANEAN FUSION BOWL 16
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 16
Two veggie patties, organic lentil brown rice, black beans, pico de gallo, guacamole, turmeric roasted seasonal vegetables, pickled veggies, tahini drizzle

ROASTED "BEET" POKE BOWL 15
Roasted beets, ginger-glazed brussels sprouts, herb basmati rice, cucumber, radish, avocado, cumin cilantro vegan aioli, toasted sesame seeds

FALAFEL BOWL 16
Falafel balls, jalapeño hummus, butternut squash, a blend of cucumber, tomato, radish, Kalamata olive, red onion, lemon, parsley, tahini drizzle, pita

CINCO RANCH
24033 Cinco Ranch Blvd.
Katy, TX 77494
832.913.6150

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

FULSHEAR
11525 S Fry Rd. Ste. 101
Fulshear, TX 77441
832.437.5317

GARDEN OAKS
2003 West 34th St. Ste. E
Houston, TX 77018
281.867.6257

THE WOODLANDS
4223 Research Forest Dr.
The Woodlands, TX 77381
346.372.8427

MISSOURI CITY
3434 FM 1092 Rd.
Missouri City, TX 77459
346.800.7564

SANDWICHES & PITAS

SMOKED SALMON AVOCADO TOAST 18
Freshly baked Italian rustic bread, chipotle cream cheese, cucumbers, guacamole spread, capers, red onions, dijon drizzle, served with rosemary fingerling potatoes, cucumber dill salad*
with fried eggs +2

NOT SO CRISPY CHICKEN ON CIABATTA WITH FRIES 17
Oven roasted shredded chicken, homemade potato crisps, provolone, lettuce, tomato, mayo, pickles, honey habanero aioli

PHILLY CHEESESTEAK ON CIABATTA WITH FRIES 18
Shaved steak, provolone, caramelized onion, wild mushrooms, bell pepper, mayo

GYROS PITA WITH FRIES 14
Seasoned lamb and beef with tomato, onion, signature tzatziki

BACON JAM CLUB SANDWICH WITH HOMEMADE CHIPS 15
Smoked turkey, ham, bacon jam, provolone cheese, American cheese, lettuce, tomato, mayo

CHICKEN SALAD ON CROISSANT WITH HOMEMADE CHIPS AND FRUIT 15
Blend of all-natural chicken, walnut, apple, celery and mayo, arugula

WRAPS & TACOS

CHIPOTLE CHICKEN WRAP WITH HOMEMADE CHIPS 15
All-natural chicken, flour or whole wheat tortilla, avocado, black beans, lettuce, tomato, feta, chipotle chili sauce

BEEF TENDERLOIN STEAK WRAP WITH HOMEMADE CHIPS 17
Flour or whole wheat tortilla, caramelized peppers and onions, herb basmati rice, pico de gallo, guacamole, crema

SPICY BUFFALO CHICKEN WRAP WITH HOMEMADE CHIPS 14
Flour or whole wheat tortilla, mixed lettuce, tomatoes, feta jalapeño ranch

SPICY SHRIMP TACOS WITH BLACK BEANS 15
Three flour tortillas, chipotle cabbage slaw, homemade pickling

SPICY STEAK TACOS WITH BLACK BEANS 16
Three flour tortillas, sweet chili marinade, honey habanero cabbage slaw, homemade pickling

WOODSTONE PIZZAS

Sub Cauliflower Pizza Crust • Add 5 (gf)

MARGHERITA (veg) 15
Tomatoes, mozzarella, arugula, basil pesto

PROSCIUTTO & CARAMELIZED PINEAPPLE 18
Pesto, mozzarella, crushed red pepper, arugula

PEPPERONI 15
Marinara, mozzarella, fresh basil

HAWAIIAN 16
All-natural chicken, applewood-smoked bacon, pineapple, red onion, mozzarella, hickory-smoked bbq sauce, topped with fresh basil

BIANCA 17
House made cream sauce, Italian sausage, mozzarella, crushed red pepper, chives, basil

SALADS

ADD-ONS
Beef Tenderloin +7
All-Natural Chicken Breast +5
Crispy Chicken Strips +5
Seasoned Lamb & Beef +5
Salmon +9
Shrimp +6
Falafel Balls +4

COBB SALAD 15
Mixed greens, hard-boiled eggs, applewood-smoked bacon, shaved carrots, crispy chickpeas, tomatoes, feta jalapeño ranch dressing
make it (gf) *remove pita*

HONEY GINGER-ROASTED BRUSSELS SPROUTS SALAD (veg) 16
Mixed greens, goat cheese balls, red onions, candied walnuts in a lemon zest and roasted garlic vinaigrette

BEEF TENDERLOIN SALAD 19
Mixed greens and tomatoes tossed in feta jalapeño ranch dressing, avocado, tortilla strips *make it* (gf) *remove pita*

ASIAN CHICKEN SALAD 16
Shredded grilled chicken, mixed greens, cabbage, carrot and cucumber homemade pickling, cilantro, mint, sesame seeds, peanut sesame ginger vinaigrette

CHICKEN SALAD PLATE WITH FRESH FRUIT 14
Blend of all-natural chicken, walnut, apple, celery, mayo, pita

LOCAL FARMERS MARKET SALAD (veg) 14
Mixed greens, blend of cucumber, tomato, radish, Kalamata olive, red onion, goat cheese balls, crispy chickpeas, herb-roasted garlic vinaigrette

PROSCIUTTO CAESAR SALAD 16
Crispy baby romaine, prosciutto, Parmesan, pita croutons, chives, cracked black pepper, classic caesar dressing

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, fruit, toasted wheat bread

HUEVOS RANCHEROS 16
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 16
Southern-style crispy all-natural chicken breast, topped with roasted Anaheim chile mushroom cream sauce, two fried eggs, rosemary fingerling potatoes

JOIN US FOR
weekend brunch
SATURDAY AND SUNDAY
10 AM - 3 PM

Proudly Local

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.

A 20% gratuity will be charged for parties of 8 or more
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, seeds, 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 us know if you have any food allergies and we will do our best to accommodate

(veg) vegetarian (gf) gluten-friendly contains nuts/seeds