

# LOCAL FOODS KITCHEN

## CHEF'S MENU

### STARTERS

- PIMENTO CHEESE AND FRIED SALTINES** ..... 12
- SOUPS** House Tomato or Soup of the Day.....Cup...6.....Bowl...8
- KALE CAESAR** croutons, Parmesan ..... Half...7.....Full...10
- HULEN WEDGE** iceberg, scallion, tomato, bacon, pecans, blue cheese & ranch ..... Half...9..... Full...12
- CARMELIZED PEAR, CRISP APPLE SALAD** greens, walnut, scallion, goat cheese, balsamic vinaigrette.....Half...10..... Full...13

Combos

**COMBO 1**  
Soup or Wedge/Caesar/Pear Apple & ½ Sandwich....13-20

**COMBO 2**  
½ Entree Salad & ½ Sandwich....18-23

**COMBO 3**  
½ Entree Salad & Cup Soup....19

### ENTREE SALADS

EXTRA DRESSING  
2oz....no charge  
4oz....1.00

- CHICKEN CAESAR** romaine, tomato, smoked bacon, red onion, garlic croutons, Parmesan ..... Full...17..... Half...13 ... Wrap...15
- POWER SALAD** sweet potato, broccoli, edamame, carrot, sunflower, walnut, raisin, apple, lettuces, select a dressing  
Full...17 Half...13 Wrap...15  
Dressings: tzatziki • house vinaigrette • lemon • green goddess • ranch • caesar • sesame ginger • balsamic vinaigrette • creamy cilantro
- MEXCRUNCH** greens, black beans, pico, avocado, pepita seeds, corn tortilla, queso fresco, peppers, cabbage, creamy cilantro dressing & drizzled with chipotle orange bbq ..... Full...17..... Half...13 ...Wrap...15
- KEBAB COBB** tandoori chicken, avocado, tomato, smoked bacon, onion, feta, peppers, greens, pita & Tzatziki dressing  
Full...18 Half...14 Wrap...16
- CHINESE CHICKEN SALAD** crisp rice noodle, scallion, iceberg, cilantro, toasted almond and sesame ginger dressing  
Full...16 Half...12 Wrap...14

### SIDES & EXTRAS

- SWEET POTATO FRIES** ..... 7
- CHEF'S GARLIC FRIES** ..... 7
- GRILLED SALMON** half...6.50 full .... 12
- GRILLED CHICKEN** half...3.50 full ..... 7
- BACON** ..... slice...1.35 ...crumbled...2.50
- AVOCADO** half...3.00 full ..... 6

### SANDWICHES

Sandwiches come with a small salad chosen daily by our Chef

- HIPPIE CRUNCH** guacamole, tomato, lemon hummus, sweet potatoes, cucumber, fried onion and sprouts on walnut scallion ..... 12
- ROAST TURKEY** smashed avocado, smoked gouda, garlic aioli, onion chow chow, tomato and greens on toasted jalapeno cheese bread.... 16
- ALBACORE TUNA SALAD** grilled or cold, white cheddar, red onion and greens on hippie wheat. *No splits on grilled* ..... 13
- GRILLED CORNED BEEF REUBEN** topped with sauerkraut, swiss cheese, onion, Dijon, 1000 island on rye ..... 16
- GRILLED FISH TACOS** slaw, pickled red onion, lime, cilantro, queso fresco, toasted cumin vinaigrette w/ avocado, tomato pico, chili fries ..... 19
- WARM SMOKED CHICKEN PANINI** red onion, mozzarella, tomato, basil pesto, sriracha aioli on focaccia ..... 15
- PIMENTO CHEESE BLT** sriracha, red onion on sourdough..... 14
- SBLTA** grilled salmon, bacon, lettuce, tomato, avocado and lemon aioli on grilled sourdough ..... 18
- WARM GRILLED CUBANO** roasted pork loin, smoked ham, pickle, Swiss cheese & mustard on a pressed brioche roll (*not part of the combo*).. 15
- FARM BURGER (8oz)** Build your own and select from white or yellow cheddar, lettuce, tomato, onion, mayo, mustard and ketchup. Comes with choice of chips, fries or a vegetable salad from the center deli case..... 18  
**Add bacon, goat cheese, pimento cheese or Gorgonzola**.....2.50 - 2.70  
**Add guacamole** ..... 3.00

### Kids Menu

UNDER 10 years....\$8-\$9

Select one: **GRILLED CHEESE • MAC & CHEESE • TURKEY CHEDDAR ROLLUP • PB & J • CHICKEN SKEWER**  
*fresh fruit or carrots & celery with ranch dressing*

### DRINKS

- GINGER LEMONADE**..... 3.50
- ICED TEA** (*classic or peach*).....3.00
- MIMOSA** .....glass... 6..... carafe...18
- ASSORTED JUICES, WATERS, REFRESHERS**
- AVOCA FRENCH ROAST** ..... 3.50
- HOUSE COLD BREW**.....4.00
- ARNOLD PALMER**..... 3.50
- WINE (SEE LIST)**  
**IMPORT - LOCAL - DOMESTIC BEER**