

LUNCH MENU
all items may be prepared
gluten & dairy free

APPETIZERS

- GINGER GARLIC HUMMUS // 12
baby carrots, tomatoes, cucumbers, sweet peppers, french
breakfast radishes & uncured bacon chips
- COCHINITA NACHOS // 9
traditional mexican pulled pork, pepper jack cheese, salsa,
guacamole, cilantro & green onion
- OLD BAY STEAMED PEI MUSSELS // 14
old bay tomato broth, chorizo, celery, garlic & crostinis

- BISON CHILI FRITO PIE // 11
south dakota bison, kidney, pinto & black beans with
poblano, jalapeño & ancho chiles, over fritos with shredded
cheddar, coconut lime crema, guacamole & green onion
- HG CHIPS & QUESO ^N // 12
spicy vegan queso topped with guacamole, green onion,
salsa & cilantro, served with crispy corn tortilla chips

SALADS

- add: grilled TX chicken breast +7 // grilled scottish salmon +12 // TX pachi pachi farms egg +2.5 ^{*} // uncured bacon +2.5
- GREENS & GRAINS ^N // 12
organic baby power greens, wild rice, black & white
quinoa, blueberries, dried cranberries, avocado, toasted
almonds & hemp seeds in citrus-sherry vinaigrette
- AHI TUNA POKE ^{*} // 16
fresh raw tuna with lemon, red onion, jalapeño &
avocado over a cucumber-wakame seaweed salad in
bragg's aminos vinaigrette & sesame
- CHOPPED SALAD ^{*} // 17
kale, grilled chicken, crispy pork belly, raw sheep's milk
cheese, hard-boiled TX pachi pachi farms egg, baby tomatoes,
pickled sweet peppers, shredded carrots & crispy shallots in
HG lemon-dill ranch dressing
- HG KALE CAESAR ^{*} // 10
kale, warm garlic-chickpea croutons & raw sheep's milk
cheese in HG caesar dressing

MEAT & BREAD

- add: TX pachi pachi farms egg +2.5 ^{*} // uncured bacon +2.5 // substitute gluten-free bun +3 // avocado +2
- CHEDDAR BACON BURGER ^{*} // 13
kansas city kobe beef, uncured bacon, sharp white cheddar,
caramelized onion, shredded lettuce, tx tomato & HG lemon-dill
ranch dressing on a toasted empire bun
- QUINOA BURGER ^N // 13
housemade quinoa burger, ginger-garlic hummus,
smashed avocado, kalamata tapenade, baby spinach &
tx tomato on a toasted empire bun
- BBQ PORK TACOS // 11
pulled pork, bbq sauce, slaw, smoked corn vinaigrette &
housemade pickles in corn tortillas
- JALAPEÑO BRATWURST // 12
grilled all-natural and uncured jalapeño bratwurst with
sautéed red pepper & onion, smoked onion mustard &
giardiniera on a toasted empire bun
- CLUBBED TURKEY ^{*} // 13
roasted turkey, uncured bacon, sharp white cheddar,
smashed avocado, arugula, tx tomato & garlic aioli on
empire's toasted multi-grain bread

HOUSE BOWLS

- add: TX pachi pachi farms egg +2.5 ^{*} // uncured bacon +2.5 // avocado +2
- choose a **HUNTED** protein, then choose a **GATHERED** signature base or **BUILD YOUR OWN** custom bowl

HUNTED

- quinoa “meatballs” ^N // 13
grilled TX chicken breast // 15
grilled scottish salmon ^{*} // 17
- kobe beef burger ^{*} // 14
sauteed TX akaushi beef // 16
grilled TX teres major steak ^{*} // 17
- mexican pulled pork // 14
TX dorper lamb meatballs // 19

GATHERED

- THE YELLOW CURRY
sweet potato, cauliflower, baby kale &
grape tomatoes in yellow coconut curry
broth topped with cucumber-cilantro-mint
relish, green onion & sliced red chiles
- THE TEX MEX
black & white quinoa, chile-braised black
beans, salsa, sautéed red bell pepper
& onion, guacamole, pineapple pico &
tortilla chips
- THE STIR FRY
broccoli, mushrooms, snap peas, red bell
pepper, carrots, edamame & red onion
sautéed in bragg's aminos & sesame,
topped with toasted hemp seeds
- THE STACK ^{*}
TX bibb lettuce & tomato, sweet potato
hash, avocado & an over-easy TX pachi
pachi farms egg
- THE TRUE GRIT ^N
poblano-cauliflower “grits,” sautéed
rainbow chard with mushrooms,
caramelized onion & herb salad
- THE ZUCCHINI “PASTA”
fresh zucchini “pasta” sautéed with
garlic blistered grape tomatoes, roasted
eggplant, rainbow chard, caramelized
onion, pickled sweet peppers & green
olives, topped with toasted hemp-oat
crumb

BUILD YOUR OWN

- choose 2 bases:
- sweet potato hash
mushroom & cashew quinoa pilaf ^N
chile-braised black beans
poblano-cauliflower “grits” ^N
honey-garlic brussels sprouts
macerated kale salad
- choose 1 extra:
- salsa
HG lemon-dill ranch dressing ^{*}
garlic aioli ^{*}
toasted hemp seeds
guacamole (+2)



SWEETS

HG BANANA-NUT BREAD PUDDING🍷 // 11

banana-walnut bread pudding flash fried in coconut oil & topped with almond milk ice cream & candied walnuts over HG caramel & bruléed bananas

STRAWBERRY CHEESECAKE // 10

strawberry cheesecake over TX honey-coconut crumble with coconut macerated strawberries

HG CHERRY-CHOCOLATE CHIP COOKIE🍷 // 10

warm cherry-chocolate chip cookie topped with almond milk ice cream, candied pecans & brandied cherries over HG caramel

STRAWBERRY CHEESECAKE KETTLEBELL // 28

chocolate kettlebell shell filled with strawberry cheesecake, TX honey-coconut crumble & almond milk ice cream, served with coconut macerated strawberries & warm HG caramel

HG CHOCOLATE CAKE // 10

decadent chocolate cake topped with almond milk ice cream & fresh strawberries over HG caramel



@hgsplyco

* BE ADVISED: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

N contains nuts