

SALADS SMALL PLATES FOCACCIA

FOCACCIA v	housemade with tomato dip sauce	5
KALE & QUINOA	shredded kale, quinoa, walnuts, dried cranberries, shaved goat cheese, smashed avocado, balsamic cashew vinaigrette	8
CALI CHOPPED	crispy chopped mixed greens, grapes, walnuts, green & red peppers, chopped veggies, bleu cheese crumbles, gorgonzola-shallot vinaigrette	8
CAESAR	crispy romaine, parmesan croutons, tomatoes, kalamata olives, parmesan cheese, classic caesar dressing	5 / 8
ANTONIO	crispy romaine, grape tomato, red onion, celery, red wine vinaigrette, parmesan	4 / 7
salad additions sliced chicken +5, shrimp or steak +7, tuna +9		

FRESH PASTA choice of fresh rigatoni PB, fresh spaghetti PB, fresh cavatelli PB or spaghetti squash PB

PLANT-BASED ALFREDO v	creamy vegan alfredo sauce, plant-based mozzarella	10
PARMESAN SAGE-BUTTER v	parmesan-sage butter sauce	8
BASIL POMODORO PB DF	with ricotta or plant-based ricotta	11
PESTO VERDE v	parmesan & walnut basil-pesto, lemon	12
MUSHROOM MARSALA v	marsala wine-mushroom sauce	12
TRUFFLE THREE CHEESE v	parmesan, mozzarella, cheddar, panko bread crumbs, truffle oil	14
CACIO PEPE v	fresh crushed black pepper, parmesan, seasoned bread crumbs	12
PLANT-BASED BOLOGNESE PB	mushroom, walnuts, vegetable tomato sauce, basil	14
BROCCOLINI & SAUSAGE	extra virgin olive oil, panko bread crumbs, pepper flakes, parmesan	16
CREAMY SPICY TOMATO v	spicy soybean-pepper sauce, garlic, roasted tomato, parmesan, touch of cream	11
VODKA TOMATO v	creamy tomato sauce, garlic, basil, parmesan	12
pasta additions: PB big meatball +3, sliced chicken or sausage +5 or shrimp +7		

BRICK OVEN PIZZA all of our 12" crust is made with naturally fermented sourdough, crafted locally by Gulfcoast. We also offer our vegetarian gluten free cauliflower crust (+2)

SIMPLE v	pomodoro sauce, mozzarella, basil	12
TUSCAN	pomodoro sauce, pepperoni, sausage, mozzarella, basil	14
HOT & SWEET	pomodoro sauce, charred pepperoni, mozzarella, Mike's Hot Honey	14
MARSALA	sliced chicken, mozzarella, marsala wine-mushroom sauce	14
VEGETARIAN SALAD PIZZA v	romaine, grape tomatoes, parmesan, red wine parmesan vinaigrette	12
PLANT-BASED SIMPLE PB	fresh tomato, house-made vegan almond ricotta, fresh basil	14
PLANT-BASED MUSHROOM WHITE PB	sliced mushrooms, onion, cracked black pepper plant based almond ricotta, truffle oil drizzle, plant based mozzarella	14
PLANT-BASED AVOCADO TOASTA PB	smashed avocado, grape tomato, red onion, cracked black pepper, cilantro, lime, jalapeno, sliced radish	14
pizza additions: extra mozzarella, plant-based ricotta cheese, parmasan cheese, broccoli, pepperoni, sausage, goat cheese, sliced chicken or mushrooms +75 ¢ each		

VEGGIE SIDES

ROASTED CAULIFLOWER PB GF	garlic, lemon, pepper	5
SAUTEED MUSHROOMS PB GF	garlic, olive oil, lemon	5
ROASTED BROCCOLINI PB GF	oil, red pepper flakes, lemon, garlic	5

water + flour

SMALL PLATES

SUNOMONO SALAD 9

FRESH SUNOMONO-STYLE, CUCUMBER, SESAME, CRAB MEAT, SWEET CITRUS PONZU

AHI TUNA OR YELLOWTAIL ** 9

SASHIMI OR NIGIRI

MISO SOUP DF 3.5

EDAMAME GF V 6

STEAMED OR SAUTEED WITH ROASTED GARLIC LIME BUTTER

ASIAN WATER GUACAMOLE GF DF PB 10

FRESH TORTILLA CHIPS, CARROT, CUCUMBER, JICAMA

UPTOWN PARMESAN TRUFFLE FRIES 7

SIMPLE SUSHI

8 PIECE ROLLS (NORI OUT) | REPLACE NORI WITH RICE PAPER +1

AHI TUNA ** 8

YELLOWTAIL OR SALMON ** 8

SPICY AHI TUNA, YELLOWTAIL OR SALMON ** 7

AHI TUNA + AVOCADO + CUCUMBER ** 9

SPICY AHI TUNA + AVOCADO + CUCUMBER ** 9

SPICY AHI TUNA + TEMPURA ONION + AVOCADO ** 9

YELLOWTAIL + AVOCADO + CUCUMBER ** 9

SPICY YELLOWTAIL + AVOCADO + CUCUMBER ** 9

SPICY YELLOWTAIL + JALAPENO ** 9

SALMON + AVOCADO + CUCUMBER ** 9

SPICY SALMON + AVOCADO + CUCUMBER ** 9

FRESH CALI CRAB ROLL 8

TEMPURA SHRIMP + CUCUMBER 8

SPICY DIABLO ** 14

SPICY AHI TUNA, TEMPURA ONION, AVOCADO, BEET TOBIKO, SCALLION, & SRIRACHA AIOLI

CHOICE OF DIP SAUCE

SRIRACHA AIOLI | JALAPENO LIME AIOLI | CITRUS PONZU | SWEET GINGER

HOLD-ABLE

INCLUDES A DAILY SIDE OR ROASTED VEGETABLES
REPLACE YOUR TORTILLA WITH A WHOLE WHEAT TORTILLA +.50

THE IMPOSSIBLE BURGER v 13

LETTUCE, RED ONION, SLICED PICKLE, TOMATO, TOASTED POTATO ROLL

CALIFORNIA STEAK BURRITO 12

ONION, JACK CHEESE, MEXICAN FRIES, CILANTRO,
AVOCADO CREMA, & PICO DE GALLO

ALAMO WRAP 9.5/11

CHOICE OF BLACKENED CHICKEN OR GRILLED STEAK, SAUTÉED
ONION, GREEN PEPPER, MUSHROOMS, JALAPEÑO JACK CHEESE, LEMON-
TURMERIC RICE, CREAMY HORSERADISH DIPPING SAUCE

CALIFORNIA CLUB WRAP 9.5

GRILLED CHICKEN, CRISPY BACON, LETTUCE, TOMATO,
AVOCADO, HONEY MUSTARD DIP

DIABLO WRAP 9.5

NATURAL CHICKEN, AVOCADO, MOZZARELLA,
LEMON-TURMERIC RICE & CHIPOTLE TOMATO DIP SAUCE

VERDURA WRAP PB 10

CRISPY TOFU, QUINOA, SEASONAL VEGETABLES, KALE SLAW,
DRIED CHERRIES, VEGAN RICOTTA CHEESE

CALIFORNIA BOWLS

CHOICE OF BASE

LEMON TURMERIC RICE
BROWN RICE
CITRUS SHREDDED KALE
STICKY RICE

SPAGHETTI SQUASH
UDON NOODLES
CAULIFLOWER AVOCADO RICE

+\$15

GO PLANT BASED BY REPLACING
ANY PROTEIN WITH OUR
VEGGIE MIX

CHICKEN & BROCCOLINI GF DF 11

GRILLED NATURAL CHICKEN, JALAPEÑO SLICES, CASHEWS, SESAME SEEDS,
MIXED VEGGIES, ONION, BROCCOLINI & LIME GINGER SOY SAUCE

THE LOCAL GF DF 12

GRILLED SHRIMP WITH CHARRED BROCCOLINI , SLICED RADISH,
WATERCHESTNUTS, LIME VINAIGRETTE WITH A TOUCH OF RED CHILI FLAKES

FITNESS GF DF 11

BLACKENED NATURAL CHICKEN, CHARRED BROCCOLINI, ROASTED BROCCOLI,
CAULIFLOWER, LIME VINAIGRETTE, FIESTA PICO DE GALLO, SIDE OF HOT SAUCE

HOT & CRUNCHY TUNA ** 14

SUSHI GRADE BLACKEND AHI TUNA, CUCUMBER-JICAMA MIX, SCALLION, AVOCADO,
TAMARI, TEMPURA ONION, SESAME SEEDS, DRIZZLED WITH SRIRACHA AIOLI

MEXICAN GF 11

GRILLED NATURAL CHICKEN, WARM BLACK BEANS, CHEDDAR, FIESTA PICO DE GALLO,
AVOCADO, LIME SOUR CREAM, TOASTED PEPITAS, BALSAMIC VINAIGRETTE

TAKE ME TO TERRI TOWN DF 13

GRILLED NATURAL CHICKEN, WARM BLACK BEANS, CHEDDAR, FIESTA PICO DE GALLO,
AVOCADO, LIME SOUR CREAM, TOASTED PEPITAS, SIDE OF BALSAMIC VINAIGRETTE

SOUTHWEST GF 11

BLACKENED CHICKEN, JALAPEÑO JACK, SAUTÉED ONION,
GREEN & RED PEPPERS, MUSHROOMS, SIDE OF CREAMY HORSERADISH

THAI DF 11

THAI-MARINATED NATURAL CHICKEN, SCALLION, JICAMA, CARROT & MANGO MIX,
FRESH CILANTRO, CRISP WONTONS, CURRY PEANUT SAUCE, TOGARASHI

THE ORIGINAL POKE DF ** 14

SUSHI GRADE AHI TUNA OR HAMACHI, CRISPY SHALLOT, KALE SLAW, CILANTRO,
DICED JICAMA, CUCUMBER, WHITE ONION, GREEN ONION, SESAME SEEDS,
CHILI OIL DRIZZLE, CHOICE OF SAUCE MIX-IN:
JALAPEÑO-LIME DRESSING | SRIRACHA AIOLI | SWEET GINGER SAUCE

SPICY BRAZILIAN 11

SPICY BLACKENED NATURAL CHICKEN, SAMBAL SAUCE, BLACK BEANS, CORN,
CHEDDAR, CRISPY JALAPEÑO, LIME SOUR CREAM, AVOCADO, SIDE OF LIME-CAESAR DRESSING

extra protein: chicken +5, shrimp or steak +7, tuna** +9

DAIRY FREE - DF

VEGETARIAN - V

PLANT BASED - PB

GLUTEN FREE - GF

WATER + FLOUR IS NOT A GLUTEN FREE, DAIRY FREE, OR VEGAN RESTAURANT. SOME ITEMS ARE PREPARED ON SHARED EQUIPMENT
AND CROSS CONTACT MAY OCCUR. WE CANNOT GUARANTEE ALL ITEMS FOR THOSE WHO ARE HIGHLY SENSITIVE.

**CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS,
ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.