**APPETIZERS**

**BRUSSELS SPROUTS & Grits | 7.98**
Shaved parmesan, sea salt, olive oil drizzle, and balsamic reduction (VEGETARIAN)

**CRISPY PORKBELLY | 8.98**
Pork belly, poached apple and bacon apple honey sauce

**BRIE EN CROUTE | 12.98**
Brie cheese wrapped in pastry with house raspberry chipotle jam, tapenade, garlic confit, texas honey and texas pecans

**ARGENTINIAN EMPANADAS (3) | 9.98**
Pastry dough stuffed with seasoned ground all natural beef, egg, onions, green olives with house made chimichurri and cilantro crema

**FISH TACOS | 11.98**
Spiced flounder, chickpea puree, avocado, pickled cabbage, pico de gallo with chipotle crema in a corn tortilla

**CEVICHE SALAD | 9.98**
Shrimp-flounder-avocado salad tossed in a fresh citrus ginger juice. Drizzle with a cranberry reduction (DAIRY FREE, GF)

**SOUPS**

**Cup | 4.00**  **Bowl | 7.00**

**BUTTERNUT SQUASH & APPLE (VEGAN, DF, GF)**

**SOUP OF THE DAY**

**PASTA**

**SHRIMP & CHARDONNAY | 15.98**
Gulf shrimps sautéed with garlic, butter, seasonal vegetables, parmesan and Chardonnay

**GRANDMA’S PASTA RAGU | 13.50**
Texan grass fed ground beef, tomato sauce and grandma’s special seasoning

**SPICY PIGGY | 14.50**
Bowtie pasta, pork meat balls, spicy tomato sauce, fresh green onions

*All pastas served with a side salad.*

**WARM BOWLS**  *Ask for vegan option.*

**ULTIMATE QUINOA | 8.98**
Broccoli, cauliflower, zucchini, yellow squash, shaved asparagus, cranberries & parmesan. Lemon turmeric dressing (GF, VEGETARIAN)

**FIVE S | 8.98**
Spinach, kale, shaved brussels sprouts, sorghum, crispy sweet potatoes, slivered almonds, sundried tomatoes and cheddar with caesar dressing (GF, VEGETARIAN)

**ADD PROTEIN TO YOUR BOWL OR SALAD**

**SALMON | 6.50**  **SHRIMP | 6.00**

**SPICY TOFU | 4.00**  **BEEF | 5.00**

**CHICKEN | 3.00**

**SALADS**

**KALE | 8.50**
Kale with pine nuts, cranberries, parmesan cheese, crispy sweet potatoes (VEGETARIAN, GF)

**COBB | 9.98**
Lettuce, cherry tomatoes, avocado, bacon, hard-boiled egg, blue cheese, pecan nuts, black beans and corn

**FALL SALAD | 7.98**
Mixed greens, crispy sweet potatoes, bacon, pumpkin seeds, pecan nuts and seasonal veggies

**HOUSE SALAD | 6.50**
Green leaves, red onions and cherry tomatoes (VEGAN, GF)

**Side portion | 3.98**

**PICK YOUR DRESSING**  *Ask for vegan option.*

LEMON TURMERIC (DF, VEGAN, GF)
CHIPOTLE (DF, VEGAN, GF)
BALSAMIC (DF, VEGAN, GF)
CAESAR
RANCH

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
HANDMADE BURGERS & SANDWICHES

NY STEAK & CHIMICHURRI 10oz | 19.98
Heartbrand ranch grass fed with caramelized onions and portobello mushrooms with house chimichurri

BEEF KABAB (BISTRO FILET) | 17.98
Spicy seasonal roasted vegetables, mashed potatoes and chimichurri sauce

SEARED PORKCHOP 12oz | 16.98
Homestyle cornbread and bacon apple honey sauce

SHORT RIBS | 24.98
Slow braised beef short ribs, red wine reduction, mashed potatoes, seasonal veggies and green peas

SHRIMP & GRITS | 14.98
With bacon bits, smoked cheddar, green pea grits and sriracha emulsion

ORANGE GLAZED SALMON | 16.98
Pan seared with an orange reduction, quinoa, and garden vegetables

VEGGIE TOWER | 12.98
Eggplant, zucchini and mushroom layers with flaxseed, ricotta cheese, pecan pesto and house tomato sauce (GF)
Add chicken | + 3.00

CAULIFLOWER STEAK | 11.98
Two pieces of roasted cauliflower topped with a soft poached egg, portobello mushrooms, balsamic reduction, and mashed sweet potatoes

SEED CROUSTED CHICKEN | 13.98
Topped with mozzarella, parmesan, quinoa, asparagus, a poached egg and tomato sauce (contains pecan nuts)

BISTRÓ FILET | 22.00
8oz grass fed, all natural. Pick 2 sides

Gourmand Kitchen has passion for food. Eating for us is a ritual.

We are Gourmands, we celebrate food!

Our signature sandwich!

GOURMANDWICH | 13.98
Grass fed house-made pork and beef patty, fire roasted bell peppers, arugula, chimichurri aioli in a pretzel hoagie (GF upon request)

VEGETARIAN IMPOSSIBLE BURGER | 15.98
A potato, wheat and coconut patty with umami flavors served with lettuce, tomatoes and pickles in a sesame bun with fresh chimichurri sauce

WAYGU JALAPEÑO BURGER (SPICY) | 13.98
Heartbrand ranch All-natural, B.L.T, jalapeno + cheddar, cilantro mayo in a seeded pretzel bun

SANDWICHES EXTRAS

JALAPEÑO | 1.00
BLUE CHEESE | 1.00
PORTOBELLO | 1.00
SUNNY SIDE EGG | 1.50
BACON | 1.50
CHEDDAR | 0.75
CARAMELIZED ONION | 0.75

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