GOOD MORNINGS  (available til 2pm)

Salad-Far Breakfast  8
Mixed greens and kale, XVOO, lemon, parmesan, avocado, poached egg.

The Albuquerque Burrito or Scramble  11
Hatch green chile, cumin, garlic, sharp cheddar & bacon.

Buttermilk Biscuit Sandy  9
Bacon, fried egg, Tilaan staff Cheddar. (sub avocado for bacon)

BLT  12
Tomato, lettuce, bacon, mayo on sourdough.
Add egg  2
Add avocado  2

VINAIGRETTE SALADS

The Omega  13.25
Leafy greens and kale chopped and tossed with sweet corn, diced bell pepper, tomato, avocado, red onion, cilantro and toasted pine nuts. Dressed with blue cheese vinaigrette.

La Pepita  13.95
Chopped green kale with shredded chicken, black beans, crumbled cotija, diced avocado with spicy crispy pepitas and a lemon-cumin citrusette.

All Kale Caesar!  12.25
Shredded super-food kale with a zingy, zesty lemon-anchovy vinaigrette, fresh parmesan, chopped Marcona almonds and anchovies.

The Beet Goes On  13.75
Fresh baby greens and arugula tossed with tangy goat cheese, chopped pistachios, balsamic roasted beets and honey-balsamic vinaigrette.

Asian Chopped  13.25
Chopped Napa & red cabbage and rice noodles, with julienne red bell peppers, scallions, shredded carrots, cilantro and peanuts. Tossed with a miso ginger vinaigrette and topped with crispy noodles.

Cobb  13.75
Tomato, avocado, hard boiled egg, bacon, roast chicken, blue cheese chopped & tossed with romaine & classic cobb vinaigrette. 11.75

PAIR YOUR SALAD

Grilled Marinated Baby Artichokes  5.50
Grilled Tofu  6
Lemon-herb Chicken Breast  6
Sautéed Cilantro Lime Shrimp  7.50
Grilled Pork Tenderloin  6

SANDIES

Roasted Veggie & Provolone  13.50
Roasted bell peppers, onions and squash grilled with basil aioli and provolone, on sourdough bread.

Hot Turkey  13.75
House-roasted cumin-rubbed turkey breast with grilled red onion and tomato, avocado, mayo and provolone, on toasted sourdough.

Grilled Cheese  9
Cheddar, jack, on MG-baked sourdough. (add chopped shallots 1)

Cuban Torta  14.50
Mustard-roasted pork shoulder, green chile ham, grilled red onions and Swiss cheese, avocado, mayo, chipotle and relish on a split roll.

SOUPS

Mushroom Stew  5/8
Tomato Soup  4/7 (try with grilled cheese!)
Albondigas  5/8

SIDES & SNACKS

Sautéed Kale  6.50 With garlic and ginger.
Erin’s Mac & Cheese  8 With extra-sharp cheddar, jack and Asiago cheeses and served with sliced fruit & veggies.

DESSERTS BY THE SLICE

(order a whole cake with 24 hr. notice)
Mercede’s Carrot Cake  7
Evette’s Apple Pie  6

JUICE  8.25/9.50
Fresh OJ (6.00)
Immune Support Celery, cucumber, apple, lemon, parsley.
Spicy Carrot Carrot, ginger, turmeric, orange, bee pollen, lemon.

SMOOTHIE-OF-THE-DAY

Call us for today’s phyto-licious combination.

HEALTH SHOTS  4
(can be added to any juice or smoothie, too)
Ginger, Turmeric Garnished with coconut oil, black pepper and orange

COFFEE & TEA DRINKS

Black or Hibiscus Tea  5
Hot Tea  5
Cold Brew  4

COCKTAILS & WINE
Fresh Juice-based Batch Cocktail Kit
Serves 4
Call us for the buzz of the day

MINI WINE LIST

White
Mayo Pedro Ximenez  2018  30/btl
Rose
Ostaitu, Rioja Alavesa  2018  36/btl
Red
Alto Las Hormigas Malbec  2017  36/btl
Bubbles
Gruet Domaine St. Vincent NV  30/btl

SMOOTHIE/hyphen.caseOF/hyphen.caseTHE/hyphen.caseDAY

CALL VINAIGRETTE
to place your order 512 852 8791
Or go to moderngeneralsfeedandseed.square.site
to preorder your meals online for the following day!
Hours: 9am-7pm
Closed Sunday for now!

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