

Wellness * Immunity * Soul

Brought to you by  **vinaigrette**

the nourishment you need. delivered to your door

Call Vinaigrette

to place your order 512 852 8791

Or go to moderngeneralfeedandseed.square.site
to preorder your meals online for the following day!

Hours: 9am-7pm

Closed Sunday for now!

GOOD MORNINGS (available til 2pm)

Salad-For-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, Tillamook 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 citronette.

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 julienned 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 griddled with basil aioli and provolone, on sourdough bread.

Hot Turkey 13.75

House-roasted cumin-rubbed turkey breast with griddled 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, griddled 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

Sateéd Kale 6.50 With garlic and ginger.

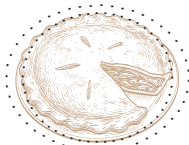
Erin's Mac & Cheese 8 With extra-sharp cheddar, jack and Asiago cheeses and served with sliced fruit & veggies.

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

TINCTURES & TONICS 4.50

Ginger Turmeric Tonic

Anti-inflammatory turmeric, ginger & carrot juice with lemon and seltzer.

Kale Apple Spritz

Alkalizing kale and apple juice finished with lemon, ginger and seltzer.

Liver Love

Tumeric, cayenne, ginger, lemon & filtered water.

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 Mayu Pedro Ximenez 2018 30/btl

Rose Ostatu, Rioja Alavesa 2018 39/btl

Red Altos Las Hormigas Malbec 2017 36/btl

Bubbles Gruet Domaine St. Vincent NV 30/btl



SOUL SATISFYING FAMILY STYLE DINNER

(Pre-order by 7pm previous day)

Kitchen Sam's Chicken Parmesan 40

Breaded, pan fried chicken cutlets, tomato sauce, monterey jack, parmesan, secrets.

Family-sized Mac & Cheese 25

Family-sized Mashers & Gravy 18

GRANDMA DOROTHEY'S DELICIOUS CASSEROLES

AKA DISASTEROLAS

(Pre-order by 7pm previous day)

(Feeds family of 6 with leftovers)

Lasagna 40

Stewed tomato sauce, seasoned beef, cotija, monterey jack.

Let us know if you want to heat at home.

Jamsetti 45

(We don't know what that means either, and neither did Dorothey, but it's curiously delicious). Tender pork, tomato sauce, fusilli, cheddar, bell peppers.

Bowl of Arugula, Chopped Kale, or Mixed Greens 10

(Serves family of 4)

With a jar of Vinaigrette's champagne or honey balsamic vinaigrette.