

Lunch

Served 11:00am – 2:00pm

PLATES

44 Farms Grass - Fed Burger

Umami, tomato, mushroom, shallot confit, arugula, parmesan, challah bun, served with roasted sweet potatoes and kale Caesar
599 calories / 25g fat / 55g carb / 38g protein

Avocado Tartine

Sprouted toast, fresh avocado, tomato, cucumber, radish, lemon, Texas ranch olive oil, maple-honey, pistachio, wild arugula.
261 calories / 16g fat / 26g carb / 8g protein **DF**

Vegan Tacos

House made corn tortillas, roasted cauliflower, green chickpeas, avocado, pickled red onion, chimichurri
318 calories / 16g fat / 37g carb / 7g protein **DF GF**

Oak Smoked All Natural Chicken Wrap

Oak smoked Red Bird Farm all natural chicken, lettuce, avocado, tomato, "Pure Luck" Chevre, served with roasted sweet potatoes and kale Caesar
605 calories / 26g fat / 72g carb / 49g protein

Mediterranean Plate

Kamut and pine nut tabbouleh, chickpea hummus, dukkah, Mediterranean relish, grilled halloumi cheese, whole wheat pita bread
555 calories / 26g fat / 56g carb / 26g protein

Margherita Flatbread

Di Napoli tomato, fresh mozzarella, fresh basil, ancient grain gluten free crust
440 calories / 12g fat / 74g carb / 12g protein **GF**



The arugula comes from our on-site organic gardens, which home more than 1,000 species of plants, herbs, vegetables, spices and wildflowers.



The Henry family and Texas Olive Ranch believe that all stages of sprout growth offer a unique sensation to the taste buds. That's why they press olives at various stages of ripening. The result is flavor that is a combination of buttery and earthy that offers a hint of a peppery aftertaste that any olive oil fan will appreciate.



Pure Luck is a family farm and goat dairy, sitting on five acres of certified organic land on Barton Creek in Dripping Springs, Texas. They specialize in handmade artisan goat cheese and certified organic culinary herbs. Everything they do is by hand.



Red Bird Farms' chicken is antibiotic free. It's raised cage free and without hormones or steroids. Red Bird Farms chicken is also gluten free. The chickens are healthy, safe, and clean.

"Our philosophy of Conscientious Cuisine provides thoughtful ingredient selections that are good for your body, as well as the environment. We source locally when possible using products from local farmers, millers and growers."

-Executive Chef Stephane Beaucamp

POWER BOWLS

Choose your protein, vegetable, grain and sauce

Proteins

Sustainable Salmon
209 calories / 9g fat / 0g carb / 31g protein **GF DF**

Red Bird Farm All Natural Chicken
187 calories / 4g fat / 0g carb / 35g protein **GF DF**

44 Farms Grass - Fed Steak
275 calories / 16g fat / 0g carb / 31g protein **GF DF**

Grilled Avocado
114 calories / 10g fat / 6g carb / 1g protein **GF DF**

Gulf Coast Shrimp
92 calories / 7g fat / 0g carb / 6g protein **GF DF**

Sauces

Zesty Hoisin Chili Sauce
60 calories / 0g fat / 14g carb / 0g protein **GF DF**

Tzatziki Sauce
41 calories / 3g fat / 2g carb / 1g protein **GF**

Cilantro-Spinach Chimichurri
76 calories / 8g fat / 1g carb / 0g protein **GF DF**

Coconut - Curry Sauce
50 calories / 3g fat / 5g carb / 1g protein **GF DF**

Basil Pesto
84 calories / 8g fat / 1g carb / 2g protein **GF DF**

Vegetables, Grains And Legumes

Ancient Grains
132 calories / 4g fat / 20g carb / 4g protein **GF DF**

Black Pearl & Red Japonica Rice
160 calories / 1.5g fat / 34g carb / 5g protein **GF DF**

Grilled Asparagus
45 calories / 3g fat / 4g carb / 2g protein **GF DF**

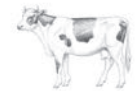
Organic Mushroom
61 calories / 3g fat / 6g carb / 2g protein **GF DF**

Sautéed Spinach
124 calories / 6g fat / 14g carb / 11g protein **DF DF**

Roasted Sweet Potatoes
98 calories / 5g fat / 13g carb / 1g protein **GF DF**

Spicy Eggplant
139 calories / 8g fat / 19g carb / 2g protein **GF DF**

Indian Style Cauliflower
56 calories / 3g fat / 6g carb / 3g protein **GF DF**



It is the mission of 44 Farms to provide consumers with the very finest eating experience and provide relevant Angus genetics and innovation to cattle producers in assisting them to be the very best they choose to be.