

# CENTRAL TABLE

EATERY

EST. 2022

# HOURS

6AM - 8:30PM

March 4-10

## SOUP

11a - 8:30p | 2a - 4a

### WEEKLY

HEARTY CHICKEN NOODLE

### MONDAY

SPLIT PEA  
BUTTERNUT SQUASH  
TOMATO BASIL

### TUESDAY

VEGAN BEYOND TEXAS CHILI  
TUSCAN FARRO & KALE  
BLACK BEAN

### WEDNESDAY

CREAM OF ROOT VEGETABLE  
GOUDA & RED PEPPER  
VEGETARIAN VEGETABLE

### THURSDAY

CREAM OF TURKEY  
CHICKEN & FARRO  
FLORENTINE MINISTRONE

### FRIDAY

CHILI LIME TORTILLA & SHRIMP  
PASTA FAGIOLI  
BEEF BARLEY

### SATURDAY

POTATO

### SUNDAY

CREAM OF BROCCOLI  
CHICKEN POT PIE STREW

## CRAFT BEVERAGE + BAKERY

6a - 8p

### ALL DAY BREAKFAST

GETTIN' FIGGY WITH IT  
TURKEY CLUB  
SWEET HEAT CHICKEN BANH MI  
ULTIMATE BLT  
CUBAN FLAT BREAD FOLD  
HARVEST CHICKEN SALAD BAGEL

## CREATE

6a - 10a | 4p - 8:30p  
11a - 2p | 2a - 4a

### NICE THAI

MON

CHICKEN PAD THAI / THAI COCONUT  
POLLOCK / VEGETABLE SPRING ROLL / GINGER  
& LEMONGRASS JASMINE RICE / THAI RED  
CURRY STEW / TOFU PAD THAI / SHRIMP &  
GREEN APPLE SALAD

### VERDE

TU

BEEF PICADILLO / MOJO PULLED CHICKEN  
THIGH / JACK FRUIT CARNITAS / SMASHED  
BLACK BEANS / CILANTRO LIME RICE / HERBED  
CAULIFLOWER RICE / PEPPERS & ONIONS

### TAVOLA

WED / THUR

BREADED CHICKEN PARM / TOMATO BRAISED  
BEEF / ROASTED RED PEPPER RISOTTO /  
SPAGHETTI SQUASH / SHEET PAN RATATOUILLE  
/ CHEESE TORTELLINI BROCCOLI RAB W/  
GARLIC / CANNOLI CHIP & DIP

### CHEF INSPIRED

FRI / SAT

SHRIMP ON THE BARBIE / MEAT LOAF / GARLIC  
MASHED POTATOES / BROWN & WILD RICE  
PILAF / VEGETABLE DEMI GLAZE, MAPLE GLAZED  
YUKONS / GREEN BEANS

### ZEN

SUN

MARINATED CHICKEN THIGH / BOOM BOOM  
SHRIMP / EGG ROLL / STIR FRIED MUSHROOMS  
& VEGETABLES / SZECHUAN GREEN BEANS / KIM  
CHI RICE / LO MEIN NOODLES / CUCUMBER  
SALAD

## HEARTH & CO

11a - 8:30p

### SPECIAL

FOUR CHEESE LASAGNA \$12  
THAT'S AMORE FLATBREAD \$7

### FEATURED ITEMS

CAPRESE  
ROASTED MUSHROOM  
QUATTRO FORMAGGI  
ITLAIAN MEAT & FENNEL  
PEPPERONI



## GOOD GRAIN DELI

### CHICKEN CAESAR WRAP

ROASTED CHICKEN / ROMAINE / PARMESAN / TOMATO /  
CAESAR DRESSING / CROUTONS / WHOLE WHEAT WRAP

### SPECIAL TEXAS MELTY

CRISPY CHICKEN / BACON / CHEDDAR / BBQ SAUCE /  
RANCH DRESSING / TEXAS TOAST

### TURKEY RACHEL

ROASTED TURKEY / SWISS / SLAW / RUSSIAN / RUSTIC RYE

### VEGGIE BOMB

FIRE ROASTED EGGPLANT / CUCUMBER / TOMATO /  
ROASTED FENNEL & ONION / PROVOLONE / ARUGULA /  
CHIPOTLE MAYO

### CAPRESE

FRESH MOZZARELLA / TOMATOES / ROASTED FENNEL &  
ONION / ROASTED RED PEPPERS / BASIL / PESTO

### THE GODFATHER

HAM / SALAMI / PROSCIUTTO / PROVOLONE / LETTUCE /  
TOMATO / ONION / BANANA PEPPERS / OIL & VIN / PEPPER /  
OREGANO

### FRENCH DIP

ITALIAN ROAST BEEF / GRUYERE / SWISS / ROASTED GARLIC  
AIOLI / CIABATTA / AU JUS

## UMAMI

M-F / 11a - 2p

### MADE TO ORDER SUSHI ROLLS!

#### REAL CRAB ROLL

CUCUMBER / AVOCADO

#### TRIPLE TEMPURA SHRIMP

W/ ASSORTED TOPPINGS

#### SHRIMP FEST

10 PC TEMPURA SHRIMP ROLL / 3 PC NIGIRI

## FOOD WORKS

BACK NEXT WEEK!

## EARTH BOWL

SPECIAL

### Plant Powered Moroccan Stew

PLANT BASED MEATBALL / CHICKEN / STEAK  
/ LENTILS, FARRO / FETA / PARMESAN  
/ JALAPENO / LIME WEDGES

### CRUNCHY FALAFEL & FARRO BOWL

WARM FARRO / BABY KALE BLEND / ROASTED RED PEPPERS /  
KIM CHI / FETA / KALAMATA OLIVES / BABA GANOUSH /  
TZATZIKI

### KALE CAESAR W/ ROASTED TOMATO & TAHINI

FKALE BLEND / ROASTED MOROCCAN CHICKPEAS / HARISSA  
CARROTS / GRANA PADANA CHEESE / AVOCADO / CREAMY  
TAHINI CAESAR

### SWEET & SPICY BRUSSEL SPROUT SALAD

KALE BLEND / PICKLED CARROT & DAIKON SLAW / SWEET &  
SPICY BRUSSELS SPROUTS / EDAMAME / GREEN ONIONS /  
FRESH HERBS / LIME / SOY SESAME VINAIGRETTE

### PHO REAL BROTH BOWL

BEEF PHO BROTH / GREEN ONION / TOASTED MUSHROOMS /  
RAMEN EGG / FRESH HERBS / LIME / JALAPENOS / PICKLED  
VEGETABLES

6:30a - 9:30a

## HARVEST GRILL

11a - 8p

SPECIAL

### ALABAMA SLAMMER

BBQ PULLED CHICKEN / CARM ONIONS / GOUDA /  
PROVOLONE / JALAPENOS / TEXAS TOAST

### BBQ BAKED BEANS

### FEATURED ITEMS

SALMON ALT

SHIITAKE & BEET BURGER

CALIFORNIA BEYOND BURGER

CHICKEN AVOCADO RANCH CLUB

THE LANCO CLASSIC W/ CARM ONION

PORTOBELLO & BEEF SMASH BURGER



MORRISONFOODIES\_LGH

