

# BRUNCH MENU



## To Start

### GINGER MEAL STARTER ... 3

citrus pickled ginger to kindle the digestive fire

### EARLY FALL SOUP ... 12

weekly rotating fall produce

### PROBIOTIC BOARD ... 8

seasonal house ferments, great for gut health!

### CHARRED BEETS ... 12

pecan dukkah, cashew green goddess, hemp seed salsa macha

### PERUVIAN CEVICHE ... 16

turmeric leche de tigre, toasted sesame, sweet potato

*\*Your choice of Bakka Salmon or smoked mushroom*

### CILANTRO COCONUT GUACAMOLE ... 14

cilantro coconut chutney, blackberries, herbs, heirloom corn tortillas

### PHARM HASH ... 14

late harvest potatoes, greens, hemp seed crema, salsa verde

### FALL SALAD ... 16

Fermented honey, lemon, sumac, dukka, pickled carrot

*\*Add: Bakka Salmon... 14 or Pasture Raised Chicken... 10*

## To Nourish

### RED LENTIL KITCHARI ... 16 *\*Add: Hemp Seed Avocado... 5, Bakka Salmon... 14, or Pasture Raised Chicken... 10*

beet infused basmati rice, red lentil curry, cilantro coconut chutney, sumac pickled onions

### THAI ZUCCHINI BOWL ... 22

farm egg, avocado, almond pad thai, garden basil

### PERUVIAN TACU TACU ... 24 *\*Add: 44 Farms Beef Short Rib... 12*

lentil and rice tacu, avocado, farm egg, salsa criolla

### TACOS y ANTOJITOS *\*all served on heirloom corn tortillas*

Mushroom taco... 8

Fish taco... 9

Short rib taco... 10

**Antojitos Board** All 3 tacos with guacamole and salsas... 35

### HUEVOS MESOAMERICANOS ... 20 *\*Add: 44 Farms Beef Short Rib... 12*

farm eggs, black beans, avocado, chaya, salsa verde, heirloom corn tortillas

### SWEET POTATO WAFFLE ... 17

golden milk pear chutney, fresh fruit

### CHICKEN & WAFFLES ... 28

same goodness as above... but with pasture raised chicken and lacto-hot-honey!

## To Sweeten

### PECAN ALMOND SHORTCAKE ... 12 *\*contains eggs & cashew*

Texas berry compote, tonka bean, coconut cream

### SWEET POTATO CHOCOLATE BROWNIE ... 12 *\*contains cashew and coconut*

almond butter brownie, avocado chocolate mousse, coconut mesquite gelato

### MESQUITE BEAN ICE CREAM SANDWICH... 12 *\*contains cashew & coconut*

black tahini mesquite chocolate chip cookie, coconut mesquite gelato

**Featured Vendors:** Green Bexar Farms, 44 Farms Beef, Bakka Salmon, Berkwood Farms, Farm to Table Texas, South Texas Seasonals, SAFB Mission San Juan Farm, Mission Compost



*Our entire menu is dairy & gluten free, centered on Ayurvedic principles, globally inspired, yet hyper local. We anaerobically compost all organic waste and support regenerative farming through our vendors. By supporting Pharm Table you are supporting our mission to heal people and planet through food!*

*A 3% kitchen fee will be added to each guest check to ensure competitive compensation for our kitchen. If you would like this charge removed simply let us know.*

**Thank you for your kindness and support.**

*20% Auto gratuity on parties of 5 or more guests. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness*