

The Langston

Lunch & Dinner Menu

BYO Grain Bowls

Build your own grain bowl with our assortment of toppings & Proteins 10.00

Grains

5 Grain Blend ~ Quinoa ~ Brown Rice

Grilled Protein

Tofu ~ Chicken ~ Steak ~ Shrimp ~ Salmon

Toppings

Roasted Sweet Potato ~ Squash ~ Peppers & Onions ~ Avocado ~ Fresh Corn ~ Lettuce

Dressings

Hummus ~ Avocado Lime ~ Salsa ~ Tahini Sauce ~ Vegan Ranch

Garnish: Peanuts ~ Green Onions ~ Cheese



BYO Flatbreads

Includes up to three toppings \$5.00

- ~Banana Peppers ~Sausage
- ~Green Pepper ~Bacon
- ~Onion ~Pepperoni
- ~Olives ~Mushrooms
- ~Tomatoes ~Spinach

Sandwiches

Served with Chips & Pickle

Wild Mushroom Melt \$5.25

Fontina cheese, an assortment of sauteed mushrooms, and spinach on italian bread

Falafel Sandwich \$5.25

Falafel, pickled onion, cucumber, tomato, lettuce, and tahini on a pita

Reuben \$5.25

with your choice of turkey, corned beef or vegan

BYO Sandwich \$5.25

TOPPINGS: Lettuce, Tomato, Pickle, Onion

CHEESE: Swiss, American, Cheddar, Pepperjack

MEAT: Ham, Turkey, Corned Beef, Bacon, Chicken

Salad, Egg Salad, Tuna Salad

BREAD: Wheatberry, Multi-grain, Wheat, Sourdough, Rye, Gluten Free White

BYO Burger \$6.50

Lettuce, Tomato, Pickle, Onion, Bacon, Sauteed Mushrooms, Swiss, American, Cheddar, Pepperjack, GF Bun Available



Soup & Salads

Salad Bar Small \$2.65 Large \$3.95

BYO from our expansive bar. (Included with entrees)

Spring Salad \$3.95

mixed green with blue cheese, sunflower seeds, mandarin oranges & red onions

Caesar Salad \$3.95

crispy romaine, house made croutons & aged parmesan

Add a Protein for an additional cost \$5.10

Tofu ~ Chicken ~ Steak ~ Shrimp ~ Salmon

Soup Du Jour Small \$1.60 Large \$2.65

Mains

Includes salad bar & one side

Pig & Fig Flatbread \$8.00

prosciutto, figs, brie, rosemary honey, arugula & california olive oil

Hummus Platter \$8.00

grilled pita, grilled bell peppers & squash with za'atar seasoned hummus

Grilled Salmon \$8.95

grilled medium & served with lemon beurre blanc

Grilled Tofu Steak \$8.50

Tofu marinated in fresh herbs, garlic, olive oil, and grilled. served over a bed of spinach

Steak & Frites \$8.95

5 oz flat iron steak served with crispy french fries

Grilled Bone-In Porkchop \$8.95

Brined in spices for 24 hours & served with chutney

Spring Gnocchi \$8.00

gnocchi, tomato pesto, mushrooms, tomato & spinach

CHEF SPECIALS MKT

See specials board for available options.



Sides

\$1.30 each

Mashed Potatoes

French Fries

Sweet Potato Fries

Asparagus

Vegetable Medley

