

NUTRIMENT

(noun) // something that nourishes or promotes growth, provides energy, and maintains life
protein // fat // carb // calories

STARTERS

HG CHIPS & QUESO 14 **N** 03//11//07//134cal per serving
spicy vegan cashew queso, avocado, green onion • serves 4

COCHINITA NACHOS 18 13//24//07//296cal per serving
mexican pulled pork, jack cheese, salsa, avocado, cilantro,
green onion • serves 4

DEVILED AVOCADOS 14 06//26//23//325cal per serving
avocados stuffed with chickpea "egg" salad, crispy shallots,
fresh chives • serves 3

AVOCADO HUMMUS 14 03//14//15//184cal per serving
corn pepper relish, extra virgin olive oil, served with
taro chips • serves 3

CHARRED CAMPFIRE CHICKEN* 15 11//16//06//212cal per serving
white bbq aioli, smoked corn slaw • serves 3

CRISPY TUNA* 17 09//11//19//216cal per serving
wild-caught yellowfin, crispy sushi rice, chile mayo,
ponzu • serves 3

SALMON POKE TACOS* 14 05//05//07//96cal per serving
jicama tortilla, sushi rice, chile mayo, carrots, green
onion, cilantro • serves 3

BISON MEATBALLS* 18 10//12//16//203cal per serving
all bison, no breadcrumbs! marinara sauce, parmesan, basil,
served with grilled sourdough • serves 4

CHOPPED SALADS

campfire chicken +8, tx gulf shrimp +8, salmon +10

HG KALE CAESAR* 13 17//24//23//366cal
warm garlic-chickpea croutons, parmesan, yogurt caesar

THE MED 14 11//37//27//475cal
romaine, spring mix, kalamata olives, tomato, pickled red onions, cucumber, feta, chickpeas, harissa yogurt, oregano vinaigrette

CAMPFIRE CHICKEN RANCH* 19 52//30//23//565cal
kale, parmesan, two soft-boiled eggs, tomato, pickled peppers, crispy shallots, yogurt ranch

SMOKED CHICKEN 18 **N** 41//44//42//693cal
shredded chicken, cabbage slaw, roasted corn, cilantro, sliced apples, smoked almonds, smoked corn vinaigrette

POWER MAC* 19 55//35//15//584cal
grass-fed/finished pasture-raised ground beef, romaine, tomato, pickle, white cheddar, yogurt mac sauce

SEARED #1 TUNA* 27 40//25//23//472cal
wild-caught yellowfin, mixed greens, romaine, cucumber, carrots, snap peas, radish, orange segments, oregano vinaigrette

HG STAPLES

AHI TUNA POKE* 23
28//25//58//567cal
avocado, cucumber, green onion, sushi
rice, kale, chile mayo, sesame seeds,
crispy brown rice

CURRIED SWEET POTATO SOUP
CUP 7 04//34//17//390cal
BOWL 13 08//69//34//781cal
crispy shaved brussels, pomegranate,
pepitass

BISON CHILI
CUP 7 15//16//18//269cal
BOWL 13 30//31//36//538cal
dakota pure pasture-raised ground
bison, three bean, cheddar, onion

MEAT & BREAD sub gluten free +3
hand-cut fries 04//20//43//365cal, fruit 01//00//21//85cal, farmhouse salad 02//08//06//109cal

BACKYARD BURGER* 16.5 50//71//47//1020cal
grass-fed/finished pasture-raised beef, white cheddar, creamy mustard, onions, HG pickles, lettuce, tomato • sub quinoa patty **Q**

BISON BURGER* 19.5 57//73//46//1066cal
dakota pure pasture-raised ground bison, white cheddar, caramelized onions, garlic aioli

ROASTED TURKEY CLUB* 16.5 56//53//63//801cal
antibiotic-free turkey breast, white cheddar, bibb lettuce, tomato, garlic aioli, grilled whole wheat sourdough • add bacon +2

VEGGIE CLUB* 16 24//35//61//619cal
avocado, cucumber, tomato, bibb lettuce, sprouts, feta, lemon dill yogurt, grilled whole wheat sourdough

FARMHOUSE GRILLED CHICKEN SANDWICH* 16.5 44//28//30//537cal
antibiotic/hormone-free grilled chicken, white cheddar, lettuce, tomato, pickles, yogurt ranch • add bacon +2

CRISPY CAMPFIRE CHICKEN SANDWICH* 16.5 35//49//76//866cal
antibiotic/hormone-free campfire chicken, honey mustard slaw, tomato, white cheddar

COCHINITA PIBIL TACOS* 15.5 20//21//39//512cal
mexican pulled pork, bbq sauce, smoked corn slaw, HG dill pickles

SEARED FISH TACOS* 16 22//13//29//408cal
wild-caught mahi mahi, slaw, pickled red onions, avocado crema, cilantro

INDULGE WISELY

high-quality protein. no seed oils. occasionally sweetened with only local honey, organic agave, molasses, or turbinado.
dressings and sauces made in-house with pasture-raised eggs and avocado oil. COMING SOON: going organic where it counts...

FUEL YOUR NEXT ADVENTURE

enjoy the hunt

HUNTED served with your choice of 2 gathered sides or make it a signature bowl +3

FARMHOUSE GRILLED CHICKEN 19 34//05//00//190cal
antibiotic/hormone-free chicken breast, 24-hour pineapple marinated

CAMPFIRE K-BOBS 19 chicken 32//22//04//343cal shrimp 30//07//00//192cal
choice of antibiotic/hormone-free campfire chicken or grilled texas gulf brown shrimp* • original, garlic parm, or bbq

GRILLED SALMON* 24 35//23//00//350cal
sustainably farmed verlasso southern atlantic chilean salmon

GRASS-FED BISON MEATBALLS* 21 30//35//14//490cal
dakota pure pasture-raised ground bison, marinara sauce, parmesan

PASTURE-RAISED CHOPPED STEAK* 20 46//24//10//487cal
grass-fed/finished beef, mushrooms, onions, mushroom gravy, jack cheese

ROASTED TURKEY BREAST 19 36//10//07//286cal
house-roasted antibiotic-free shaved turkey breast, mushroom gravy

PASTURE-RAISED BEEF FILET* 27 35//12//00//290cal
grass-fed/finished, coconut chimichurri "butter"

GRASS-FED BISON RIBEYE* 38 50//15//00//307cal
dakota pure pasture-raised bison, coconut chimichurri "butter"

SEARED #1 TUNA* 27 35//08//00//217cal
wild-caught yellowfin, ponzu

HEIRLOOM CORN SOPES 19 21//05//78//425cal
black beans, lettuce, tomato, radish, cotija, cilantro

QUINOA "MEAT" BALLS 17 **N** 07//20//27//310cal
house made from quinoa, chickpeas, spices

VEGAN CHORIZO 19 15//16//15//261cal
crumbled tofu, guajillo stock, pickled red onions, cilantro

GATHERED or choose 3 for 16

SWEET POTATO HASH 03//05//32//190cal
onions, bell peppers, lemon, parsley

BLACK BEANS 13//01//40//213cal
3-hour slow braised, yogurt, cotija, cilantro

COCONUT CAULIFLOWER 04//11//08//141cal
sous vide in coconut milk and seared

QUINOA & MUSHROOMS 08//08//40//262cal
tri-color quinoa, shiitake mushroom, diced veggies

GOLDEN RICE 06//06//45//254cal
red chile sauce, lemon dill yogurt, cilantro

SIGNATURE BOWLS

THE STIR FRY 09//26//28//368cal
broccoli, mushrooms, cabbage, peppers, carrots, snap peas, red onion, tamari, sesame, green onion • add rice +1

THE FRIED "RICE"* 19//34//36//498cal
cauliflower rice, broccoli, carrots, snap peas, onions, tamari, sesame, brussels sprouts, sunny egg

NY STREET RICE 08//08//62//353cal
golden rice, lettuce, tomato, red chile sauce, lemon dill yogurt, cilantro

THE YELLOW CURRY 09//14//46//329cal
sweet potato, broccoli, kale, tomato, cucumber-herb relish, green onion, fresno peppers • add rice +1

SINCE 2013

HG Sply Co. first opened its doors in 2013, but our journey to create the restaurant of tomorrow is just beginning. We believe in the power of food as medicine and camaraderie as the fountain of youth – and that HG should be your trusted source for both. Visit our website to learn more about our commitment to these beliefs. In the meantime, indulge wisely!

Be advised: *consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. **we base our macros on average weights, but since we're using fresh, hand-cut meats, seafood, and veggies, expect small variations. to keep it real, we spot-check with an independent lab to make sure our numbers are legit.

N contains nuts

ADDITIONS

chicken k-bob +6 32//22//04//343cal pasture-raised egg +3 05//04//00//61cal

shrimp k-bob +6 30//07//00//192cal sliced avocado +3 03//15//12//182cal

SAUCES

yogurt ranch 02//14//01//140cal chile mayo 00//17//01//157cal

garlic aioli 01//22//01//198cal white bbq 00//18//03//174cal

red chile sauce 01//00//02//25cal lemon dill yogurt 04//02//02//51cal

