

LUNCH & DINNER

THE KITCHEN

MENU

THE WOODLANDS, TEXAS

HOURS

TUESDAY - FRIDAY:
10:30 AM - CLOSE

SATURDAY & SUNDAY:
3 PM - CLOSE

BEGINNINGS

- NEW CHORIZO QUESO** 12
House-made queso, pico de gallo, cilantro, Cajun-seasoned tortilla chips
- TRUFFLE MAC & CHEESE GRATIN** **V** 9
Elbow noodles, aged cheddar cheese, Parmesan breadcrumbs
- VIETNAMESE CHICKEN WINGS** 13
Soy caramel, crispy garlic, mint, scallions, sesame, lime, peanuts
- DEVILED EGGS** **GF** 8
Bacon jam, candied jalapeños, chives
- CRISPY CAULIFLOWER** **V** 8
Harissa aioli, tomatoes, peanuts, scallions, mint
- CRISPY BRUSSELS SPROUTS** 7
Soy caramel, Parmesan, scallions
- LOBSTER TOSTADA** 23
Miso slaw, lemon pepper avocado, mangoes, tomatoes, cilantro



- BLACKENED SALMON SALAD** **GF** 22
6oz. Scottish salmon fillet, baby spinach, arugula, walnuts, granny smith apple, oven-roasted tomatoes, pickled red onions, strawberries, strawberry balsamic vinaigrette
- THAI CHICKEN SALAD** **GF** 16.5
Oak-grilled chicken breast, arugula, cabbage, mixed greens, edamame, mandarin oranges, black beans, chopped peanuts, Thai peanut dressing

SALADS

- MIXED GREENS SALAD** 15
Oak-grilled chicken breast, mixed greens, sun-dried tomatoes, cherry tomatoes, cucumbers, artichokes, croutons, Parmesan cheese, balsamic vinaigrette
- TENDERLOIN COBB SALAD** **GF** 19
Tenderloin tips, mixed greens, oven-roasted tomatoes, bacon, Swiss, grilled heart of palm, pickled red onions, deviled eggs, lemon pepper avocado, house-made Russian dressing
- CAESAR SALAD** 15
Cajun chicken breast, romaine, Parmesan cheese, croutons, Caesar dressing
- CHICKEN & ANCIENT GRAIN SALAD** 16.5
Oak-grilled chicken breast, ancient grain tabbouleh, arugula, artichokes, oven-roasted tomatoes, sun-dried tomatoes, heart of palm, cucumber, lemon pepper avocado, sunflower seeds, crispy garlic, caramelized onions, lemon vinaigrette

Gluten Free Bread Available

KITCHEN PLATES

- OAK-GRILLED SCOTTISH SALMON** 22
Sriracha barbecue sauce, smashed sweet potatoes, grilled asparagus, cilantro, artisan baguette
GF sub gluten-free bread 1
- LOBSTER TRUFFLE PASTA** 30
Fettuccine, Parmesan gratin, scallions, bread crumbs, artisan baguette
- GUMBO "YA YA"** 16
Shrimp, andouille sausage, Southwest chicken, Italian black rice, okra, artisan baguette
- QUESADILLA** CHICKEN 15
Southwest seasoning, STEAK 17
mozzarella, cheddar, lemon pepper avocado, sour cream, pico de gallo, chorizo queso
- BEEF & LAMB BOLOGNESE** 18
Fettuccine, tomato sauce, fine herbs, butter, Parmesan, artisan baguette
- GREEK CHICKEN** 19
Garbanzo beans, kidney beans, steamed broccoli, artichokes, tomatoes, scallions, capers, mashed potatoes, lemon Parmesan sauce, fresh basil
GF sub gluten-free bread 1
- SMOKED BRISKET BOWL** 18
Southwest smoked brisket, Italian black rice, black beans, corn, roasted cherry tomatoes, candied jalapeños, pico de gallo, lemon pepper avocado
- BLACKENED REDFISH** 26
6 oz. fillet, Italian black rice, tomatoes, crispy arugula, crispy garlic, white wine Parmesan cream sauce, artisan baguette
GF sub gluten-free bread 1
- FRIED CHICKEN & WAFFLE** 16
Two over easy eggs, bacon jam, maple syrup, powdered sugar
- BLACKENED CHICKEN ALFREDO** 15.5
Fettuccine, house-made alfredo sauce, red onions, tomatoes, fresh basil, artisan baguette

FIRE IT UP

Live oak-grilled proteins with a choice of rub, sauce, and two sides

CHOOSE A PROTEIN

- Certified Angus Beef Ribeye 12oz. 37
- Angus Beef Tenderloin 6oz. 32
- Ahi Tuna 6oz. 18
- Redfish 6oz. 26
- Scottish Salmon 6oz. 22
- Chicken Breast 8oz. 19

RUB

- H1 Steak Rub
- Southwest
- Creole
- Herbs De Provence
- Lemon Pepper
- Black Pepper

SAUCE

- Asian Vinaigrette
- Romesco Sauce
- H1 Steak Sauce
- Apricot Barbecue
- Beurre Blanc
- Chipotle Butter
- Hollandaise

& CHOOSE TWO SIDES

HEALTHY INSPIRATIONS

- SESAME CRUSTED AHI TUNA BOWL** **GF** 18
Sweet potato noodles, edamame, asparagus, pickled mango, nori, peanuts, miso vinaigrette, sambal aioli
- AVOCADO TOAST** **V** 14
Lemon pepper, two fried eggs, tomatoes
GF sub gluten-free bread 1
+ add chicken apple sausage 2
- CHICKEN & RICE BOWL** **GF** 17
Peanut chicken, Italian black rice, garbanzo beans, lemon pepper avocado, tomatoes, spicy cucumbers, mangoes, hard boiled egg, smashed sweet potatoes
+ sub scottish salmon fillet 5
- THAI PEANUT CHICKEN WRAP** 15
Sliced chicken, cabbage slaw, roasted red bell peppers, red onions, tomatoes, peanuts, scallions, cilantro, mint, spinach tortilla, Thai peanut dressing, sweet potato fries
+ sub grilled tenderloin tips 2
- CHICKEN LETTUCE WRAPS** 15
Iceberg lettuce, avocado, peanuts, crispy garlic, cilantro, scallions, pickled red onions, Asian vinaigrette, sambal aioli, sweet potato fries
- OAK GRILLED CAULIFLOWER STEAK** **V** 15
Sun-dried tomato pesto, arugula, pickled red onions, capers, sweet potato mash
- TEMPEH WRAPS** **V** 15
Shredded lettuce, tomatoes, cheddar, chipotle aioli, grilled onions & jalapeños, spinach tortilla, cilantro, sweet potato fries
- STEAK BOWL** 18
Tenderloin tips, balsamic mushroom farro, lemon pepper avocado, artichokes, roasted red bell pepper, caramelized onions, salsa verde, scallions, sunflower seeds
- OAK GRILLED EGGPLANT** **V** 14.5
Angry tomato sauce, mozzarella, Parmesan, goat cheese, basil pesto, Parmesan breadcrumbs, crispy garlic, red chili flakes, artisan baguette
- SALMON BOWL** 18
Oak-grilled salmon, ancient grain tabbouleh, grilled hearts of palm, oven-roasted tomatoes, almonds, kidney beans, romesco sauce

SIDE SHOWS

- Steamed Broccoli 4
- Grilled Asparagus 5
- Italian Black Rice 4
- Mixed Green Side Salad 5
- Creamed Corn 4.5
- Mac & Cheese 4
- Smashed Sweet Potatoes 3
- Mashed Potatoes 3
- Herbed Sweet Potato Fries 3.5
- Parmesan Truffle Fries 3.5
- Skinny Fries 3

SOUPS

- BUTTERNUT SQUASH** **V** 12
Toasted almonds, olive oil, scallions
- ROASTED BACON & TOMATO BASIL** 12
Garnished with a petite grilled cheese sandwich
- TORTILLA SOUP** 14
Southwest chicken, black beans, roasted corn, tomatoes, red onions, scallions, cilantro, cheddar, tortilla strips

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BURGERS + HANDHELDS

Gluten-free bread available upon request.

- MAINE LOBSTER SMASH BURGER** 28
Beef patty, butter poached lobster, American cheese, miso tomato aioli, lettuce, scallions, brioche bun, skinny fries
- HANGOVER BURGER** 17
Beef patty, American cheese, over-easy egg, bacon jam, pickled red onions, arugula, crispy garlic, brioche bun, skinny fries
- SMOKED BRISKET GRILLED CHEESE AND ROASTED BACON & TOMATO BASIL SOUP** 15
Smoked brisket, American cheese, white cheddar, sourdough; roasted bacon & tomato basil soup
- CRISPY MAHI MAHI TACOS** 14
Asian slaw, avocado, tomatoes, cilantro, wasabi aioli, corn tortillas, side salad
- THE AMERICAN BURGER 2.0** 16.5
Beef patty, American cheese, bacon, lettuce, pickles, red onions, A.C. sauce, brioche bun, skinny fries
- THE BEYOND BURGER** 15
Beyond Meat® patty, white cheddar, house-made A.C. sauce, baby spinach, brioche bun, skinny fries



- SIGNATURE FRIED CHICKEN** 14
Honey mustard barbecue sauce, dill pickles, brioche bun, skinny fries
+ add bacon jam and fried egg 2.5
- SOUTHWEST CHICKEN CLUB** 14
Bacon, lettuce, tomatoes, avocado, onions, chipotle mayo, toasted sourdough, skinny fries
- COWBOY BURGER** 16.5
Beef patty, white cheddar, yellow cheddar, avocado, bacon, mixed greens, grilled onions & jalapeños, tomatoes, dill pickles, brioche bun, skinny fries
- AHI TUNA SANDWICH** 17
Asian slaw, wasabi aioli, pickled onion, crispy garlic, jalapeños, brioche bun, skinny fries
- REUBEN** 15
Pastrami, baby Swiss, house-made sauerkraut, house-made A.C. sauce, sourdough, skinny fries

KIDS 12 & UNDER

With skinny fries, fountain soda.

- GRILLED CHEESE SANDWICH** 9 V
American cheese, brioche
- KID'S CHEESEBURGER** 9
American cheese, brioche bun
- MAC OR TOMATO OR ALFREDO** 9 V
Choose from elbow noodles with cheese sauce, tomato sauce or fettuccine with house-made alfredo white sauce
- CHEESE QUESADILLA** 9 V
Cheddar and mozzarella
- TENDER TRIO** 9
Three all-natural chicken tenders

SMOOTHIES

- STRAWBERRY BANANA** V 8
Almond milk, strawberries, bananas, Greek yogurt, organic maple syrup
+ add protein powder 1
- KING'S SMOOTHIE** V 8
Almond milk, banana, chocolate syrup, peanut butter, local honey
+ add protein powder 1
- MANGO BERRY** V 8
Almond milk, strawberries, mangoes, Greek yogurt, organic maple syrup
+ add protein powder 1

FEATURED WINES

REDS

	GLS	BTL	CASE
CABERNET SAUVIGNON, UNSHACKLED, CALIFORNIA The palate is rich and intertwines layers of blue and dark berry fruits, coupled with morish chocolate and mocha notes.	10	20	240
SPANISH RED, RIOJA CRIANZA, SPAIN A juicy and berry-oriented Rioja with a stony edge to the black cherries and plums. Firm, bright and pretty succulent on the palate with medium body.	10	20	240
PINOT NOIR, MARK WEST, CALIFORNIA This wine brims with layers of red and dark cherry that are complemented by notes of toasted oak, brown spice and nutmeg. The mouthfeel is full and plush with a long, rewarding finish.	10	20	240
MALBEC, CATENA, MENDOZA, ARGENTINA Deep aromas of ripe red and dark fruits are joined by delicate violet and lavender notes, with traces of vanilla and mocha.	10	20	240

WHITES

	GLS	BTL	CASE
CHARDONNAY, NIELSON, CALIFORNIA Aromas of fresh pineapple, green apple, and lemon zest, complemented by subtle notes of toasty oak and butter	10	20	240
SAUVIGNON BLANC, SEA PEARL, NEW ZEALAND The palate is light-bodied, which builds up and ends on a long, fine and appetizing mineral finish with undertones of ripe greens, gooseberry and currants.	10	20	240
PINOT GRIGIO, FINI BARONE ITALY Delicate floral aromas with notes of lemon delight the nose. Refreshing flavors of honeydew and ripe apples are balanced with a bright acidity and warm minerality.	10	20	240
PROSECCO, TIAMO, VENETO, ITALY The Tiamo organic prosecco is a superbly balanced sparkling wine that is dry but with good fruit. It has rich, fruity aromas of apples, pears and citrus. It has a long and fruit filled elegant finish.	10	20	240

COCKTAILS

All cocktails are made with our version of vodka

- DARK CHOCOLATE ESPRESSO MARTINI** 10
Hazelnut, chocolate syrup, espresso, cream
- WHITE CHOCOLATE ESPRESSO MARTINI** 10
White chocolate syrup, espresso, cinnamon, cream
- LYCHEE COSMO** 10
Cranberry juice, lychee, sparkling wine
- THE KITCHEN MARGARITA** 10
Frozen margarita, lime, lemon, tequila lime black salt

FLIGHTS

- FROZEN MARGARITA FLIGHT** 18
Original, Prickly Pear, Mango Lime, Strawberry

OLD FASHIONED MILKSHAKES

- DIRTY CHAI** 8
Vanilla ice cream, espresso, cocoa powder, cinnamon stick
- STRAWBERRY** 8
Vanilla ice cream, strawberry puree, Sugar in the Raw, Chantilly cream, fresh strawberry
- CAMPFIRE** 8
Vanilla ice cream, smores sauce, Chantilly cream, toasted marshmallows, graham cracker crumble
- MINT MADNESS** 8
Cool mint ice cream, chocolate syrup, Chantilly cream, chocolate chips, cocoa powder
- COOKIES & CREAM** 8
Oreo® cookie ice cream, chocolate syrup, Oreo® cookie crumbles, cocoa powder, Chantilly cream, toasted marshmallow

WINE DOWN WEDNESDAY
SAVE 10% ON BOTTLES

BREWED TEA

	12oz.	16oz.	24oz.
SPECIALTY ICED TEA			3.25
WHOLE LEAF HOT TEA	2.50	3.00	
HOT TEA LATTE	3.50	4.00	

TEA FLAVORS: Earl Grey, English Breakfast, Jasmine Green, Wow Mint & More

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