



**A Moveable Feast**  
9341 Katy Freeway | Houston TX  
**713-365-0368**  
amoveablefeast.com

## STARTERS and SHAREABLES

**Heavenly Hummus & Pita (V1) ... 6.99**

*THE BEST in Houston!*

**Soup of the Day ... 5.99**

**Our Famous Vegan Chili (GF) ... 5.99**

**Guacamole & Blue Tortilla Chips (GF) ... 7.99**

## SOUTH OF THE BORDER

*Served with Pico de Gallo, and  
beans and rice, unless otherwise indicated*

### Taco Plate (GF)

Three crispy or soft corn tortillas, jack cheese, tomato and lettuce. Beef ... 12.99 Chicken ... 11.50  
Vegetarian "Beef" (V) ... 9.89 Bison ... 16.99

### Feast Fajitas (GF - corn tortilla)

Grilled onions and peppers with sprouted wheat or corn tortilla. Shrimp ... 15.99 Grilled Chicken ... 13.99  
Portabella (V) ... 10.99 Tofu (V) ... 9.65

### Famous Feast Enchiladas (GF, V1)

Choice of family recipe red or green sauce.  
Spinach/Mushroom ... 11.99  
Veggie (carrot, zucchini, broccoli) ... 10.99  
Cheese/Onion ... 9.99

### Quesadilla (GF - corn tortilla, V1)

In sprouted wheat OR corn tortilla  
Mixed veggie (carrot, zucchini, broccoli) ... 10.75  
Spinach/Mushroom ... 11.25

### Grande Burrito (V1)

Pinto beans, Spanish rice, sautéed onions, chopped veggies (carrot, zucchini, broccoli), & jack cheese all wrapped in a garlic tortilla, topped with our famous vegan chili. Served with guacamole and Pico de Gallo ... 11.50  
add Vegetarian "Beef" ... 11.99 add Beef ... 14.99

## FEAST CLASSICS

### Atlantic Salmon (GF)

Herb encrusted served with basil-pesto brown rice & grilled broccoli, zucchini, & carrots 16.99 Wild 18.99

### Macro Plate (GF, DF, V)

Fresh veggies (kale, cabbage, broccoli, carrot, onion) & marinated tofu sautéed with tamari soy sauce, served with brown rice 10.99 Chicken 13.99 Substitute soba noodles NOT GF 14.99

### High Protein / Low Carb (GF, DF)

Choice of protein sautéed in olive oil and garlic with cabbage, kale, mushrooms, red bell peppers, & onions. Salmon 15.99, Shrimp 15.99, Chicken 13.99, Tofu 11.99

### Happy Veggie Patty Plate (GF)

Our house made veggie patty (quinoa, millet, sweet potato, red bell peppers, kale, onion, garlic), topped with avocado, served with sautéed broccoli, zucchini, & carrots, and basil-pesto brown rice. Choice of marinara, tomatillo, or chipotle sauce 12.99

### Mediterranean Sampler (V1)

Our tabouli, hummus & Greek salad, with rice stuffed grape leaves and pita bread 11.50

### Southern Plate (GF, V1)

Basil-pesto brown rice with grilled veggies (carrot, zucchini, broccoli), served with a small garden salad 10.95  
With tofu 11.95 With chicken 13.99

### Rainbow Trout (GF)

Served with a stir-fry of basil-pesto brown rice & fresh mixed veggies (kale, cabbage, red pepper, onion, broccoli) 18.75

### Grilled Tuna Steak (GF)

Served with fresh grilled veggies (broccoli, zucchini, carrots) and our wonderful basil-pesto brown rice 17.95

### Big Veggie Bowl (GF, V)

Broccoli, zucchini, carrots, cabbage, kale, mushrooms, onions, red and green bell peppers, cooked to perfection and served with your choice marinara, tomatillo, or chipotle sauce 11.99

### Hearty Chili Pie (GF, V1)

Our outstanding vegan chili made with TVP (textured vegetable protein), over blue corn tortilla chips, topped with chopped tomato, jalapeño, onion & jack cheese 12.50

**(GF) Gluten Free (DF) Dairy Free (V) Vegan (V1) Vegetarian**

Consuming undercooked or raw meats, poultry, seafood or eggs may increase your risk of foodborne illness.



**A Moveable Feast**  
Open **Mon** thru **Sat** 10am to 8pm

## BURGERS

Served on a whole wheat bun with lettuce, tomato, red onion, and dill pickles. Your choice of plain or chipotle mayo, Dijon or regular mustard. Served with organic blue corn tortilla chips.

- Grass-Fed Texas Beef** ... 11.75
- Mouth Watering Texas Bison Burger** ... 16.75
- Beyond Burger® (V1)** ... 11.25
- Grilled Tuna Steak Burger** ... 15.95
- Southwestern Turkey-Avocado and Jack Cheese** ... 11.50

## BIG SALADS

- Greek Salad (V1)**  
Crispy romaine, cucumber, Kalamata olive, purple onion & feta tossed with our Greek dressing ... 10.99
- Grilled Atlantic Salmon Salad (GF, DF)**  
Served on a crispy bed of fresh mixed greens with artichoke, olives & tomatoes ... 16.99
- Southwest Caesar Salad (GF, V1)**  
Fresh lettuce tossed with sweet corn, black beans, crispy blue corn chips, and our special chipotle Caesar dressing ... 9.79
- Tuna Salad (GF, DF)**  
Our famous dolphin safe tuna salad served on a bed of fresh greens, shredded carrot, cucumber, & tomato.  
Classic ... 9.59    Apple Pecan ... 9.89
- Chicken Salad (GF, DF)**  
Our famous chicken salad served over a bed of crispy greens, shredded carrot, cucumber, & tomato.  
Classic ... 9.79    Cranberry Walnut ... 9.99
- Taco Salad (GF, V1)**  
Mixed fresh greens topped with crispy blue corn chips, jack cheese, black or pinto beans, diced tomatoes, purple onion, jalapeño, and our tofu picante dressing ... 11.89
- Southern Sampler (GF)**  
A sampling of our famous house-made pimento cheese, tuna apple pecan salad and egg salad. Served with blue chips or pita bread ... 13.99

## SANDWICHES

Served with Organic Blue Corn Tortilla Chips (GF)

- Shrimp, Avocado & Cheese Sandwich**  
Grilled Gulf shrimp, jack cheese, avocado, sautéed onions, mushrooms & chipotle mayo, on a ciabatta bun 15.75
- Grilled Chicken Breast Sandwich**  
***BEST SELLER!***  
With garden fresh avocado, grilled onions & mushrooms with jack cheese served on ciabatta bun 12.50
- Grilled Salmon & Avocado Sandwich**  
Atlantic salmon grilled to perfection with avocado, lettuce, & our special chipotle mayo on a ciabatta bun 16.50
- Happy Veggie Patty Sandwich! (V1)**  
Lovingly created house veggie patty (quinoa, millet, sweet potato, kale, red bell pepper, onion, garlic) served on a ciabatta bun dressed with chipotle mayo, and topped with our vinaigrette cole slaw 11.99
- Tasty Tuna Salad Sandwich**  
Dolphin safe tuna on whole wheat topped with romaine  
Classic (celery, purple onion) 8.79  
Apple & Pecan 9.79
- Chicken Salad Sandwich**  
Our famous roasted breast meat chicken salad on whole wheat with romaine  
Classic (celery, green onion) 9.75  
Cranberry & Walnut 10.99
- Grilled Portobello Sandwich (V1)**  
Grilled hearty portobello strips served on a ciabatta bun with fresh basil pesto, lettuce & jack cheese 10.85
- Veggie Flatbread Wrap (V1)**  
Sautéed portabellas, red bell pepper, red onion, artichoke heart, olives, and jack cheese in our chipotle sauce on toasted flatbread. Served with a cup of soup and side salad 12.85    Sub GF sweet potato flatbread 15.25
- Greek Wrap (V1 with tofu)**  
Our Greek salad with grilled chicken or marinated grilled tofu, cucumbers, feta & Kalamata olives wrapped in a spinach tortilla    Tofu 10.75    Chicken 11.95
- Tabouli & Avocado Sandwich (V1)**  
Our flavorful tabouli salad with melted jack cheese, sliced avocado, lettuce, & tomato on whole wheat bread 9.89

## Smoothie & Juicing Menu at Counter

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