

"I really regret eating healthy today."
-said no one ever

Chef: Suki Otsuki
Pastry Chef: Laurel Wimberg
General Manager: Tiffany Chauvin
Nutrition Consultant: Mark Herrin, *Sundrops*

MUDHEN

meat & greens

DRINKS & B.S.
ON THE BACK



CLEAN MEATS & VEGETABLES COST US MORE · WE STRIVE TO BE REALLY FAIR

BRUNCH

COLLARD SPRING ROLLS **V** 8

Carrots, avocado, cabbage and kelp noodles wrapped in collard greens, with tahini-miso vinaigrette.

HARVEST MARKET **V** 8

Young Greenhouse lettuce, soaked almonds, dried figs & apricots, red quinoa, raw honey lemonette.

JAMES BOND BREAKFAST 12

Two eggs scrambled (not stirred) served with applewood bacon, toasted whole wheat bread and a black coffee.

GREEN EGGS & HAM BENEDICT 14

Duroc ham, poached eggs, dressed arugula and basil pesto on Wolfermans English Muffins.

AVOCADO TOAST 12

Mashed avocado on toasted walnut-scallion bread, with beet-fennel sauerkraut and a soft boiled egg.

FARMHOUSE SANDWICH 12

Two eggs, Applewood bacon, tomato confit, pickled onion, and garlic aioli on toasted hippie bread.

VITAL FARMS EGG SALAD SANDWICH 12

Free-range egg salad, garlic aioli, dijon, celery and herbs with butter lettuce on walnut-scallion bread.

GROATMEAL **V** 8 (horrible sounding...yum good)

Wheatberries, farro and oats with dried cranberries & raisins, served with sliced banana & almonds.

HORIATIKI SALATA 14

Pulled chicken, romaine, watercress, pickled peppers, marinated feta, Kalamata olives, and heirloom cherry tomatoes in a Greek vinaigrette.

WHOLE WHEAT PANCAKES 11

Homestead gristmill pancakes, Greek yogurt whip, seasonal preserves & maple syrup.

POWER BOWL 13

Quinoa, black beans, roasted tomatoes, scallion and avocado served with two eggs sunny side up.

SMOKED CHAR PLATTER* 14

Arctic char, dill cream cheese, capers, red onion, and toasted marble rye.

ENCHILADA STACK 14

Cauliflower rice, guacamole, spicy black bean puree, cilantro and a sunny side up egg, with sweet potato mash and sriracha vinaigrette.

GRASS-FED BURGER* 14

44 Farms ground beef patty, Eagle Mountain Grandbury Vintage Gouda, and garlic aioli on a 9-grain bun.

MUDHEN MIGAS 14

Vital Farms Eggs, rajas, organic corn tortillas baked and topped with avocado-tomatillo salsa and green chili pulled pork, served with arugula salad.

SCRAMBLES

KIMM'S SCRAMBLE 12

2 eggs, 2 egg whites, chopped tomato, onion, spinach, avocado, chèvre.

CARNIVORE SCRAMBLE 13

Applewood bacon, Duroc ham, and sausage with whole eggs.

SIMPLE SCRAMBLE 11

Egg whites, spinach, Applewood bacon.

PROTEIN SCRAMBLE 12

Quinoa, kale, and baby heirloom tomatoes with whole eggs.

COMING SOON: BUILD YOUR SCRAMBLE BOWL

WE CAN HANDLE YOUR (BIG/LITTLE) OFFICE PARTY!

GRAB A JAR
OF CHEF SUKI'S
HOUSE-MADE
PRESERVES

SIDES

Greek Yogurt with Fixins \$10 · Pork Sausage \$6

Chicken Sausage \$6 · Bacon \$6 · Toast \$3 · Eggs \$5 · Avocado \$3

NEED LUNCH FOR THE
OFFICE? MUDHEN
HAS YOU COVERED -
CALL 214.698.7000

V - Vegan options
***** - Smoked, or Cooked above 350° F

IF YOU ARE NOT HAPPY, DON'T JUST SIT THERE & SUFFER.
ASK ANY SERVER OR MANAGER TO FIX IT. WE WANT YOU TO BE HAPPY

Mon-Fri 11am-10pm
Sat & Sun 11am-10pm
Mudheninthe.net

DRINKS

- HOT BONE BROTH - slow simmered broth changes daily...5
- HOLY KOMBUCHA - aloe vera, blueberry, ginger...5
- CRACK - our coffee, grassfed butter, MCT oil, maple syrup...8
- WATERMELON COOLER - watermelon, mint with soda...3
- AGUA FRESCA - fresh fruit changes daily...4

JUICES *Blended with whole fruits and vegetables.*

- KIRBY - kale, green apple, ginger, cucumber, parsley...6
- OLD RED - apple, orange, pomegrannate, grapefruit...5
- SANTA FE - carrot, sweet potato, pineapple, orange, fresno pepper...7

SMOOTHIES

- MERCANTILE - banana, matcha, pineapple, coconut milk...8
- MAJESTIC - almond butter, cocoa nib, banana...8
- THANKSGIVING SQUARE - sweet potato, pineapple, dates, spiced almond milk...7
- SOUTHLAND LIFE - strawberry, mango, vanilla, greek yogurt...7

CLASSICS *We are pleased to use our house-made stevia syrup in any cocktail at your request.*

- DORKING Lavender-infused bourbon, lemon, mint, rosemary, muddled pears...10
- LEGHORN Exotico Blanco, Casis, ginger, lime...11
- CHANTECLER Cana Brava rum, kiwi, lime, Turbinado...11
- PLYMOUTH ROCK Shishito-infused Aviation Gin, basil, lemon, lemongrass turbinado, soda...12
- NAKED NECK Chamomile-infused El Silencio mezcal, lime, grapefruit juice, agave, haba ero bitters...13
- ROSECOMB Titos Vodka, raspberry thyme turbinado, lemon, brut rose...10
- PECKIN Tequila, lime juice, orange juice, egg white, Cointreau, agave...12
- BOOTED BANTAM Waterloo Barrel Aged Gin, orgeat, lime juice, pomegranate molasses...13
- SEBRIGHT Light & dark rums Real McCoy rum, pineapple, lime, Tyku coconut nigori, vanilla, nutmeg, pechauds...13
- AMERAUCANA Monkey Shoulder, Gran Classico, Blackberry Lillet Blanc, orange bitters...13
- LAKENVELDER Pisco Porton, red bell pepper, tomato, cilantro, lemon, turbanado,

BEEER

CRAFT DRAFTS

- Ballast Point Grapefruit Sculpin IPA (San Diego, CA).....6
- Bishops Cider Crackberry (Dallas, TX)7
- Boulevard Tank 7, Saison (Kansas City, MO).....7
- Chimay, Trappist Ale (Belgium).....9
- Community Brewing Rotator (Dallas, TX).....mkt.
- Dogfish Head Rotator (Milton, DE)mkt.
- Firestone Walker Rotator (Paso Robles, CA).....mkt.
- Green Flash West Coast IPA (San Diego, CA)6
- Karbach Rotator (Houston, TX).....mkt.
- Peticolas Velvet Hammer, Imperial Red (Dallas, TX).....6
- Real Ale Fireman #4, Golden Ale (Blanco, TX).....5
- Revolver Blood & Honey, American Wheat (Granbury, TX).....7

WE HAVE 5 OTHER ROTATING DRAFT BEERS · ASK YOUR SERVER FOR TODAY’S OFFERINGS

BOTTLES

- Austin East Ciders Original Dry (Austin, TX).....6
- Becks Non Alcoholic (Germany)5
- Estrella Damm Daura (Spain).....7
- New Belgium Gluttony Pale Ale (Fort Collins, CO).....7
- Samuel Smith Organic Cider (United Kingdom).....8

WINE

WHITE

- Reyneke Vinehugger, Chardonnay (South Africa).....8/27
- Sauvion, Ros  (Loire Valley, France).....9/33
- Jongieux, Jacquere (Savoie, France).....10/37
- Ministry of the Vinterior, Chardonnay (California).....12/45
- Chateau Bonnet, Sauvignon Blanc (Bordeaux).....9/33
- Livon, Pinot Grigio (Italy).....11/39
- Adami, Prosecco (Veneto, Italy).....11/39

RED

- Viu Manent, Carmenere (Chile).....8/23
- Durigutti, Cabernet Franc (Mendoza).....11/39
- Mud House, Pinot Noir (Marlborough).....9/31
- Sharecroppers, Cabernet Sauv (Washington).....11/39
- Fossil Point, Pinot Nior (Edna Valley).....12/41
- Fabre Reserve, Malbec (Argentina).....11/39
- Bonterra, Merlot (California).....9/31

HARVEST HOUR

4 - 7PM MON. - FRI.
\$1 OFF DRAFT BEER & WINE BY THE GLASS

Thanks for visiting Mudhen Meat and Greens. Our menu is designed to offer generally lower carbohydrate (sugar) options plus a larger selection of clean meats and greens, organic or GMO-Free, whenever possible. These products are more expensive for us too, so please understand we strive to be really fair in our pricing.

There are a gazillion different dietary lifestyles out there in today's Google-holic society, and there are conflicting opinions on the benefits (or harm) of almost every edible food. Therefore, we have chosen Mark Herrin from **Sundrops** (4306 N. Central Expy. at Fitzhugh) as our "in house" counsel on nutrition, and we trust him to weed out and differentiate between myth, mania and moderation. We have to pick our nutritional battles...some are worth fighting, and some are just a waste of breath. Your body is incredibly complex, and it works hard to withstand the onslaught of daily abuse. We hope to offer you the options you need to reduce the abuse and to let your body do its job in keeping you healthy. If you don't care about any of the above, forget about it and just eat some good food.

We buy local whenever we can, but quality is even more important. We are not a gluten free restaurant but we can provide you with a list of menu items that do not contain gluten.

Our fish are all wild or ocean-raised and all land meats are pasture-raised, meaning they spend most of the day in the pasture. No word play here. Some animals do have organic grains added to their diets three weeks before processing but none have added hormones, growth stimulants, or antibiotics. Our juices are centrifuge juiced, with whole fruit and vegetable pieces blended in. We feel the fiber in the juice is more important than the few enzymes which may be destroyed in centrifuge juicing. There, we said it.

Sugar by any other name is still just sugar...cane sugar, agave, honey, etc., so we use them sparingly. We believe the best sugar alternative for now is *stevia rebaudiana*, which is a South American plant in the Chrysanthemum family which has no calories and is 200 times sweeter than sugar. It is sold as **Stevia**, **Truvia**, among others. Some desserts just don't taste as good without some added sugar, so we make a few allowances, but not many. We don't serve any soft drinks, but offer some fab juice drinks which we think are quite tasty alternatives. If you want them fizzy, say 'Make it Fizzy'.

Build-a-Bowl: You can fabricate over 40,000 different meals with our BUILD-A-BOWL option, so you're bound to find one you like.

If you have questions as to why we do something, just ask. If you want a recipe, just ask. If for any reason your experience is not what you had hoped, please ask for a manager and we will attempt to fix it. If you don't speak up you then walk away angry and we wonder where you've been. We both lose. Xx