

• Ask About Our Daily Specials •

We proudly serve daily specials that are seasonal and incorporate local, organic, and all-natural ingredients. Check our menu boards for Daily Special updates!

- Gluten-Free
- Dairy-Free
- Vegetarian
- Kids LiveWell

Some menu items can be made Gluten-Free upon request. Please ask your server.

## Appetizers

### Hi-Protein Hemenadas™

Three delicate empanadas made with high-protein hemp flour, wheat flour, raisins, cilantro, blended Cheddar and mozzarella cheeses, and all-natural beef; served with roasted garlic cilantro and peach chipotle sauces

### Crispy Calamari

With fresh cilantro and lemon garnish. Served with spicy marinara sauce and roasted pepper herb aioli

### Veggie Lettuce Wraps ●●

Three hydroponic butter lettuce wraps filled with onion, red and yellow peppers, sesame oil, celery, mushrooms, zucchini, corn, garlic, cilantro, and organic fair trade quinoa, topped with avocado yogurt sauce, queso fresco, and crispy quinoa strips

### Turkey Lettuce Wraps ●

Three baby iceberg lettuce wraps topped with all-natural ground turkey, black beans, corn, yellow & red peppers, shredded carrots, sautéed in a spicy, soy glaze

### House-Made Organic Chickpea Hummus ●●

Served with green manzanilla olives, sun-dried tomatoes and wood-fired flat bread (can be made Gluten-free ●, add \$3.00)

### Organic Spinach Dip ●

Blended organic spinach, artichoke hearts, cream cheese, Parmesan, goat cheese, white wine, and ricotta cheese; served with Kalamata olives, sun-dried tomatoes, cilantro and wood-fired flat bread (can be made Gluten-free ●, add \$3.00)

## Soups

6 Bowl | 4 Cup

**Fresh Vegetable Minestrone ●●●** With gluten-free quinoa elbow pasta

**Roasted Corn Chowder ●** With white truffle oil and fresh cracked black pepper

**French Onion** Served classic-style with Swiss cheese and topped with sliced French baguette

**Fire-Roasted Tomato Basil** Served with crispy puff pastry dome and sliced mozzarella (cup size does not have puff pastry)

## Salads

**Add Goat Cheese**

**Add Grilled Chicken or Tofu**

**Add Grilled or Blackened Shrimp or Atlantic Salmon**

All dressings are made in-house. These include: balsamic vinaigrette, blue cheese, creamy chipotle Caesar, creamy sun-dried tomato vinaigrette, honey mustard, orange honey, warm bacon vinaigrette, mango ranch, and garlic hemp poppy seed

### Texas Caesar Salad

Crisp romaine, crispy capers, caramelized red onions, sun-dried tomatoes, manchego and Parmesan cheeses and croutons; tossed with our creamy chipotle Caesar dressing (croutons not added when requested as Gluten-free ●)

### Ruggles Green House Salad ●

Mixed greens, jicama, dried blueberries, shaved carrots, fresh tomatoes and shaved Parmesan; tossed with house-made honey mustard dressing

### Hydroponic Butter Lettuce Wedge

Butter lettuce wedge, diced tomatoes, avocados, all-natural bacon, blue cheese crumbles, and fresh cracked pepper; topped with house-made blue cheese dressing

### Ruggles Green Goat Cheese Salad ●

Mixed greens, arugula, sun-dried tomatoes, sliced apples, Parmesan cheese; tossed with our creamy sun-dried tomato vinaigrette with a warm goat cheese medallion and toasted almonds

### Spinach Salad

Fresh spinach, boiled eggs, all-natural bacon, diced tomatoes, red onions, sliced Portobello mushrooms, croutons, and queso fresco; tossed with our warm bacon vinaigrette (can be made Gluten-free ●)

### Ruggles Green Atlantic Salmon Salad

Mixed greens, romaine, shaved carrots, croutons, boiled eggs, and queso fresco; tossed with mango ranch dressing and topped with chipotle-honey seared salmon (can be made Gluten-free ●)

### Chicken Curry Salad ●

Mixed greens, shaved carrots, jicama, raisins, dried mango, toasted almonds, and sliced oranges; tossed with our orange honey-yogurt dressing and topped with grilled curry chicken

### Honey-Fried Goat Cheese and Arugula Salad ●

A bed of arugula roquette, jicama, almonds, raisins, Parmesan, shaved carrots, dried mango and cracked black pepper; tossed with our mango ranch dressing with a honey-fried goat cheese medallion

### Ruggles Green Blackened Shrimp Salad ●●

Mixed greens, fresh pineapple, fresh strawberries, dried mango, pistachios, blueberries, and raisins; tossed with our garlic-hemp poppy seed dressing and topped with blackened shrimp

## Tacos

All tacos garnished with micro greens

### Spicy Fish Tacos

Your choice of grilled or fried tilapia, green and red cabbage, pico de gallo, cilantro, roasted pepper herb aioli, queso fresco, and spicy peach chipotle sauce on corn tortillas and with a side of house-made habanero hot sauce (can be made Gluten-free ●)

### Spicy Baby-Shrimp Tacos ●

Sauteed baby shrimp, shredded romaine lettuce, capers, pico de gallo, cilantro, roasted pepper herb aioli, queso fresco and spicy peach chipotle sauce on corn tortillas with a side of house-made habanero hot sauce

### Spicy Chicken Tacos ●

All-natural Zaatar-crust, roasted chicken, topped with sauteed red onions, red and yellow peppers, fresh avocado, queso fresco, cilantro, and spicy Sriracha-peach chipotle sauce on corn tortillas; with a side of house-made habanero hot sauce

### Ruggles Green Veggie Tacos ●●

Three corn tortillas with black bean spread, grilled Portobello mushrooms, garlic cilantro sauce, corn salsa, shredded carrots, fresh avocado slices and queso fresco with a side of house-made habanero hot sauce

## Sandwiches, Burgers & Paninis

Served with your choice of sweet potato fries, house-cut french fries or our organic quinoa salad. Fresh fruit with house-made hemp poppy seed dressing can be substituted for 50¢. All sandwiches garnished with micro greens. Additional side dishes are available - see back. Gluten-free ● hamburger buns are available for a \$2 charge.

### All-Natural Beef Burger

All-Natural Beef with mixed greens, tomato, house-made pickles, red onion, and choice of Swiss, Cheddar, or mozzarella cheese; served on a whole grain bun (can be made Dairy-free ●)

### Ruggles Green Veggie Nut Burger ●

Veggie patty made with sautéed vegetables, potatoes, almonds, fresh corn, bread crumbs, and organic hummus; topped with mixed greens, tomato, house-made pickles, red onion, and choice of Swiss, Cheddar, or mozzarella cheese. Served on a whole grain bun (can be made Dairy-free ●)

### Grilled All-Natural Turkey Burger

All-Natural grilled turkey, honey dijon mustard, mixed greens, tomato, house-made pickles, red onion, and choice of Swiss, Cheddar, or mozzarella cheese served on a whole grain bun (can be made Dairy-free ●)

### All-Natural Buffalo Burger

Lean, all-natural buffalo burger with mixed greens, tomato, house-made pickles, red onion, and choice of Swiss, Cheddar, or mozzarella cheese; served on a whole grain bun (can be made Dairy-free ●)

### Ruggles Green Kobe Beef Burger

All-Natural Kobe beef marinated with fresh thyme, oregano, and Zataar seasoning, mixed greens, tomato, house-made pickles, grilled red onion, and choice of Swiss, Cheddar, or mozzarella cheese, then topped with peach chipotle sauce; served on a whole grain bun (can be made Dairy-free ●)

### All-Natural Roasted Chicken Sandwich

All-Natural herb roasted chicken sauteed with plantains, all-natural bacon, cilantro, red and yellow bell peppers, and black beans in a marinara sauce; topped with fresh mozzarella, mixed greens, tomato, house-made pickles, jalapeños, red onion and house-made peach chipotle dressing; served on a whole grain bun (can be made Dairy-free ●)

### All-Natural Turkey Meatball Panini

All-natural turkey meatballs, mozzarella, Swiss, slow cooked organic tomato sauce, and red and yellow peppers on sourdough

### Classic Ham and Cheese Panini

All-natural ham, Swiss and Brie cheeses with Dijon mustard on sourdough

### Ruggles Green Turkey Reuben

All-Natural turkey, sauerkraut, and Swiss cheese topped with our house-made thousand island dressing on fresh rye bread

### Cuban Pork Sourdough Panini

Roasted all-natural pork, caramelized onions, roasted poblano peppers, cilantro, mozzarella, and our peach chipotle dressing on sourdough

### Veggie Sourdough Panini ●

Grilled eggplant, Portobello mushrooms, onions, zucchini, organic hummus, and fresh goat cheese on sourdough

### Organic Egg Sandwich

Two fried, local organic eggs, with all-natural ham, Cheddar and Swiss cheese grilled and served on sourdough; served open-faced

### Grilled Chicken Sandwich

Grilled all-natural chicken breast, all-natural bacon, mixed greens, tomato, house-made pickles, onion, fresh avocado, Swiss cheese and house-made mango ranch dressing; served on a whole grain bun

**Disclaimer:** While we strive to ensure our gluten-free items are safe for your diet, we cannot guarantee with 100% confidence that cross-contamination between ingredients will not occur. While we take precautions to ensure there is no cross contamination, customers with gluten sensitivities or celiac disease should exercise judgment in consuming our gluten-free food items.

## Pastas

Our great tasting quinoa pasta is used for all gluten-free requests. All pastas garnished with micro greens. And can be made gluten-free upon request. ●

### Spicy Shrimp Pasta ●

Organic, whole wheat spaghetti pasta with spicy shrimp, basil chiffonade, roasted garlic, shallots, red, yellow, and jalapeño peppers, ricotta, Parmesan, and manchego cheese, with slow-cooked, organic tomato cream sauce with lobster base (can be made Gluten-free ●)

### Quinoa Mac & Cheese ● ●

Quinoa elbow pasta with mozzarella, Parmesan, and sharp Cheddar cheese topped with fresh basil

### Grilled Salmon Pasta ●

Quinoa linguini pasta, fresh grilled salmon topped with pesto, fresh tomatoes, sun-dried tomatoes, shallots, diced jalapeños, queso fresco, Kalamata olives, capers, and roasted garlic in a fresh pesto cream sauce with lobster base

### Spicy Southwest House-Roasted Chicken Pasta ●

Quinoa linguini pasta, roasted all-natural chicken, black beans, tomatoes, shallots, red and yellow bell peppers, jalapeños, roasted garlic, queso fresco, sweet plantains and slow-cooked organic tomato sauce with vegetable stock; finished with butter and fresh pico de gallo

### Quinoa Linguini and Turkey Meatballs ●

Quinoa linguini pasta, all-natural turkey meatballs, roasted garlic, shallots, slow-cooked organic tomato sauce with vegetable stock, fresh basil, chopped cilantro and Parmesan cheese

### Crab and Shrimp Pasta ●

Quinoa linguini pasta with spicy shrimp, jumbo lump crab, red, yellow, and jalapeño peppers, shallots, fresh corn, roasted garlic, avocado in a fresh avocado cream sauce with lobster base; finished with pico de gallo and cilantro and topped with fresh Parmesan cheese

## Children's Choices (For Our Guests 12 Years Old And Younger Only)

All items, except Kid's cheese pizza, are served with choice of sweet potato fries, french fries, quinoa salad, or fresh mixed fruit. Includes fountain drink, milk, or juice. Kids LiveWell: Meal choices should be marinara sauce, mixed fruit, and skim milk

### All-Natural Beef Burger 🍔

All-Natural Beef and choice of swiss or Cheddar cheese, served on a whole wheat bun; add tomato-lettuce-pickle set up for \$2.

### All-Natural Chicken Tenders 🍗

**Kids Grilled Cheese** ● with Cheddar and mozzarella cheeses, add all-natural ham for \$1

### Kids Quinoa Mac & Cheese ● ●

**Kids Wood-Fired Organic Cheese Pizza** ●  
Organic tomato sauce, organic wheat flour dough, and mozzarella and fontina cheeses

### Kids Spaghetti ● ● 🍷

With quinoa linguini and choice of olive oil or fresh marinara sauce, add two Turkey meatballs for \$2

## Desserts

All Desserts 7

All of our desserts come with dark chocolate trellis. ●

### Ruggles Green White Chocolate Bread Pudding ●

Our award-winning white chocolate bread pudding served warm with strawberry sauce and vanilla bean ice cream

### Hi-Protein Hemp Brownie™ ●

Our famous chocolate, high-protein hemp brownie served warm with chocolate trellis, chocolate sauce and vanilla bean ice cream (can be made Gluten-free ●, add \$1)

### Domino Cake ●

A moist dark chocolate cake with alternating layers of white and dark chocolate mousse, iced with a dark chocolate ganache and served with vanilla bean ice cream

### Crème Brûlée ● ●

A traditional baked custard topped with caramelized sugar and whipped cream

### Chocolate Crème Brûlée Cheesecake ●

A layer of New York style cheesecake topped with a layer of our popular chocolate crème brûlée custard, caramelized, served with vanilla bean ice cream

### Charlotte's Web ●

Alternating layers of moist chocolate cake pieces, white chocolate espresso pudding, fresh whipped cream and crunchy heath bar pieces; served with cookie on the side

### Ruggles Green Carrot Cake ●

An incredibly moist carrot cake made with fresh carrots, pecans, and spiced with cinnamon; topped with sweet cream cheese icing and served with vanilla bean ice cream (can be made Gluten-free ●, add \$1)

### Pink Velvet Cake ●

This non-traditional pink velvet moist cake, layered and topped with a white cream cheese icing and cake crumbles and served with vanilla bean ice cream on the side - a unique and natural twist on the standard red velvet!

### Tres Leches ●

One of our most popular desserts - a moist yellow cake soaked with a mixture made from Tres Leches or 'Three Milks' - topped with a fluffy white meringue, and served with vanilla bean ice cream

## Wood-Fired Pizzas

Our pizza dough is made in-house using organic wheat flour. Our pizza sauce is made in-house using organic tomatoes. All of our pizzas can be made gluten free for an additional charge of \$3. ●

15	<b>Ruggles Green Margherita Pizza</b> ●	12
	Fresh roma tomatoes, organic tomato sauce, roasted garlic, thyme, oregano, basil, fresh mozzarella, shredded mozzarella, and fontina cheeses; topped with extra virgin olive oil	
10	<b>Ruggles green veggie Pizza</b> ●	13
	Roasted tomatoes, eggplant, zucchini, mushrooms, red onion, garlic, mozzarella, fontina and feta cheeses and pesto sauce; topped with baby arugula and balsamic vinegar	
16	<b>Five Cheese Pizza</b> ●	12
	Fresh, organic tomato sauce, basil, oregano, thyme, roasted garlic, and fresh mozzarella, fontina, Parmesan, ricotta and shredded mozzarella cheese	
12	<b>Ruggles Green Pepperoni Pizza</b>	13
	Fresh, organic tomato sauce, all-natural pepperoni, basil, thyme, mozzarella, fontina, and Parmesan cheese	
12	<b>All-Natural Roasted Chicken Pizza</b>	13
	All-natural roasted chicken, caramelized onions, roasted garlic, crème fraiche, Kalamata olives, sun-dried tomatoes, basil, jalapeños, mozzarella and fontina cheeses	
17	<b>Dale's Pizza</b>	14
	All-natural bacon, all-natural ham, crème fraiche, basil, fresh thyme, roasted garlic, fontina and mozzarella cheese; topped with cracked black pepper	
	<b>Greek Pizza</b>	14
	All-natural, grilled lemon chicken, roasted garlic, crème fraiche, red onions, fresh oregano, basil, Kalamata olives, capers, mozzarella, fontina, and feta cheese, roma tomatoes and sauteed spinach, topped with extra virgin olive oil	

## Side Dishes

All Sides 4

Side substitutes on sandwiches or burgers are \$2 extra.

5	<b>Fresh Fruit</b> ● ● ● with organic hemp poppy seed dressing
	<b>Grilled Asparagus</b> ● ● with lemon hollandaise sauce and Parmesan cheese
5	<b>House-Roasted Potatoes</b> ● ● ● with red and yellow bell peppers, lemon thyme, and oregano
5	<b>Ruggles Green House-Cut French Fries</b> ● ● ● made fresh daily
5	<b>Ruggles Green Famous Butternut Squash</b> ● ●
	(can be made Gluten-free ●)
5	<b>Sweet Potato Fries</b> ● ● ● (voted best in Houston!)
9	<b>Side Salad</b> choice of House or Caesar dressing (can be made Gluten-free ●)
5	<b>Ruggles Green Quinoa salad</b> ● ● ● organic quinoa, chopped fresh cucumber, tomatoes, green onion, chopped pecans, dried cranberries, lemon & olive oil, basil, sea salt and fresh mint

## Beverages

Our teas and coffee are always organic. We offer 16 oz size only. We Serve Organic, Fair Trade, Coffees Custom Roasted for us by Katz Coffee

<b>Hot or Iced Gourmet House Brew</b>	2.50
<b>Espresso</b>	single: 2 double: 3.00
<b>Cappuccino</b>	3.50
<b>Café Latte</b>	3.50
<b>Café Mocha</b>	4.50
<b>Organic Hot and Cold Teas</b>	2.50

We offer both hot and cold teas that are brewed fresh daily. All of our teas are organic and fair trade certified.

### Fountain Drinks 2.75

We also offer a variety of bottled sodas, sparkling waters, and fruit drinks that incorporate pure cane sugar with minimal additives. We also offer bottled lize soft drinks for \$3.25 each.

### Beer and Wine

We offer a variety of local, domestic, and foreign beers. Please check our wine menu for organic, biodynamic, and other great wine varieties.

## Customize Your Meal to Your Dietary Needs

● Gluten-Free ● Dairy-Free ● Vegetarian 🍷 Kids LiveWell

Menu items can be made Gluten-Free, Vegetarian, and Dairy-Free upon request. Additional fees may be applied. Be sure to ask your cashier about available gluten-free specials.

All grill items are cooked to order. Consuming raw or undercooked meats may increase your risk of food borne illness, especially if you have certain medical conditions.



LiveWell and Kids LiveWell are service marks of the National Restaurant Association.

### River Oaks

2311 West Alabama, Suite C  
Houston, Texas 77098

### CITYCENTRE

801 Town & Country Blvd., Suite B  
Houston, Texas 77024

### Sugar Land

15903 City Walk  
Sugar Land, Texas 77479

### Heights

748 E 11th St.  
Houston, Texas 77008



[rugglesgreen.com](http://rugglesgreen.com)

To Go Orders Will Have 3% Added to the Bill.  
Reservations Never Needed.