

bellagreen

APPETIZERS

HI-PROTEIN HEMPENADAS™

three empanadas made with wheat & high-protein hemp flour, blended cheddar & mozzarella cheese, cilantro, raisins, & all-natural ground beef; served with roasted garlic cilantro sauce & peach chipotle sauce 9.19

MINI CRAB CAKES

three mini crab cakes with bell pepper, onion, garlic, in a roasted tomato cream sauce & topped with cilantro, queso fresco & micro greens 13.99

VEGGIE LETTUCE WRAPS ●●

three baby iceberg lettuce wraps filled with yellow & red peppers, organic quinoa, onion, celery, mushrooms, zucchini, corn, garlic, cilantro, sesame oil; topped with queso fresco & crispy quinoa strips 8.19

TURKEY LETTUCE WRAPS ●●

three baby iceberg lettuce wraps filled with all-natural ground turkey, black beans, corn, yellow & red peppers, shredded carrots; sautéed in a spicy soy glaze 8.19

HOUSE-MADE ORGANIC CHICKPEA HUMMUS ●●

served with kalamata olives, sun-dried tomatoes & wood-fired flatbread 9.19 [can be made gluten-free +2.49]

ORGANIC SPINACH DIP ●

blended organic spinach, artichoke hearts, cream cheese, parmesan, goat cheese, white wine & ricotta cheese; served with kalamata olives, sun-dried tomatoes & wood-fired flatbread 10.19 [can be made gluten-free +2.49]

SALADS

all salads can be made gluten-free upon request

KALE CAESAR SALAD

crisp romaine lettuce & kale mixed with crispy capers, caramelized red onions, sun-dried tomatoes, manchego & parmesan cheese & croutons; tossed with creamy chipotle caesar dressing 8.99

GOAT CHEESE SALAD ●

mixed greens, arugula, sun-dried tomatoes, sliced apples, parmesan cheese; tossed with sun-dried tomato vinaigrette & topped with almond crusted goat cheese medallion 11.19

SPINACH SALAD

fresh spinach, boiled eggs, bacon, diced tomatoes, red onions, sliced portobello mushrooms, croutons & queso fresco; tossed with warm bacon vinaigrette 8.99

ATLANTIC SALMON SALAD

mixed greens, romaine, shaved carrots, croutons, boiled eggs, & queso fresco; tossed with mango ranch dressing & topped with chipotle-honey seared salmon* 14.99

CHICKEN CURRY SALAD ●

mixed greens, shaved carrots, mango, sliced oranges, jicama, raisins & toasted almonds; tossed with orange honey yogurt dressing & topped with grilled curry chicken 12.99

HONEY-FRIED GOAT CHEESE & ARUGULA SALAD ●

baby arugula, fresh jicama, almonds, raisins, shaved carrots & mango tossed with our mango ranch dressing & topped with parmesan cheese & a honey-fried goat cheese medallion 12.19

BLACKENED SHRIMP SALAD ●●

mixed greens, pineapple, strawberries, mango, pistachios, cranberries & raisins; tossed with our garlic hemp poppy seed dressing & topped with blackened shrimp 14.99

OH KALE YEAH! ●●●

kale massaged in avocado lemon dressing, tomatoes, red onions, mango, carrots & strawberries; topped with roasted pumpkin seeds 11.99

DRESSINGS

all made in-house!

balsamic vinaigrette | creamy chipotle caesar | sun-dried tomato vinaigrette | honey mustard | orange honey yogurt | warm bacon vinaigrette | mango ranch | garlic hemp poppy seed

PROTEINS

& goat cheese + 1.99

& chicken or tofu + 3.99 [grilled or blackened]

& shrimp or atlantic salmon + 6.99 [grilled or blackened]

DESSERTS

all desserts served with dark chocolate trellis & can serve two people 6.99 each

white chocolate bread pudding | hi-protein hemp brownie | domino cake | crème brûlée ● | carrot cake ● | pink velvet cake

for our guests 12 years old & younger only

all items except our kid's cheese pizza are served with choice of sweet potato fries, french fries, quinoa salad or fresh fruit. includes fountain drink, milk or juice.

ALL-NATURAL BEEF BURGER

all-natural beef* & choice of swiss or cheddar cheese, served on a whole wheat bun 5.49
+ add tomato-lettuce-pickle set up for 2

ALL-NATURAL CHICKEN TENDERS ●

all-natural crispy chicken seasoned in gluten-free tempura batter 5.49

KID'S GRILLED CHEESE PANINI

cheddar & mozzarella cheese on sprouted wheat or organic white bread 5.49
+ add all-natural ham for .99

KID'S QUINOA MAC & CHEESE ●●

quinoa elbow pasta with mozzarella, parmesan & sharp cheddar cheese 5.49

KID'S WOOD-FIRED ORGANIC CHEESE PIZZA ●

organic tomato sauce, organic wheat flour dough with mozzarella cheese 8.99

KID'S SPAGHETTI

quinoa linguini in choice of olive oil, fresh marinara sauce or alfredo sauce 5.49
+ add two turkey meatballs for 1.99

KIDS MENU

SOUPS

bowl 5.99 | cup 3.99

FRESH VEGETABLE MINISTRONE ●●●

made with local vegetables & gluten-free quinoa elbow pasta

ROASTED CORN CHOWDER ●

topped with truffle oil & fresh cracked black pepper

FRENCH ONION

served classic-style with swiss cheese & topped with sliced french baguette

FIRE-ROASTED TOMATO BASIL

served with crispy puff pastry dome & sliced mozzarella cheese [cup size does not have puff pastry]

TACOS

all tacos served with side of house-made habanero hot sauce

SPICY FISH TACOS ●

your choice of grilled or fried basa, green & red cabbage, pico de gallo, cilantro, roasted pepper herb aioli, queso fresco & spicy peach chipotle sauce on warm corn tortillas 11.19

SPICY SHRIMP TACOS ●

sautéed baby shrimp, shredded romaine lettuce, capers, pico de gallo, cilantro, roasted pepper herb aioli, queso fresco & spicy peach chipotle sauce on warm corn tortillas 12.99

SPICY CHICKEN TACOS ●

roasted all-natural zaatar-crust chicken topped with sautéed red onions, yellow & red peppers, avocado, queso fresco, cilantro & spicy sriracha peach chipotle sauce on warm corn tortillas 9.99

SUPER VEGGIE TACOS ●●

three warm corn tortillas topped with black bean spread, grilled portobello mushrooms, roasted garlic cilantro sauce, corn salsa, shredded carrots, avocado slices & queso fresco 9.99

BEVERAGES

our teas & coffee are always organic. we offer 16 oz size only. we serve organic, fair trade Guatemalan coffees, custom roasted by katz coffee.

HOT OR ICED HOUSE BREW 2.49 **FOUNTAIN DRINKS 2.79**

ORGANIC HOT & COLD TEAS 2.79 **WINE & BEER AVAILABLE**

we also offer a variety of bottled sodas, sparkling waters, & fruit drinks that incorporate pure cane sugar with minimal additives.

Eat Well & Tread Lightly

We focus on reducing our ecological footprint, because we care about the future. Bellagreen was one of the first Certified Green Restaurants, and we still hold true to those values today. That's why all of our locations are at minimum a 3-Star Certified Green.

● GLUTEN FREE ● DAIRY FREE ● VEGETARIAN

{ most menu items can be made gluten-free upon request. please ask one of our team members.

BELLAGREEN.COM

WOOD-FIRED PIZZA

our pizzas are made in-house using organic wheat flour
 ● all pizzas can be made gluten-free for +2.49

HAWAIIAN BBQ PIZZA

roasted all-natural chicken & ham glazed with house-made bbq sauce with grilled pineapple, mozzarella cheese, topped with chopped cilantro 13.99

FRESH MARGHERITA PIZZA ●

roma tomatoes, organic tomato sauce, roasted garlic, thyme, oregano, basil, & shredded mozzarella cheese; topped with fresh mozzarella cheese & extra virgin olive oil 12.19

VEGGIE PIZZA ●

roasted tomatoes, eggplant, zucchini, mushrooms, red onion, garlic, mozzarella & feta cheese, pesto sauce; topped with baby arugula tossed in balsamic vinegar 12.99

ALL-NATURAL PEPPERONI PIZZA

organic tomato sauce, all-natural pepperoni, basil, thyme, mozzarella & parmesan cheese 12.99

ALL-NATURAL ROASTED CHICKEN PIZZA

roasted all-natural chicken, caramelized onions, basil, roasted garlic, crème fraîche, kalamata olives, jalapeños, sun-dried tomatoes & mozzarella cheese 13.19

DALE'S PIZZA

all-natural ham, bacon, crème fraîche, basil, thyme, roasted garlic & mozzarella cheese; topped with sea salt & cracked black pepper 12.99

PANINIS & WRAPS

all served with sweet potato fries, house-cut french fries, or our organic quinoa salad. sub fresh fruit +.49

TURKEY MEATBALL PANINI

all-natural turkey meatballs, mozzarella & swiss cheese, organic tomato sauce, red & yellow peppers on whole-wheat pain de mie 9.19

CUBAN PORK PANINI

roasted all-natural pork, poblano peppers, cilantro, caramelized onions, mozzarella & peach chipotle dressing on sprouted wheat organic white bread 9.99

CHEESE STEAK PANINI

thin-sliced sirloin steak sautéed with bell peppers, onions, mushrooms, in a soy sauce demi-glaze with melted mozzarella cheese, topped with a pepperoncini on whole-wheat pain de mie 12.99

CHICKEN CAESAR WRAP

sliced all-natural grilled chicken, romaine lettuce, caramelized red onions, sun-dried tomatoes, parmesan & manchego cheese, tossed with creamy chipotle caesar dressing & wrapped in a chipotle tortilla 8.99

VEGGIE WRAP ●●

house-made organic chickpea hummus, grilled portobello mushrooms, fresh spinach, zucchini, red & yellow peppers, sliced carrots wrapped in a spinach tortilla 8.99

SANDWICHES

all sandwiches served with choice of sweet potato fries, house-cut french fries or our organic quinoa salad. sub fresh fruit +.49

ROASTED CHICKEN SANDWICH

herb roasted all-natural chicken sautéed with plantains, cilantro, bacon, chopped jalapeños, red & yellow peppers, black beans in a marinara sauce, fresh mozzarella cheese, mixed greens, tomato, house-made pickles, red onion & our peach chipotle dressing; served on a whole-wheat bun 9.99

LOCAL EGG SANDWICH

two eggs fried with all-natural ham, cheddar & swiss cheese, grilled & served open-faced on sprouted wheat organic white bread 9.99

GRILLED CHICKEN SANDWICH

grilled all-natural chicken breast, bacon, mixed greens, tomato, house-made pickles, onion, avocado, swiss cheese, mango ranch dressing; served on a whole-wheat bun 11.19

CHICKEN SALAD SANDWICH ●

roasted all-natural chicken, celery, pecans, cranberries, green onions, mayonnaise & parsley; topped with mixed greens, tomato & served on sprouted wheat organic white bread 9.99

BURGERS

all burgers served with choice of sweet potato fries, house-cut french fries, or our organic quinoa salad. sub fresh fruit with home-made hemp poppy seed dressing +.49
 ● all burgers can be made dairy-free
 ● gluten-free hamburger buns are available for +1.99

ALL-NATURAL BEEF BURGER

all-natural beef* with mixed greens, tomato, house-made pickles, red onion & choice of swiss, cheddar or mozzarella cheese; served on a whole-wheat bun 11.19

VEGGIE NUT BURGER ●

veggie patty with sautéed vegetables, potatoes, hemp seed, almonds, corn, bread crumbs & organic chickpea hummus; topped with mixed greens, tomato, house-made pickles, red onion & choice of swiss, cheddar or mozzarella cheese; served on a whole-wheat bun 9.19

GRILLED ALL-NATURAL TURKEY BURGER

all-natural grilled turkey*, honey dijon mustard, mixed greens, tomato, house-made pickles, red onion & choice of swiss, cheddar or mozzarella cheese served on a whole-wheat bun 10.99

ALL-NATURAL BUFFALO BURGER

all-natural buffalo* with mixed greens, tomato, house-made pickles, red onion & choice of swiss, cheddar or mozzarella cheese; served on a whole-wheat bun 13.19

LAMB BURGER

lamb* seasoned with herbs & spices, dressed with mixed greens, tomato, onion, house-made pickles & tzatziki sauce; served with your choice of swiss, cheddar or mozzarella cheese on a whole-wheat bun 14

PASTA

all pastas are garnished with micro greens
 ● all pastas can be made gluten-free upon request

SPICY SHRIMP PASTA

organic whole-wheat spaghetti pasta with spicy shrimp, basil chiffonade, garlic; tomatoes, shallots, red, yellow & jalapeño peppers, ricotta & parmesan cheese, with organic tomato cream sauce with lobster base 14.99

QUINOA MAC & CHEESE ●●

gluten-free elbow pasta with mozzarella, parmesan & sharp cheddar cheese topped with basil 9.99

GRILLED SALMON PASTA ●

gluten-free linguini, grilled salmon* tossed with roasted tomatoes, red & yellow bell peppers, shallots, diced jalapeños, kalamata olives, capers & garlic in pesto cream sauce with lobster base & topped with queso fresco 16.19

SPICY SOUTHWEST CHICKEN PASTA ●

gluten-free linguini, roasted all-natural chicken, black beans, tomatoes, shallots, red & yellow bell peppers, jalapeños, garlic, queso fresco, sweet plantains & organic tomato sauce with vegetable stock; finished with pico de gallo 11.99

QUINOA LINGUINI & TURKEY MEATBALLS ●

gluten-free linguini, all-natural turkey meatballs, garlic, shallots, organic tomato sauce with vegetable stock, basil, chopped cilantro & parmesan cheese 11.99

CRAB & SHRIMP PASTA ●

gluten-free linguini with spicy shrimp, crab meat, red, yellow & jalapeño peppers, shallots, corn & garlic in avocado cream sauce with lobster base; finished with pico de gallo & cilantro & topped with parmesan cheese 16.99

SPICY ROASTED VEGETABLE PASTA ●●

angel hair pasta, sautéed bell peppers, shallots & garlic in a sweet & sour soy glaze & topped with roasted vegetables 11.99

SIDES

substitute sides on sandwiches or burgers +1.99
 substitute side salad for +2.49 | a la carte sides 3.99

FRESH FRUIT ●●●

with hemp poppy seed dressing

HOUSE SIDE SALAD ●●

with homemade honey mustard

HOUSE - CUT ●●●

FRENCH FRIES

made fresh daily

HOUSE CAESAR SALAD ●

tossed in creamy chipotle caesar dressing

SWEET POTATO FRIES ●●●

voted best in Houston!

SAUTÉED CAULIFLOWER

in olive oil ●●●

ORGANIC QUINOA SALAD ●●●

organic quinoa, tomatoes, green onion, chopped pecans, dried cranberries, lemon, olive oil, fresh mint

GLUTEN-FREE, FOOD ALLERGIES: While we take precautions to ensure there is no cross-contamination, customers with gluten sensitivities or celiac disease should exercise judgement in consuming our gluten-free food items.

***NOTICE:** 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.

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