



## Houston's First Certified Green Restaurant™



We serve delicious menu items that, when possible, incorporate local, organic, all-natural, hormone and preservative-free products. All of our food items are fresh and made to order. We strive to preserve the environment through recycling, conserving, and using sustainable products and practices.

### Appetizers

- HI-PROTEIN HEMPENADAS™** 9  
Three delicate empanadas made with high-protein hemp flour, wheat flour, raisins, nutty hemp seed, blended cheddar and mozzarella cheeses, and all natural beef; served with roasted garlic cilantro sauce and guava chipotle aioli
- CRISPY CALAMARI** 10  
With fresh cilantro and lemon garnish; served with spicy marinara sauce and roasted pepper aioli
- RUGGLES CLASSIC CRAB CAKE** 14  
Served with shrimp and roasted tomato butter sauce and queso fresco
- HOUSE-MADE ORGANIC CHICKPEA HUMMUS ● ● ●** 9  
Served with green olives, sun dried tomatoes and wood-fired flat bread - (can be made Gluten-free ●)
- ORGANIC SPINACH DIP ●** 10  
Blended Organic spinach, artichoke hearts, Parmesan, goat cheese, and ricotta cheese; served with black olives, sun dried tomatoes and wood-fired flat bread - (can be made Gluten-free ●)
- NUT CRUSTED FRENCH BRIE ●** 11  
with red pepper, fruit preserve, croutons, and baby arugula

### Soups

6 BOWL | 4 CUP

- FRESH VEGETABLE MINISTRONE ● ● ●** With gluten free quinoa elbow pasta
- ROASTED CORN CHOWDER ●** With white truffle oil
- FRENCH ONION** Served classic-style with Gruyere Swiss cheese and topped with Parmesan croutons
- FIRE-ROASTED TOMATO BASIL** With crispy puff pastry dome and fresh mozzarella (cup size does not have puff pastry)

### Salads

- ADD GOAT CHEESE** 2
- ADD GRILLED CHICKEN OR TOFU** 4
- ADD GRILLED OR BLACKENED SHRIMP OR ATLANTIC SALMON** 7
- All dressings are made in-house. They are: balsamic vinaigrette, blue cheese, creamy chipotle Caesar, creamy sun dried tomato vinaigrette, local-honey mustard, orange honey, warm bacon vinaigrette, and garlic hemp poppy seed
- TEXAS CAESAR SALAD** 9  
Crisp romaine, crispy capers, caramelized red onions, sun dried tomatoes, manchego and Parmesan cheeses and sourdough croutons. Tossed with our creamy chipotle Caesar dressing - (Croutons not added when requested as Gluten-free ●)
- RUGGLES GREEN HOUSE SALAD ●** 9  
Spring mix, jicama, dried blueberries, shaved carrots, fresh tomatoes and shaved Parmesan; tossed with our local-honey mustard dressing
- HYDROPONIC BUTTER LETTUCE WEDGE** 8  
Butter lettuce wedge, diced tomatoes, avocados, apple wood smoked bacon, blue cheese crumbles and fresh cracked pepper; topped with our house-made blue cheese dressing
- RUGGLES GREEN GOAT CHEESE SALAD ●** 11  
Baby greens, arugula, toasted almonds, sliced Granny Smith apples, sun dried tomatoes, Parmesan and warm Texas goat cheese; tossed with our creamy sun dried tomato vinaigrette
- JENNY DIPPER SALAD ●** 9  
Grilled cremini mushrooms, asparagus, tomatoes and grilled red onions on a bed of baby spinach; served with our house-made sun dried tomato vinaigrette, honey mustard dressing, and blue cheese dressing on the side - perfect for dipping!
- SPINACH SALAD** 9  
Fresh Spinach, local, organic boiled eggs, apple wood smoked bacon, diced tomatoes, red onions, sliced cremini mushrooms, sourdough parmesan croutons, and queso fresco; tossed with our warm bacon vinaigrette - (can be made Gluten-free ●)

- RUGGLES GREEN ATLANTIC SALMON SALAD** 15  
Mixed field greens, romaine, shredded carrots, farmers market boiled eggs, sourdough parmesan croutons, and queso fresco; tossed with mango ranch dressing and topped with chipotle honey seared salmon - (can be made Gluten-free ●)
- CHICKEN CURRY SALAD ●** 13  
Wild mixed greens, shaved carrots, jicama, raisins, dried mango, toasted almonds, fresh mint leaf and mandarin oranges; tossed with orange honey dressing and topped with grilled curry yogurt chicken
- RUGGLES ROCKET SALAD ●** 12  
Arugula (roquette), almonds, raisins, Parmesan, sliced carrots, dried mangoes and cracked black pepper; tossed with our mango ranch dressing
- RUGGLES GREEN BLACKENED SHRIMP SALAD ● ●** 15  
Mixed greens, fresh pineapple, fresh strawberries, dried mango, pistachios, blueberries and raisins; tossed with our organic, garlic-hemp poppy seed dressing and topped with blackened, grilled shrimp

### Tacos

- SPICY FISH TACOS** 11  
Your choice of grilled or fried tilapia, green and red cabbage, pico de gallo, herb aioli, queso fresco and spicy guava chipotle sauce on crisped corn tortillas and with a side of homemade habanero hot sauce; garnished with micro greens - (can be made Gluten-free ●)
- SPICY SHRIMP TACOS ●** 13  
Grilled shrimp, romaine lettuce, capers, pico de gallo, herb aioli, queso fresco and spicy mango chipotle sauce on crisped corn tortillas with a side of homemade habanero hot sauce; garnished with micro greens

### Sandwiches, Burgers & Paninis

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

- ALL NATURAL BEEF BURGER** 11  
With spring mix, tomato, house-made pickles, red onion and choice of Swiss, cheddar, or mozzarella cheese; served on a whole-wheat bun and garnished with micro greens - (can be made Dairy-free ●)
- RUGGLES GREEN VEGGIE NUT BURGER ●** 9  
Made with sautéed vegetables, hemp protein, almonds, fresh corn, bread crumbs, red and yellow bell peppers, and organic hummus; topped with spring mix, tomato, house-made pickles, red onion, and choice of Swiss, cheddar, or mozzarella cheese; served on a whole-wheat bun and garnished with micro greens - (can be made Dairy-free ●)
- GRILLED ALL NATURAL TURKEY BURGER** 10  
All natural grilled turkey, honey Dijon mustard, baby spring mix, tomato, house-made pickles, red onion, and choice of Swiss, cheddar, or mozzarella cheese; served on a whole-wheat bun and garnished with micro greens - (can be made Dairy-free ●)
- ALL NATURAL BUFFALO BURGER** 12  
98% lean all natural buffalo burger with spring mix, tomato, house-made pickles, red onion and choice of Swiss, cheddar, or mozzarella cheese; served on a whole-wheat bun and garnished with micro greens - (can be made Dairy-free ●)
- CHEF BRUCE'S ALL NATURAL, HOUSE SMOKED, CHICKEN SANDWICH** 11  
Smoked, all natural chicken sautéed with plantains, apple wood-smoked bacon, cilantro, guava, grilled sweet peppers, and black beans in marinara sauce; topped with fresh mozzarella, spring mix, tomato, house-made pickles, red onion and homemade guava chipotle dressing; served on a whole-wheat bun and garnished with micro greens
- ALL NATURAL TURKEY MEATBALL PANINI** 9  
All natural turkey meatballs, mozzarella, Swiss and fontina cheeses, slow cooked organic tomato sauce, and red and yellow peppers on sourdough
- CLASSIC HAM AND CHEESE PANINI** 10  
All natural ham, Gruyere Swiss, and brie cheeses with Dijon mustard on sourdough
- GRILLED CHEESE PANINI ●** 9  
Swiss, brie, and goat cheeses with caramelized red onions on sourdough
- RUGGLES GREEN TURKEY REUBEN** 10  
All natural turkey, sauerkraut and Swiss cheese topped with our thousand island dressing on fresh rye bread
- CUBAN PORK SOURDOUGH PANINI** 10  
House-smoked, all natural pork, caramelized onions, roasted poblano peppers, cilantro, mozzarella, and our mango chipotle dressing on sourdough
- VEGGIE SOURDOUGH PANINI ●** 9  
Grilled eggplant, cremini mushrooms, onions, zucchini, organic hummus, fresh herbs, and fresh goat cheese on sourdough
- ORGANIC EGG SANDWICH** 11  
Two fried local, organic eggs, with all natural ham, cheddar and Swiss cheese grilled and served on sourdough; served open-faced and garnished with micro greens
- GRILLED CHICKEN SANDWICH** 11  
Marinated natural chicken breast, apple wood-smoked bacon, spring mix, tomato, house-made pickles, onion, fresh avocado, Swiss cheese and homemade mango ranch dressing; served on a whole-wheat bun and garnished with micro greens

● GLUTEN FREE ● DAIRY FREE ● VEGETARIAN

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

## 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!



## Houston's First Certified Green Restaurant™

### Pastas

Our great tasting, quinoa pasta is used for all gluten free requests. All pastas can be made gluten free upon request. ●

#### SPICY SHRIMP PASTA ● 15

Whole-wheat spaghetti pasta with spicy shrimp, basil chiffonade, red, yellow and jalapeño peppers, ricotta and parmesan cheeses and slow cooked organic tomato cream sauce - (can be made Gluten-free ●)

#### QUINOA MAC & CHEESE ● ● 10

Crispy baked quinoa pasta with Swiss, mozzarella, parmesan, sharp cheddar, and fontina cheeses, topped with fresh basil

#### GRILLED SALMON PASTA ● 16

Quinoa linguini pasta, fresh grilled salmon, sun dried tomatoes, diced jalapenos, queso fresco, olives, capers and roasted garlic in a fresh pesto cream sauce

#### SPICY SOUTHWEST HOUSE SMOKED CHICKEN PASTA ● 12

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

#### QUINOA SPAGHETTI AND ALL NATURAL TURKEY MEATBALLS ● 12

Quinoa spaghetti pasta, all natural turkey meatballs, slow cooked organic tomato sauce with vegetable stock, chopped cilantro and parmesan cheese

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

Served with choice of sweet potato fries, french fries or mixed fruit. Includes fountain drink, milk, or juice.

#### ALL NATURAL BEEF BURGER ● 5

with cheddar, swiss, or mozzarella cheeses - (can be made Dairy-free ●)

#### ALL NATURAL CHICKEN TENDERS ● 5

#### KIDS GRILLED CHEESE with cheddar and mozzarella cheeses ● 5

#### KIDS QUINOA MAC & CHEESE ● 5

#### KIDS WOOD-FIRED ORGANIC CHEESE PIZZA ● 9

Organic tomato sauce, cracked pepper and mozzarella and fontina cheeses

### Desserts

All Desserts 7

Ask us about our daily Gluten-free selections. ●

#### RUGGLES FAMOUS WHITE CHOCOLATE BREAD PUDDING ●

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

#### UNCLE FRED'S HI-PROTEIN HEMP BROWNIE™ ●

Our famous chocolate, pistachio, hi-protein hemp seed brownie served warm with chocolate trellis, chocolate sauce and organic vanilla bean ice cream

#### 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 organic 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 organic 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

#### RUGGLES GREEN CARROT CAKE ●

An incredibly moist carrot cake made with fresh organic carrots and spiced with cinnamon; topped with a cream cheese icing and served with organic vanilla bean ice cream

#### PINK VELVET CAKE ●

This non-traditional pink velvet moist cake, flavored with mellow white chocolate and naturally colored by fresh strawberries, is layered and topped with a white cream cheese icing and cake crumbles and served with house made organic 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 of Tres Leches or 'Three Milks' - topped with a fluffy white icing, and served with organic vanilla bean ice cream

We often have additional desserts such as Key Lime Pie, Crème Brulee Cheesecake, Oreo Cheesecake, Apple Cake, Tiramisu, and additional gluten free desserts as well. All of our desserts, sorbets, and ice creams are made fresh daily in the Ruggles Grill kitchen. Most desserts have a dark chocolate twill, fanned strawberry and a sprig of mint.

### Wood-Fired Pizzas

Our vegetables are locally grown and/or organic when affordable and available. Our pizza dough is made using organic wheat flour. All of our pizzas can be made gluten free for an additional charge of \$3.95. ●

#### RUGGLES GREEN MARGHERITA PIZZA ● 12

Fresh roma tomatoes, organic tomato sauce, roasted garlic, thyme, oregano, basil, fresh mozzarella and fontina cheeses, topped with extra virgin olive oil

#### ORGANIC VEGETABLE PIZZA ● 13

Roasted tomatoes, eggplant, zucchini, mushrooms, red onion, garlic, mozzarella, fontina and feta cheeses and pesto, topped with baby arugula and extra virgin olive oil

#### FIVE CHEESE PIZZA ● 12

Fresh organic tomato sauce, fresh herbs Provencal, roasted garlic and five cheeses - fresh mozzarella, fontina, Parmesan, ricotta and romano cheese

#### RUGGLES GREEN PEPPERONI PIZZA 13

Organic tomato sauce, pepperoni, roma tomatoes, roasted garlic, wild mushrooms, red onion, basil, thyme, mozzarella and Parmesan cheese

#### SMOKED CHICKEN PIZZA 14

Smoked chicken, caramelized onions, roasted garlic, crème fraiche, kalamata olives, sun dried tomatoes, basil, jalapeños, mozzarella and fontina cheese

#### DALE'S PIZZA 14

Apple smoked bacon, all natural ham, crème fraiche, basil, fresh thyme, roasted garlic, mozzarella, sea salt, and cracked black pepper

#### GREEK PIZZA 15

Grilled lemon chicken, roasted garlic, crème fraiche, red onions, fresh oregano, basil, kalamata olives, capers, lemon zest, feta, roma tomatoes and baby spinach, topped with extra virgin olive oil

### Side Dishes

All Sides 4

Side substitutes on sandwiches or burgers are \$2 extra. Add a side salad for \$2.50 extra.

#### FRESH FRUIT ● ● ● with organic hemp poppy seed dressing

#### GRILLED ASPARAGUS ● ● with lemon hollandaise sauce and Parmesan cheese

#### ROASTED FINGERLING POTATOES ● ● ● with rosemary and sweet peppers

#### RUGGLES GREEN FAMOUS BUTTERNUT SQUASH ● (can be made Gluten-free ●)

#### RUGGLES GREEN HOUSE-CUT FRENCH FRIES ● ● ●

#### SIDE SALAD with homemade house or Caesar dressing on the side (can be made Gluten-free ●)

#### SWEET POTATO FRIES ● ● ● (voted best in Houston!)

### Beverages

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

#### HOT OR ICED GOURMET HOUSE BREW 2.50

#### ESPRESSO 2

#### CAPPUCCINO 3.50

#### CAFÉ LATTE 3.50

#### CAFÉ MOCHA 4.50

#### ORGANIC HOT AND COLD TEAS 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 2.25

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

#### 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.

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.

## Customize Your Meal to Your Dietary Needs

- GLUTEN FREE
- DAIRY FREE
- VEGETARIAN

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.

#### RIVER OAKS

Hours: 11am to 10 pm Daily

2311 West Alabama, Suite C  
Houston, Texas 77098

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fax: 713.533.0043

#### CITYCENTRE

Hours: 11am to 10pm Tues-Thurs

11am to 11pm Fri-Sat

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