



# SOUTHPAW'S

## ORGANIC GRILL

### DRINKS & JUICES

<b>Blackberry &amp; Jasmine Green Tea</b>	cup <b>1.99</b>	gallon <b>7.99</b>
<b>Colombian Coffee</b>	<b>1.99</b>	
<b>Fresh Squeezed Juice</b>		
Made to order. All fruits and vegetables are seasonal.		
<b>Small (9 oz)</b>	<b>3.99</b>	
<b>Medium (16 oz)</b>	<b>5.99</b>	
<b>Large (24 oz)</b>	<b>7.99</b>	

### SMOOTHIES

<b>Regular (16 oz)</b>	<b>5.75</b>
<b>Large (24 oz)</b>	<b>6.75</b>
<b>Extra Fruit</b>	<b>.75</b>
<b>Add a Scoop of Protein (26g)</b>	<b>1.00</b>

#### CHOOSE YOUR BASE

Coconut, Soy, Rice, Almond, Fat-Free Milk, or Purified Water  
(All smoothies are sweetened with agave nectar)

#### Persian Thunder

Bananas and coconut milk

#### Chocolate Monkey

Bananas, cacao, and coconut milk

#### Nutty-Monkey

Bananas, coconut milk, and organic peanut butter

#### Berry Lagoon

Dark berry mix, vanilla yogurt, and purified water

#### Fruit Twist

Pineapples, mangos, peaches, melons, and purified water

#### Sixx

Strawberries, pecans, vanilla yogurt, and almond milk

#### Brianna

Strawberries, bananas and fat-free milk

#### More Additives (.75)

Vita Pack	Energy/Wake-Up
Creatine	Wellness/Detox
Fiber	Weight Loss

### BITES & BOWLS

<b>Soup of the Day</b>	cup <b>4.50</b>	bowl <b>5.50</b>
<b>Fruit &amp; Granola Parfait</b>	9 oz. <b>2.95</b>	16 oz. <b>4.95</b>
Vanilla-almond granola, vanilla yogurt, grapes, dried cranberries, and strawberries		
<b>Tiffany's Avocado Bowl</b>	1 filling <b>6.25</b>	2+ <b>6.95</b>
Half an avocado filled with hummus, tabbouleh, or tuna		
<b>Covered Cantaloupe</b>	<b>6.25</b>	
Cantaloupe with cottage cheese, dried cranberries, grapes, and pecans		

### SANDWICHES & WRAPS

(Served with Fresh Fruit)

	LIGHT WEIGHT (SINGLE)	HEAVY WEIGHT (DOUBLE)
<b>Green Gobbler</b>	<b>7.25</b>	<b>9.50</b>
Oven turkey, swiss cheese, baby spinach, sliced avocados, tomatoes, and hummus		
<b>Pavo Guacamole</b>	<b>7.25</b>	<b>9.50</b>
Oven turkey, swiss cheese, mixed greens, tomatoes, and Southpaw's spicy guacamole		
<b>Fruit-which</b>	<b>6.95</b>	
Organic peanut butter, golden raisins, sliced apples and bananas - drizzled with agave nectar on your choice of bread		
<b>Chicken Thai Lettuce Wraps</b>	<b>8.25</b>	<b>10.50</b>
Sliced rotisserie chicken, organic spicy peanut sauce, carrots, and almonds, wrapped in romaine heart lettuce and served with fresh fruit		
<b>The Hickory</b>	<b>7.25</b>	<b>9.50</b>
Oven turkey, swiss cheese, mixed greens, pickles, red onions, dijon, and hummus		
<b>Dr. Luke (A Good Looking Sandwich)</b>	<b>7.25</b>	<b>9.50</b>
Roast beef, feta cheese, baby spinach, tabbouleh, mex-mix, jalapeños, and hummus on a toasted whole wheat pita		
<b>Spiced Beef</b>	<b>7.25</b>	<b>9.50</b>
Roast beef, provolone cheese, mixed greens, tomatoes, mex-mix, jalapeños, and horseradish		
<b>Simply Ham</b>	<b>7.25</b>	<b>9.50</b>
Baked ham, provolone cheese, mixed greens, tomatoes, pickles, and dijon		
<b>Chicken 'n' Tabbouleh</b>	<b>7.25</b>	<b>9.50</b>
Rotisserie chicken, mixed greens, tabbouleh, carrots, and red onions in a whole wheat pita		
<b>Chicken Caesar</b>	<b>7.25</b>	<b>9.50</b>
Rotisserie chicken, parmesan cheese, mixed greens, sliced avocados, mushrooms, and light caesar dressing		
<b>Tun-ita</b>	<b>7.95</b>	<b>10.95</b>
Southpaw's tuna mix, mixed greens, black olives, pickles, and tomatoes in a whole wheat pita		
<b>Tuna Melt</b>	<b>7.95</b>	<b>10.95</b>
Southpaw's tuna mix, provolone cheese, tabbouleh, and herb vinaigrette, toasted hot		
<b>Rocky Balboa</b>	<b>(x2 meat) 9.50</b>	<b>(x4) 11.75</b>
Rotisserie chicken, baked ham, provolone cheese, mixed greens, tomatoes, red onions, light mayo, oil, and vinegar toasted hot		
<b>V</b>	<b>7.25</b>	<b>9.50</b>
Swiss cheese, mixed greens, sliced avocados, tomatoes, carrots, black olives, mushrooms, red onions, and hummus		
<b>Crazy Mike</b>	<b>7.95</b>	<b>10.95</b>
Chef's Creation / Please specify if you don't care for a certain option		

## GRILLED CHEESES

(Served with Fresh Fruit)

<b>Original Grilled Cheese</b>	<b>4.95</b>
Melted cheddar cheese on your choice of bread	
<b>Tomato Toastie</b>	<b>5.95</b>
Melted cheddar cheese and tomatoes on your choice of bread	
<b>Toastie Nut</b>	<b>5.95</b>
Melted gouda cheese and pecans on your choice of bread	

## PBJ'S

(Served with Fresh Fruit)

<b>Original PB&amp;J</b>	<b>4.95</b>
Organic peanut butter and jelly on your choice of bread	
<b>Cruncher</b>	<b>5.95</b>
PBJ with sliced apples and agave nectar on your choice of bread	
<b>Elvis</b>	<b>5.95</b>
PBJ with sliced bananas and agave nectar on your choice of bread	
<b>Soopaman</b>	<b>6.50</b>
PBJ with vanilla-almond granola, sliced bananas, and agave nectar on your choice of bread	

## BUILD YOUR OWN SANDWICH

(Served with Fresh Fruit)

<b>Light Weight (single)</b>	<b>7.95</b>
<b>Heavy Weight (double)</b>	<b>10.95</b>

### Pick a Bread or Wrap

Whole Wheat	Sourdough
Whole Grain	Whole Wheat Tortilla Wrap
Marble Rye	Spinach Tortilla Wrap
Whole Wheat Pita	Romaine Heart Lettuce Wraps

### Add a Spread

Dijon	Caesar
Dijonnaise	Hummus
Yellow Mustard	Pesto
Horseradish	Oil and Vinegar
Mayonnaise	Guacamole (.95)

### Add Meat

Roast Beef	Pepperoni
Oven Turkey	Salami
Rotisserie Chicken	Tuna (white albacore)
Baked Ham	

### Add Cheese

Provolone	Shredded Cheddar
Swiss	Mozzarella (.75)
Gouda (.75)	Feta (.75)
Parmesan	

### Add Fillings

Baby Spinach	Mixed Greens	Artichokes
Tomatoes	Tabbouleh (.75)	Mex-Mix (.50)
Onions	Carrots	Jalapeños
Pickles	Black Olives	Hearts of Palm
Mushrooms	Garbanzo Beans	Avocados (.95)

## SIDES

<b>Hummus and Tabbouleh with Sliced Pita</b>	<b>2.95</b>
<b>Apple Slices with Organic Peanut Butter and Agave Nectar</b>	<b>2.95</b>
<b>Side of Fruit with Vanilla Yogurt Dip</b>	<b>3.95</b>
<b>Lisa's Chips and Salsa</b>	<b>2.95</b>
<b>Side Salad</b>	<b>3.95</b>
Baby spinach, feta cheese, cherry tomatoes, and black olives with balsamic vinaigrette on the side	

## SALADS

(Dressing on the side)

Add Turkey, Chicken, Ham, or Beef for \$2.25 / Tuna for \$3.75

<b>Tuna Salad</b>	<b>7.95</b>
Southpaw's tuna mix, mixed greens, black olives, pickles, and cherry tomatoes with a herb vinaigrette	
<b>Scott's Spicy Tuna Salad</b>	<b>8.95</b>
Southpaw's tuna mix, Sriracha, baby spinach, cherry tomatoes, and sliced avocados with a spicy herb vinaigrette	
<b>Cobb Salad</b>	<b>8.95</b>
Oven turkey, roast beef, mixed greens, feta cheese, cucumbers, mushrooms, cherry tomatoes, and a herb vinaigrette	
<b>Power Salad</b>	<b>7.25</b>
Baby spinach, feta cheese, hearts of palm, black olives, artichokes, mushrooms, red onions, and pumpkin seeds with a balsamic vinaigrette	
<b>The Refresher</b>	<b>7.25</b>
Mixed greens, feta cheese, olives, cucumbers, garbanzo beans, tomatoes, pecans, and pesto with a balsamic vinaigrette	
<b>Berries 'n' Spinach</b>	<b>7.25</b>
Baby spinach, feta cheese, strawberries, dried cranberries, grapes, and almonds with a raspberry vinaigrette	
<b>Caprese</b>	<b>7.25</b>
Baby spinach, basil, tomatoes, mozzarella, and pesto with a balsamic vinaigrette	
<b>Vibrant Salad</b>	<b>7.25</b>
Mixed greens, bell peppers, carrots, red onions, red cabbage, black olives, and tomatoes with a balsamic vinaigrette	

## FROM THE GRILL

<b>The Birdman</b>	<b>8.95</b>
Free-range grilled chicken breast, provolone cheese, mixed greens, tomato, onion, and a spicy herb vinaigrette	
<b>Smart Burger</b>	<b>7.95</b>
Portabello mushroom, swiss cheese, sliced avocado, bell pepper, onion, carrot, and a spicy herb vinaigrette	
<b>The Turk</b>	<b>8.95</b>
Turkey burger, provolone cheese, mixed greens, tomato, onion, and dijon	
<b>TJ's Fusilli Bowl</b>	<b>7.95</b>
Free-range grilled chicken breast and whole-wheat fusilli served with extra virgin olive oil or a light tomato basil sauce Add veggies for 1.50	
<b>ZaZa Rice Bowls</b>	<b>8.95</b>
Free-range grilled chicken breast, organic long grain rice (gluten-free), and your choice of mixed vegetables (spinach, onions, mushrooms, tomatoes, and bell peppers) Choice of Sauces (on the side) - Soy, Balsamic, or Spicy Sriracha extra chicken - \$2.25 / extra veggies - \$1.50	

VISIT OUR TWO LOCATIONS

**Preston (Cafe)**  
**214.987.0351**  
6009 Berkshire Lane  
Dallas, TX

**Uptown (Grill)**  
**214.754.0100**  
3227 McKinney Ave  
Dallas, TX

**214.754.0100**  
**FREE LOCAL DELIVERY**  
**SOUTHPAWSGRILL.COM**

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