

## PROTEIN CHOICES

All of our local proteins taste amazing and are free of fillers, additives, hormones, and antibiotics. Ask about seasonal selections



### PORK

Lasy S Farms • Glasco, KS

Heritage breeds raised on pasture in accordance with strict guidelines from the Animal Welfare Institute



### BEEF

Kickin' Bull Ranch • Hoyt, KS

Pasture raised throughout their lives--animals are also fed flax seed, kelp meal and sea salt



### ELK

Rocky Hills Elk Ranch • Winchester, KS

Grass fed Elk is a rich wonderful meat with no after taste. Very low in fat and high in protein



### BUFFALO/BISON

Sunset Ridge Bison • Glasco, KS

Certification from the Kansas Department of Agriculture, 100% Grass fed--All bison are born and live with the herd in pasture at the ranch for life



### TURKEY or CHICKEN

Good Shepherd Poultry Ranch • Tampa, KS

These heritage breed birds are grown on outdoor range using vegetarian feed with the highest animal welfare standards



### VEGGIE BURGER

Drink Eat Well • Lawrence, KS

Hilary's original with two gluten-free organic grains, four organic vegetables and the world's healthiest fat. Free of common food allergens



### ADZUKI BEAN BURGER

Drink Eat Well • Lawrence, KS

A spicy version of the original veggie burger with adzuki beans, green chillies and spices added. Free of common food allergens



### BEEF HOT DOGS

All beef and always antibiotic and hormone free. No artificial additives or preservatives



### BUFFALO DOGS

New Grass Bison • Olathe, KS

No MSG or artificial preservatives and totally delicious. Made with buffalo and pork



### CHICKEN BRATWURST

Good Shepherd Poultry Ranch • Tampa, KS

Made with heritage pasture raised chicken thigh meat & natural spices in a natural pork casing

## SIDES

### Potatoes

Hand cut potatoes fried in Kansas sunflower seed oil & seasoned with Redmond's Real Salt®

small large  
1.99 2.75

### Curried Rice

Organic curry with organic brown rice, raisins & peas

3.50 5.00

### House Salad

Organic greens with your choice of one of our gluten-free, dairy-free, egg-free dressings: Home on the Range, Sweet Apple, Balsamic, Omega-3 Ranch or Remoulade

3.75 5.50

### Applesauce

House made organic applesauce sweetened with Stevia and cinnamon

3.25 5.00

### Veggie Bites & Sauce

Bite sized veggie nuggets with choice of dressing

4.00 6.00

### Organic Brown Rice

2.50 4.00

### Quinoa Millet Pilaf

3.50 5.00

### House-Made Slaw

3.00 4.25

### Peas and Carrots

3.25 4.50

### Seasonal Organic Fruit

3.25 5.00

### Smoked Tofu Fries

4.00 6.00

## SOUPS

### Vegan Organic Seasonal Soup

4.00 6.00

### House-Made Chili

4.00 6.00

## DRINKS & DESSERTS

Blue Sky Soda, Smart Water, Vitamin Water, Mexican Coke, Bragg's Apple Cider Vinegar Drink, Local Soda and Kombucha, Virgil's Rootbeer, Organic Teas, Organic Coffee, Kevita Probiotic Drink and more!

### Dairy Free Smoothies

Choice of chocolate, strawberry or vanilla

12 oz. 16 oz.  
4.00 5.00

### Premium Hemp Milk Smoothies

Choice of chocolate, strawberry or vanilla

Add supplements to any smoothie 0.50 each  
flax seed, chia seed, walnuts, coconut oil, and probiotic powder

5.00 6.00

### Rice Divine Ice Cream Bars

2.00

### Little Sherwood Toffee

4.00

### Gluten Free Vegan Chocolate Chip Cookies

2.00

### Sleepy Jean's Chocolates

2.50

### Crispy Cat Bars

2.50

### Justin's Peanut Butter Cups

2.00

BURGERS  
AND SO MUCH MORE!  
SLOW FOOD  
FAST!  
FAST FOOD NEVER FELT  
SO GOOD!  
SALADS



## THE LOCAL BURGER DIFFERENCE

Local Burger is leading the evolution of fast food with fresh, organic, local, and sustainable fare that is free of unnatural additives and preservatives. At Local Burger, we consider the special diet, the environment, the economy, animal welfare, and the health of everyone who eats our food. Check out our "Know your Rancher" cards to learn more about our amazing proteins.

[www.localburger.com](http://www.localburger.com)

714 Vermont Street • Lawrence, KS 66044 • (785) 856-7827

## BURGERS

*Cooked to order on a flat-top grill with Redmond's Real Salt. Our burgers are served on locally made wheat buns with organic Kansas wheat flour. Wheat and GF buns are egg & dairy free.*

GLUTEN FREE? **Request a gluten-free bun 1.00**

<b>Plain ol' Burger</b>	<b>1/4 lb.</b>	<b>1/2 lb.</b>
Sometimes simple is better. Choice of protein on a locally made whole wheat bun.	5.00	8.00
<b>Add Wiebe's Cheddar 1.00 Add Beeler's Bacon 1.50</b>		
<b>Add Grilled Onion 1.00</b>		
<b>The Classic</b>	6.00	9.00
Choice of protein with organic lettuce, onion, tomato & pickles		
<b>Add Wiebe's Cheddar 1.00 Add Beeler's Bacon 1.50</b>		
<b>Add Grilled Onion 1.00</b>		
<b>Bigg Burger</b>	9.00	12.00
Choice of protein with organic lettuce, tomato, grilled onion, pickles, Wiebe's cheddar, Beeler's bacon, & Bigg's BBQ sauce		
<b>Roasted Vegetable Burger</b>	9.00	12.00
Choice of protein topped with house-made organic roasted root vegetables & remoulade sauce		
<b>Buckaroo Burger</b>	9.00	12.00
Choice of protein topped with Beeler's bacon, gluten-free fried onions, pickles & omega-3 ranch		
<b>Feta &amp; Bacon Burger</b>	10.00	13.00
Choice of protein topped with Goatbeard Farm feta & Beeler's bacon		
<b>Kim Cheese Burger</b>	10.00	13.00
Choice of protein topped with probiotic packed pickled vegetables, lettuce & Goatbeard Farm feta		

WANT FRIES WITH THAT? **Sides listed on the back panel**

## CUSTOMIZATION & ADD-ONS

*Get it exactly how you want it! Add any of the following to any burger, salad, hot dog, sandwich or entree!*

<b>Weibe's cheddar</b>	1.00	<b>Sub gluten-free bun</b>	1.00
<b>Beeler's bacon</b>	1.50	<b>Roasted vegetables</b>	3.00
<b>Goat feta</b>	2.00	<b>Pickled vegetables</b>	3.00
<b>Gluten-free fried onion</b>	1.50	<b>Extra dressing</b>	0.75
<b>Grilled onions</b>	1.00	Sweet Apple	
<b>Relish</b>	1.00	Balsamic	
<b>Sauerkraut</b>	1.00	Omega-3 Ranch	
<b>Chili</b>	2.00	Home on the Range	
<b>Pickles</b>	0.50	Remoulade	
<b>Tomato</b>	0.50	<b>Vegenaise</b>	0.50
<b>Lettuce</b>	0.75	<b>Honey mustard</b>	0.50
		<b>Love sauce</b>	0.50

## BURGER SALADS

*Our produce is almost always organic and/or local. If not, we'll tell you! All dressings are gluten-free, egg-free and dairy-free.*

DRESSING CHOICES: Sweet Apple, Balsamic, Omega-3 Ranch, Home on the Range, Remoulade

<b>Plain 'ol Burger Salad</b>	<b>1/4 lb.</b>	<b>1/2 lb.</b>
Choice of protein on top of organic greens with pickles, grilled onion, tomato & your choice of balsamic or apple dressing	9.00	12.00
<b>Buckaroo Salad</b>	10.50	13.50
Choice of protein on top of organic greens with Beeler's bacon, gluten-free fried onions, pickles & omega-3 ranch dressing		
<b>Roasted Vegetable Salad</b>	9.50	12.50
Choice of protein on top of organic greens with house-made roasted root vegetables & your choice of balsamic or remoulade dressing		
<b>Curried Mustard Salad</b>	10.50	13.50
Choice of protein on top of organic greens with house made curried rice, raisins, peas, roasted root vegetables & remoulade dressing		
<b>Kansas Salad</b>	10.50	13.50
Choice of protein on top of organic greens with sunflower seeds, celery, millet, quinoa, cucumbers, diakon, roasted root vegetables & home on the range dressing		
<b>John Brown Salad</b>	9.50	12.50
Our version of a Ceasar salad. Choice of protein on top of organic greens with tomato, homemade croutons, & home on the range dressing		
<b>Master Mix Salad</b>	10.50	13.50
Choice of protein on top of organic greens with our organic brown rice with a kick, slaw, cucumbers, celery, sunflower seeds & balsamic dressing		

## OTHER SALADS

*All dressings are gluten-free, egg-free and dairy-free*

DRESSING CHOICES: Sweet Apple, Balsamic, Omega-3 Ranch, Home on the Range, Remoulade

<b>Fried Chicken Salad</b>	<b>1/4 lb.</b>	<b>1/2 lb.</b>
Organic greens with Beeler's bacon, cheddar cheese, gluten-free chicken nuggets* & omega-3 ranch	10.50	13.50
<b>Chicken Salad Salad</b>	9.50	12.50
Local chickens, parsley, thyme, & green peas on top of organic greens with Balsamic dressing		

## HOT DOGS

*All of our hot dogs are free of artificial additives and preservatives. Ask about our seasonal selections. Served on locally made wheat buns with organic Kansas wheat flour. Wheat and GF buns are egg & dairy free.*

<b>Plain 'ol Hot Dog</b>	<b>pup</b>	<b>dog</b>
Choice of hot dog on a locally made whole wheat bun	4.00	6.00
<b>The Works</b>	5.00	7.00
Choice of hot dog with relish, onion & sauerkraut		
<b>Chili Dog</b>	6.00	8.00
Choice of hot dog with house-made chili, cheddar cheese & diced onion		
<b>Roasted Vegetable Dog</b>	6.00	8.00
Choice of hot dog with remoulade sauce & organic roasted veggies on top		
<b>Slaw Dog</b>	5.00	7.00
Choice of hot dog with house-made organic slaw & pickles		
<b>The Western Dog</b>	5.50	7.50
Choice of hot dog with gluten-free fried onions, lettuce, tomato & pickle		
<b>Kim Cheese Dog</b>	7.00	9.00
Choice of hot dog with probiotic-packed pickled vegetables, mustard, tomato & Goatsbeard Farms feta		

WANT FRIES WITH THAT? **Sides listed on the back panel**

## ENTREES & SANDWICHES

<b>Organic Brown Rice &amp; Veggies</b>	7.50
<b>Add Your Choice of Protein 3.00</b>	
<b>Add Wiebe's Cheddar 1.00 Add Goatbeard Farm Feta 2.00</b>	
<b>Chicken Salad Sandwich</b>	7.50
Local chickens, parsley, thyme, & green peas on a locally made whole-wheat bun <b>Sub Gluten Free Bun 1.00</b>	
<b>BLT Sandwich</b>	6.00
Beeler's bacon, organic lettuce & tomato and vegenaise on a locally made whole-wheat bun <b>Sub Gluten Free Bun 1.00</b>	
<b>Grilled Cheddar Cheese Sandwich</b>	4.00
Wiebe's local cheddar cheese grilled on a locally made whole wheat bun <b>Sub Gluten Free Bun 1.00</b>	
<b>Gluten-free Chicken Nuggets*</b>	<b>small</b> <b>large</b>
These nuggets are gluten, dairy and egg free and are so good! *Not currently made with sustainably raised chicken, but we're working on it!	4.00 6.00