

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

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**

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

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

Plain 'ol Burger Salad	1/4 lb.	1/2 lb.
Choice of protein on top of organic greens with pickles, grilled onion, tomato & your choice of balsamic or apple dressing	9.00	12.00
Buckaroo Salad	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		
Roasted Vegetable Salad	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		
Curried Mustard Salad	10.50	13.50
Choice of protein on top of organic greens with house made curried rice, raisins, peas, roasted root vegetables & remoulade dressing		
Kansas Salad	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		
John Brown Salad	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		
Master Mix Salad	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*

Fried Chicken Salad	1/4 lb.	1/2 lb.
Organic greens with Beeler's bacon, cheddar cheese, gluten-free chicken nuggets* & omega-3 ranch	10.50	13.50
Chicken Salad Salad	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.

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

Organic Brown Rice & Veggies	7.50
Add Your Choice of Protein 3.00	
Add Wiebe's Cheddar 1.00 Add Goatbeard Farm Feta 2.00	
Chicken Salad Sandwich	7.50
Local chickens, parsley, thyme, & green peas on a locally made whole-wheat bun Sub Gluten Free Bun 1.00	
BLT Sandwich	6.00
Beeler's bacon, organic lettuce & tomato and vegenaise on a locally made whole-wheat bun Sub Gluten Free Bun 1.00	
Grilled Cheddar Cheese Sandwich	4.00
Wiebe's local cheddar cheese grilled on a locally made whole wheat bun Sub Gluten Free Bun 1.00	
Gluten-free Chicken Nuggets*	small large
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

The World's Most

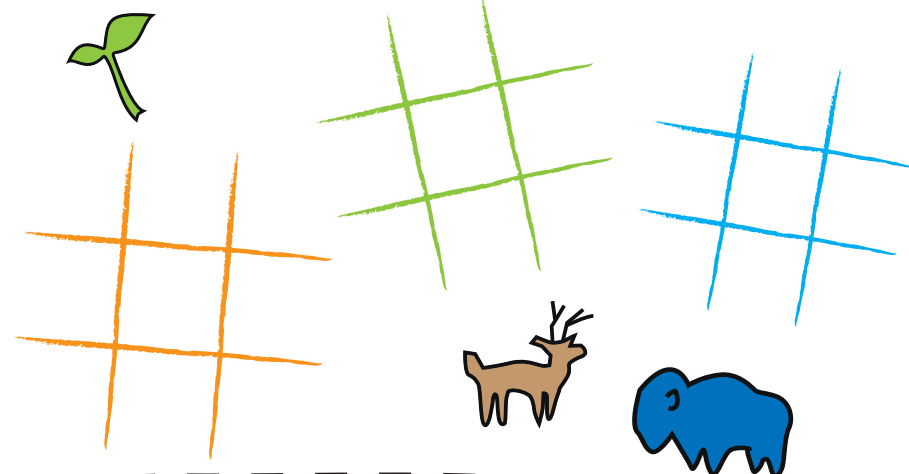
local burger®



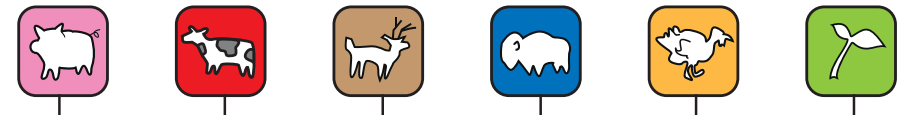
WORD SEARCH

Find these words in the puzzle:

B	G	Q	K	T	E	H	D	S	P	Local
B	Q	H	V	O	O	Q	E	E	O	Organic
T	R	V	W	F	R	Z	L	A	R	Beef
S	J	E	M	U	G	M	I	S	K	Elk
L	L	G	Z	S	A	V	C	O	U	Pork
B	O	G	A	I	N	B	I	N	U	Veggies
I	C	I	E	E	I	E	O	A	M	Turkey
S	A	E	E	H	C	E	U	L	H	Tofu
O	L	S	V	L	C	F	S	G	X	Bison
N	F	T	U	R	K	E	Y	Y	G	Delicious
										Seasonal



NAME THAT ICON!
Connect the icon to it's name with a line.



Turkey Sprout Elk Cow Pig Bison

Kids MENU

Kids Plate

- One Side Plate 5.00
- Two Side Plate 6.00
- Three Side Plate 7.00

1. CHOOSE A MAIN DISH:
- Kiddy Burger
choose your protein: beef, buffalo, elk, turkey, tofu, pork, veggie burger*
 - Pup Dog *all beef*
 - Gluten Free Chicken Nuggets

2. CHOOSE YOUR SIDES:
- Potatoes
 - Curried Rice
 - Organic Brown Rice
 - Quinoa Millet Pilaf
 - House Salad
 - Applesauce
 - Veggie Bites & Sauce
 - House-made Slaw
 - Peas & Carrots
 - Seasonal Organic Fruit

A-la-Carte

- Kid Burger 4.00
choose your protein: beef, buffalo, elk, turkey, tofu, pork, veggie burger*
- Pup Dog *all beef* 4.00
- GF Chicken Nuggets 4.00
- Potatoes 1.25
- Curried Rice 2.50
- Organic Brown Rice 2.00
- Quinoa Millet Pilaf 2.00
- House Salad 2.75
- Applesauce 1.25
- Veggie Bites & Sauce 4.00
- House-Made Slaw 1.75
- Peas and Carrots 2.00
- Seasonal Organic Fruit 2.00

Dessert

- Mini Gluten Free Vegan Chocolate Chip Cookie 1.00
- *buffalo burger 0.50 extra*



WORD SCRAMBLE

Unscramble the menu items below:

- arterscosaanpd _____
- psalaeupc _____
- veigbitgese _____
- ugrerb _____
- nqioau _____

ANSWER KEY: 1. peas and carrots 2. applesauce 3. veggie bites 4. burger 5. quinoa

