



WE SERVE 100% GRASS-FED
and finished beef from Carman Ranch

Primal Burger is one of the very few restaurants serving 100% grass-fed, humanely raised & pastured beef. Our rancher, Cory Carman, is at the forefront of healthy & sustainable beef production. You can actually taste the difference her stewardship creates in the sublime flavors of our beef.

Signature Burgers

- » All our burgers come on a sourdough bun with special sauce. Lettuce, tomato, onion, & pickles on the side.
- » "Get Primal" - make it naked OR wrapped in lettuce
- » Sub New Cascadia gluten-free bun +\$2.00. Celiac? Let us know!

***THE PRIMAL BURGER \$8.25**
Our signature burger. "The Original Health Food."

***GUEST BURGER \$12.00**
A weekly rotation of specialty & game burgers, including elk, venison, wild boar, water buffalo, & the infamous "dork burger" Each comes with a specialty topping.

***ZIZOU \$10.25**
Our beef burger with grilled onions & melted Swiss cheese.

***UMAMI \$11.00**
Grilled onions, balsamic reduction, & blue cheese on a beef burger.

***GOOGIE \$12.00**
Blue cheese, avocado, bacon, & ranch dressing on a beef burger.

***Mi CHILE CALIENTÉ \$10.25**
House pickled hot peppers & onions with Tillamook Cheddar.

***BROKEBACK \$11.75**
Bacon, cheddar & house-made BBQ sauce on a beef burger. Our tribute to the American cowboy!

***HUNT & GATHER \$11.00**
Sautéed mushrooms topped with goat cheese on a beef burger.

SALMON NATION \$9.50
Our own special recipe of wild caught Pacific Northwest Sockeye salmon, hand-formed into a burger patty. Rich in omega 3s & flavor.

NOR-CAL \$9.00
Lightly seasoned, ground organic Diestel Ranch turkey topped with fresh avocado.

Vegan Options

WOODSTOCK \$8.25 v, VG*
Our house made high protein veggie burger topped with grilled onions.

TEMPEH BBQ \$8.25 v, VG*
Organic local tempeh topped with house-made BBQ sauce.
» Add vegan cheese +\$2.00

Burger Add-Ons

CHEESE

- » Swiss or cheddar +\$1.00
- » Blue cheese, pimento cheese, goat cheese or vegan cheese +\$2.00

VEGETABLES

- » Grilled onions, mushrooms, sauerkraut, or kimchi +\$1.00
- » Pickled hot peppers and onions +\$1.00
- » Avocado +\$1.50

BACON \$2.50

- » Niman Ranch nitrate-free applewood smoked bacon

LOCAL FREE-RANGE FRIED EGG \$1.50

Burger Bowls & Plates

- » Substitute protein of choice
- » Salmon +\$1.50
- » *Guest patty +\$1.50
- » *Grilled free-range chicken no charge

***HAIL KALE! \$12.00 GF**
Our beef patty served atop kale with shaved Parmesan & our house-made vegan Caesar dressing.

CAESAR TURKEY BOWL \$12.50 GF
Chopped fresh romaine lettuce with our house-made soy free vegan Caesar dressing, shaved parmesan and toasted pumpkin seeds. Topped with an organic turkey patty.

***THAI BEEF BURGER BOWL \$12.00 GF**
Our beef patty served on romaine & mixed greens, red onion, fresh cilantro, carrot, tomato, & lime-chile dressing.

***PRIMAL PLATE \$12.00 GF**
Our beef patty, small mixed green salad with lemon-parsley vinaigrette & special greens. Try it with a protein of your choice!

3 VEGGIE PLATE \$10.00 v, GF, VG*
Choose any 3 sides/fries

CHILI DOG \$8.00
Painted Hills nitrate-free all beef dog and bun smothered in our famous house-made venison chili.

- » Chopped onions +\$.50
- » Sub New Cascadia gluten-free bun +\$2.00

Fries

FRIED RUSSET POTATOES \$3.00/\$5.50 v, GF, VG*
Winter's Farms sustainably grown potatoes. Hand cut & fried in rice bran oil.

SWEET POTATO FRIES \$4.00/\$6.50 v, GF, VG*
Hand-cut & fried in rice bran oil.

HOUSE-MADE DIPPING SAUCES

- » 1 with small, 2 with large
- Chipotle aioli, ranch, special sauce, BBQ (VG*), ketchup (VG*), chipotle ketchup (VG*), & vegan special sauce

Sides

PICKLED VEGGIES \$4.00 v, GF, VG*

HOUSE-MADE KIMCHI \$4.00 v, GF, VG*
Korean-style fermented veggies, full of probiotics!

HOUSE-MADE SAUERKRAUT \$4.00 v, GF, VG*

SEASONAL SALAD \$4.00 GF, VG*
See board for current selection.

SEASONAL COOKED GREENS \$4.00 GF, VG*
See board for current selection.

SUPERFOOD COLESLAW \$4.00 v, GF
Made with 10 powerful veggies.

STEAMED BROCCOLI \$4.00 v, GF, VG*

Eating 100% Grass-Fed Beef is

BETTER FOR YOU, BETTER FOR THE PLANET!

WE PROUDLY SERVE

Carman Ranch, Coconut Bliss, Diestel Turkey Ranch, Daiya, Winter's Farms, Lion Heart Kombucha, Niman Ranch, Painted Hills Natural Beef & Tillamook

Salads

- » *Regular beef or turkey patty +\$5.50
- » Hand-made wild Pacific Northwest salmon patty +\$6.00
- » *Guest patty +\$6.00
- » Grilled free-range chicken +\$5.00

COBB SALAD \$7.50 GF

Bacon, blue cheese, avocado, mixed greens, tomato, ranch dressing.

MIXED GREENS \$3.50/\$6.00 V, GF, VG*

Mixed baby greens, carrot, pumpkin seeds, & lemon-parsley vinaigrette.

CAESAR SALAD \$3.50/\$7.00 V, GF, VG*

Chopped fresh romaine lettuce with our house-made soy free vegan Caesar dressing, shaved parmesan and toasted pumpkin seeds. Vegan w/o cheese.

DINOSAUR KALE CHOP \$5.00/\$7.50 V, GF

Lacinato kale with lemon olive oil vinaigrette, hazelnuts & blue cheese.

THAI SALAD \$6.00 V, GF, VG*

Romaine & mixed greens, red onion, fresh cilantro, carrot, tomato, house-made lime-chile dressing.

Soups

VENISON LENTIL CHILI \$6.00/\$7.50 GF

Savory provençal-style lentil chili.

SOUP OF THE DAY \$5.00/\$6.50 GF, VG*

See board for details.

Kids Of All Ages

HOT DOG \$5.00

Painted Hills nitrate-free beef dog served on a sourdough hot dog bun.

- » Cheese +\$1.00
- » House Fermented Sauerkraut +\$1.50
- » Chili +\$3.00
- » Sub New Cascadia GF Bun +\$2.00

GRILLED CHEESE \$4.00 V

Choice of cheddar or Swiss cheese served on rustic white bread.

- » Nitrate-free bacon +\$2.00
- » Sub Daiya vegan cheese +\$2.00
- » Sub New Cascadia GF bread +\$2.00

*Lil' Primal \$4.00

Junior-sized burger patty.

- » Sub New Cascadia GF Bun +\$1.00

FRIES

Kids size russet fries - \$2.00

Kids size sweet potato fries - \$3.00

Desserts - Gluten Free

PALEO PARFAIT \$5.50 V, GF, VG

Maple cashew "crème" sprinkled with cocoa almond crumbles & topped with seasonal berry compote.

FLOURLESS CHOCOLATE TORTÉ \$5.00 V, GF

Served warm with a creamy center, topped with house-made caramel & a touch of sea salt.

CARROT CAKE \$5.25 V, GF

A classic moist carrot cake with cream cheese icing.

CHOCOLATE CHIP COOKIES \$2.00 V, GF

- » À la mode & house-made caramel +\$2.00

Beverages

FRESH-MADE LEMONADE \$3.00

Tart & fresh.

FOUNTAIN SODAS \$2.50 (Free refills)

Cola, stevia cola, root beer, lemon-lime, ginger ale, diet cola. SWEETENED WITH REAL CANE SUGAR, NO CORN SYRUP.

APPLE JUICE \$2.00

HOUSE-BREWED ICED TEA \$2.00

HOT COFFEE FROM HAPPY CUP \$2.00

HOT TEAS \$2.00

Assorted local teas from Stash

LOCALLY BREWED KOMBUCHA ON TAP \$4.50

Ginger Fixx and Seasonal from Lion Heart

Milkshakes

- » Add malt - \$.50

HAND DIPPED CLASSIC MILKSHAKE \$5.50

Go ahead, you've earned it! Chocolate, vanilla, salted caramel, strawberry or seasonal. Made with Tillamook ice cream.

COCONUT BLISS VEGAN SHAKE \$6.50

An amazing non-dairy "milk"shake with the health benefits of coconut. Chocolate, vanilla, strawberry or seasonal.

White Wine

SAUVIGNON BLANC \$7.00

TERRA BLANCA - YAKIMA, WA 2016

Sourced from Salmon Safe certified vineyards in the Yakima Valley, this Sauvignon Blanc brings refreshing aromas of quince, lemon and grapefruit with a finish of white peach and minerals.

PINOT GRIS \$6.00

MILBRANDT - COLUMBIA VALLEY, WA

Subtle notes of lemon zest & canteloupe that finishes clean with a glaze of tropical fruit.

CHARDONNAY \$7.00

POWERS - COLUMBIA VALLEY

From the pioneers of organic viticulture in Washington, this rich chardonnay brings honeysuckle, bright pear and citrus scents with a finish of golden delicious apple and toasted spice.

Red Wine

TEMPRANILLO/MALBEC \$7.00

2 COPAS - ARGENTINA

80% tempranillo & 20% malbec from a family owned winery in the foothills of the Andes that uses all hand-harvested grapes. Lively aromas & tastes of mature cherries & plums with hints of black chocolate.

CABERNET \$6.00

POWERS - WASHINGTON

Organically grown grapes. Full bodied cabernet with black cherry, blackberry and cassis; finely structured tannin and acidity.

PINOT NOIR \$8.00

BADGER MOUNTAIN ORGANIC - OREGON

Certified organic pinot noir with no added sulfites! Fragrant layers of cherries, cranberry and raspberry with a hint of vanilla.

MEAT TEMPERATURE & FOOD SAFETY

Burgers are cooked MEDIUM at Dick's Primal Burger (with a little pink in the middle). If you would like it less than medium, we are required to remind you that: "consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions."

We also hesitate to cook "well done", as the meats are so lean, they will fall apart if even slightly overcooked.

V = VEGETARIAN VG* = VEGAN GF = GLUTEN-FREE

* USUALLY VEGAN, PLEASE ASK.