



## Signature Burgers

- » All our burgers come on a potato sourdough bun with special sauce. Lettuce, tomatoes, onions, & pickles on the side. Cooked medium, a little pink in the middle.
- » Make it naked OR wrapped in lettuce
- » Sub gluten-free bun - \$1.75

### \*THE PRIMAL BURGER \$8.00

Our signature burger. "The Original Health Food."

### \*GUEST BURGER MARKET PRICE

A weekly rotation of specialty & game burgers, including elk, venison, wild boar, lamb, & the infamous "dork burger" (half-duck & half pork).

### \*ZIZOU \$10.00

Thinly sliced grilled onions on our beef burger & topped with melted Swiss cheese. A tribute to Zinedine Zidane, the great French soccer star.

### \*UMAMI \$10.50

Caramelized onions with balsamic reduction & blue cheese on a beef burger. Dick's take on the "5th element of flavor."

### \*GOOGIE \$10.50

Blue cheese, avocado, bacon & ranch dressing on a beef burger. A nod to the Cobb salad.

### \*Mi CHILE CALIENTÉ \$10.50

Pickled hot peppers & onions with Tillamook Cheddar.

### \*BROKEBACK \$11.00

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

## Burger Add-Ons

### CHEESE

- » Add Swiss or Tillamook cheddar - \$1.00
- » Add Blue, goat or Daiya VG - \$2.00
- » Add pimento cheese - \$1.50

### VEGETABLES

- » Add caramelized onions, mushrooms, sauerkraut, or kimchi - \$1.00
- » Add avocado - \$1.50

### BACON \$2.50

- » Niman Ranch nitrate-free applewood smoked bacon

## Beyond Beef Burgers

### SALMON NATION \$9.50

Our own special recipe of wild Pacific Northwest salmon, hand-formed into a burger. Rich in omega 3's & flavor.

### NOR-CAL \$8.50

Lightly seasoned, organic ground Diestel Ranch turkey topped with fresh avocado.

### WOODSTOCK \$8.00 v, VG\*

House made high protein veggie burger topped with sauteed onions.

### CHILI DOG \$7.50

Our Painted Hills nitrate-free all beef dog smothered in our famous house-made venison chili.

## 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 hamburgers.

## Burger Bowls & Plates

- » Substitute protein of choice
- » Add salmon + \$1.50
- » Add \*guest patty + \$1.50

### \*HAIL KALE! \$12.00 GF

Our beef patty served atop kale with shaved Parmesan & our house-made Caesar dressing.

### CAESAR TURKEY BOWL \$11.50 GF

Chopped fresh romaine lettuce, served with pumpkin seeds, shaved Parmesan cheese & house-made Caesar dressing topped with an organic turkey patty.

### COBB BOWL \$12.50 GF

Bacon, blue cheese, avocado, mixed greens, tomato, ranch dressing. Topped with a turkey slider patty.

### \*THAI BEEF BURGER BOWL \$11.50 GF

Our beef patty served on romaine & mesclun mix, red onions, fresh cilantro, carrots, tomatoes & house-made medium-spicy 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 veggie burger!

### 3 VEGGIE PLATE \$10.00 v, GF, VG\*

Choose any 3 sides (including small fries).

## Fries

### FRIED RUSSET POTATOES \$2.50/\$5.50 v, GF, VG\*

Hand-cut & traditionally cooked w/ rice bran oil.

### SWEET POTATO FRIES \$4.00/\$6.50 v, GF, VG\*

Hand-cut & traditionally cooked w/ rice bran oil.

### HOUSE-MADE DIPPING SAUCES \$0.50 v, GF

- » 1 free with small, 2 free 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\*

### STEAMED BROCCOLI \$3.50 v, GF, VG\*

### HOUSE-MADE KIMCHI \$3.50 v, GF, VG\*

Fermented Korean-style veggies, full of probiotics!

### SUPERFOOD COLESLAW \$3.50 v, GF

Creamy Cole Slaw made with 10 powerful veggies.

### SEASONAL COOKED GREENS \$3.50 GF, VG\*

See board for current selection.

### SEASONAL SIDE SALAD \$3.50 v, GF, VG\*

See board for current selection.

### HOUSE-MADE SAUERKRAUT \$3.50 v, GF, VG\*

## MEAT TEMPERATURE & FOOD SAFETY

Burgers are cooked MEDIUM at Dick's Kitchen (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.

## Salads

- » Add a \*regular beef or turkey patty - \$5.00
- » Add hand-made wild Pacific Northwest salmon patty - \$6.00
- » Add a \*guest patty - \$6.00

**MIXED GREENS \$3.50/\$6.00** v, GF, VG\*  
Mesclun mix of greens, carrots, & lemon-parsley vinaigrette.

**CAESAR SALAD \$7.00** v, GF, VG\*  
Chopped fresh romaine lettuce, served with pumpkin seeds, shaved Parmesan cheese & house-made Caesar dressing.  
Vegan w/o cheese.

**DINOSAUR KALE CHOP \$5.00/\$7.50** v, GF, VG\*  
Served with hazelnuts, raspberry vinaigrette & blue cheese.  
Vegan w/o cheese.

**THAI SALAD \$6.00** v, GF, VG\*  
Romaine & mesclun mix, red onions, fresh cilantro, carrots, tomatoes, house-made medium-spicy lime-chile dressing.

## Soups

**VENISON LENTIL CHILI \$5.50/\$7.00** GF  
An unusual & savory provençal-style lentil chili.

**SOUP(S) OF THE DAY \$4.50/\$6.00** GF, VG\*  
See board for details.

## Kids Of All Ages

**HOT DOG \$4.50**  
Painted Hills nitrate-free beef dog served on a signature sourdough hot dog bun.

- » Add cheese - \$1.00
- » Add sauerkraut - \$1.25
- » Add chili - \$2.50

**GRILLED CHEESE \$3.50** v  
Choice of cheddar or Swiss cheese served on rustic white bread.

- » Add nitrate-free bacon - \$2.00
- » Sub Daiya vegan cheese - \$2.00

\***SLIDER \$4.00**  
Junior-sized burger patty with slider bun.

## Desserts

**PALEO PARFAIT \$5.00** v, GF, VG  
Maple cashew "crème" sprinkled with cocoa almond "cookie" crumbles & topped with a mixed berry compote.

**SEASONAL COBBLER \$4.50** GF, VG  
Local, seasonal fruits topped with 100% nut topping sweetened only with maple syrup.

**FLOURLESS CHOCOLATE TORTÉ \$4.50** v, GF  
Served warm with a creamy center, topped with house-made caramel & a touch of sea salt.

**CARROT CAKE \$5.00** v, GF  
A classic moist carrot cake with cream cheese icing. Ours is made with a combination of flours that do not contain gluten, you won't be able to tell the difference.

**CHOCOLATE CHIP COOKIES \$2.00** v, GF  
A classic recipe turned gluten-free.  
» Add à la mode & house-made caramel - \$2.00

## Beverages

**FRESH-SQUEEZED LEMONADE \$3.00**  
Tart & fresh, just like Dick.

**FOUNTAIN SODAS \$2.00**  
Cola, stevia cola, root beer, lemon-lime, 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

**LOCALLY BREWED KOMBUCHA ON TAP \$4.50**  
Rotating flavors from Lion Heart

## Milkshakes

» Add malt - \$.50

**HAND DIPPED CLASSIC MILKSHAKE \$5.50**  
Go ahead, you've earned it! Chocolate, vanilla, salted caramel or seasonal.

**COCONUT BLISS VEGAN SHAKE \$6.50**  
An amazing non-dairy "milkshake" with the health benefits of coconut. Chocolate, vanilla or seasonal.

## White Wine

**SAUVIGNON BLANC \$7.00**  
JACKY MARTEAU - LOIRE VALLEY, FRANCE  
Sustainably farmed by the Marteau family of Touraine, this sauvignon blanc brings bright grapefruit & passion fruit with rounded mouthfeel to finish out the citrus driven palate.

**PINOT GRIS \$6.00**  
VISIONARY - WILLAMETTE VALLEY  
Sourced from salmon safe and sustainably farmed vineyards in the Willamette Valley, this vibrant gris brings fresh pear, lemon and slight tropical notes of lychee, accompanied with a nice acidic back bone to aid the fleshy body.

**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**  
CRAFTSMAN - WILLAMETTE VALLEY  
Oregon tilth and salmon safe certified vineyards boasting bright cherry with delicate anise & pine aromas.

*Eating 100% Grass-Fed Beef is*

**BETTER FOR YOU, BETTER FOR THE PLANET!**

**WE PROUDLY SERVE**

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

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