



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 potato sourdough bun with special sauce. Lettuce, tomato, onion, & pickles on the side. Cooked to medium. A little pink in the middle.

» "Get Primal" - make it naked OR wrapped in lettuce

» Sub gluten-free bun +\$2.00
Celiac? Let us know!

*THE PRIMAL BURGER \$8.00

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" (half-duck & half pork).

*ZIZOU \$10.00

Our beef burger with grilled onions & melted Swiss cheese.

*UMAMI \$10.50

Grilled onions, balsamic reduction, & blue cheese on a beef burger.

*GOOGIE \$11.00

Blue cheese, avocado, bacon, & ranch dressing on a beef burger.

*Mi CHILE CALIENTÉ \$10.00

House 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!

Beyond Beef Burgers

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.

WOODSTOCK \$8.00 v, VG*

Our house made high protein veggie burger topped with grilled onions.

Burger Add-Ons

CHEESE

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

Burger Bowls & Plates

» Substitute protein of choice

» Salmon +\$1.50

» *Guest patty +\$1.50

*HAIL KALE! \$12.00 GF

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

CAESAR TURKEY BOWL \$12.00 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 \$11.50 GF

Our beef patty served on romaine & mesclun mix, 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 \$7.50

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

» Chopped onions +\$.50

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 \$3.50 v, GF, VG*

Korean-style fermented veggies, full of probiotics!

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

SEASONAL COOKED GREENS \$3.50 GF, VG*

See board for current selection.

SUPERFOOD COLESLAW \$3.50 v, GF

Made with 10 powerful veggies.

STEAMED BROCCOLI \$3.50 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,
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
- » Slider (beef or turkey) +\$3.00

COBB SALAD \$8.00 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, VG*

Lacinato kale with raspberry vinaigrette, hazelnuts & blue cheese. Vegan w/o cheese.

THAI SALAD \$6.00 V, GF, VG*

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

Soups

VENISON LENTIL CHILI \$5.50/\$7.00 GF

Savory provençal-style lentil chili.

SOUPS OF THE DAY \$4.50/\$6.00 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
- » Sauerkraut +\$1.25
- » Chili +\$2.50
- » Sub New Cascadia GF Bun +\$2.00

GRILLED CHEESE \$3.50 V

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

- » Nitrate-free bacon +\$2.00
- » Sub Daiya vegan cheese +\$2.00

*SLIDER \$4.00

Junior-sized burger patty with slider bun.

- » 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 \$5.00 V, GF, VG

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

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.

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 \$2.00 (Free refills)

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

APPLE JUICE \$1.00

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

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.

COCONUT BLISS VEGAN SHAKE \$6.50

An amazing non-dairy "milkshake" 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

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.

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.