



**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.

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 \$7.75**

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 \$9.50**

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

***UMAMI \$9.75**

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.

***ELVIS \$9.00**

House-made pimento cheese topping on a beef burger. The King's favorite!

***BROKEBACK \$10.75**

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 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 \$8.25

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

WOODSTOCK \$8.25 v, VG*

House-made veggie burger made with Oregon hazelnuts, almond flour, fresh roasted veggies, mushrooms, vegan special sauce & sautéed onions.

CHILI DOG \$7.00

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

Burger Bowls & Plates

- » Substitute protein of choice
- » Add salmon - \$2.00
- » Add *guest patty - \$1.00

***HAIL KALE! \$11.50 GF**

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

CAESAR TURKEY BOWL \$11.00 GF

Romaine lettuce made with our Caesar dressing, shaved Parmesan, pumpkin seeds & topped with a house-made organic turkey patty.

COBB BOWL \$12.00 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 \$9.75 v, GF, VG*

Choose any 3 sides (including small fries).

Fries

FRIED RUSSET POTATOES \$2.75/\$5.25 v, GF, VG*

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

SWEET POTATO FRIES \$3.50/\$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!

COLESLAW \$3.50 v, GF, VG

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 - \$7.00
- » 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 \$5.00/\$6.50 GF
An unusual & savory provençal-style lentil chili.

SOUP(S) OF THE DAY \$4.50/\$5.75 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 \$3.75**
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 sweetened 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 \$2.75
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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