



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 & Such

- » All our burgers come on a sourdough bun with special sauce.
Lettuce, tomato, onion, & pickles **on the side**.
- » "Get naked!" - get it wrapped in lettuce (no bun)
- » Sub New Cascadia gluten-free bun +\$2.00. Celiac? Let us know!
- » Substitute protein of choice
 - » Free-range chicken, turkey, veggie, soy-free organic tempeh or beef
 - » *Salmon +\$1.50
 - » *Guest patty +\$2.00
- *THE PRIMAL BURGER \$8.25**
Our signature grass-fed beef burger. "The Original Health Food."
- *GUEST BURGER market**
A weekly rotation of specialty & game burgers, including elk, venison, wild boar, water buffalo, "dork burger"
Each comes with a specialty topping.
- *REUBENESQUE \$11.00**
Beef patty, house-fermented kraut, swiss cheese & thousand island on Grand Central's toasted rustic bread.
- *UMAMI \$11.25**
Grilled onions, balsamic reduction, & blue cheese on a beef patty.
- *Mi CHILE CALIENTÉ \$10.25**
Beef patty with house-pickled hot peppers & onions and Rumiano Cheddar.
- *BROKEBACK \$11.75**
Bacon, Rumiano cheddar & house-made BBQ sauce on a beef patty. Our tribute to the American cowboy!
- *HUNT & GATHER \$11.00**
Sauteed mushrooms topped with goat cheese on a beef burger.
- *THE DERBY \$12.00**
Organic free-range turkey patty with avocado, bacon, & ranch dressing.
- WOODSTOCK \$8.25 v, VG**
Our house made high protein veggie burger topped with grilled onions.
- TEMPEH BBQ \$8.25 v, VG**
Housemade garbanzo tempeh topped with our BBQ sauce.
» Add vegan cheese +\$2.00
- *SMOKY PULLED PORK \$9.25**
All natural pork slow-cooked and topped with super slaw & BBQ sauce.
- SALMON NATION \$10.00**
Our own special recipe of wild caught Pacific Northwest Sockeye salmon, hand-formed into a burger patty. Rich in omega 3s & flavor.

Burger Add-Ons

CHEESE

- » Swiss, Rumiano cheddar, pimento or bleu cheese +\$1.00
- » 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 \$2.25

- » Niman Ranch nitrate-free applewood smoked bacon

LOCAL FREE-RANGE FRIED EGG \$1.50

Burger Bowls & Plates

- » Substitute protein of choice
 - » Free-range chicken, turkey, veggie, soy-free organic tempeh or beef
 - » Salmon +\$1.50
 - » *Guest patty +\$2.00
- *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 \$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!
- CHILI DOG \$8.00**
Painted Hills nitrate-free all beef dog and bun smothered in our famous house-made 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**
Chipotle aioli, ranch, special sauce,
BBQ (VG), ketchup (VG), chipotle ketchup (VG),
Vegan special sauce

PORTLAND POUTINE \$7.00 v, GF

Large russet fries topped with cheese curds & our gravy

Sides

YOUR CHOICE \$4.00 EACH

PICKLED VEGGIES v, GF, VG

HOUSE-MADE KIMCHI v, GF, VG

Korean-style fermented veggies, full of probiotics!

HOUSE-MADE SAUERKRAUT v, GF, VG

SEASONAL SALAD GF, VG*

See board for current selection.

SEASONAL COOKED GREENS GF, VG

See board for current selection.

SUPERFOOD COLESLAW v, GF

Made with 10 powerful veggies.

STEAMED BROCCOLI v, GF, VG

SWEET POTATO MASH 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 & Rumiano Creamery

Salads

- » *Grass-fed beef or organic turkey patty +\$5.50
- » Hand-made wild Pacific Northwest salmon patty +\$6.00
- » *Guest patty +\$6.00
- » Grilled free-range chicken +\$5.00
- » Beef or turkey slider +\$3.00

COBB SALAD \$8.50 GF

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

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

Mixed baby greens, carrot, pumpkin seeds, & lemon olive oil 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 \$6.50 V, GF, VG*

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

Soups

GRASS-FED BEEF LENTIL CHILI \$6.00/\$7.50 GF

Savory provençal-style lentil chili.

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

See board or ask server

Kids Of All Ages

HOT DOG \$5.00

Painted Hills nitrate-free beef dog served on a sourdough 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 +\$2.25
- » Sub 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 salted caramel.

CARROT CAKE \$5.25 V, GF

A classic moist carrot cake with cream cheese icing.

CHOCOLATE CHIP COOKIE \$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

FAIR TRADE ORGANIC COFFEE \$2.00

HOT TEAS \$2.00

Assorted local teas

LOCALLY BREWED KOMBUCHA ON TAP \$4.50

Hand-Dipped Milkshakes

- » Add malt - \$.50

REGULAR- TILLAMOOK ICE CREAM \$5.50

VEGAN- COCONUT BLISS "ICE CREAM" \$6.50

Flavors: Chocolate, Vanilla, Strawberry, Seasonal, Cold-Brew Coffee & Salted Caramel (contains dairy)

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, WA

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.

ROSÉ \$8.00

MILBRANDT - COLUMBIA VALLEY, WA

Aromas of pink grapefruit & pomegranate with a hint of savory herb.

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.