



CHARLIE WANTS A BURGER®

SPORTS BAR

Always the First Draft Pick.

Full Bar
Happy Hour Mon – Fri 3 p.m. – 6 p.m.

SERVING DAILY

Breakfast:

7:30 a.m. – Noon

Lunch:

11 a.m. – 3 p.m.

Dinner:

3 p.m. – 10 p.m. Sun-Thurs

3 p.m. – 11 p.m. Fri-Sat

charliewantsaburger.com

223 Losoya Street
On the Riverwalk

San Antonio, Texas 78205

(210) 227.0864

Banquet Office: (210) 226-8490



Rock 'n' Roll Marathon Menu

Thursday, Friday, Saturday & Sunday, November 14th–November 17th

Available for takeout and box lunches.



Enjoy these carb loaded menu items with gluten-free and vegan options and a “skinny” menu with everything on it and a glycemic index less than 40.

Juices and shakes also available with detoxifiers and energy enhancers.

Breakfast Specials

Yogurt and house-made granola parfait with fresh seasonal fruit.

Rolled oats with dried cranberries, honey and toasted hazelnuts.

Kale, roasted potato, egg and feta tacos.

Specials

Spiced Sweet Pea Falafel Wrap
(Gluten-free version also available)

Sweet pea falafels, field greens, tzatziki sauce, chipotle hummus, smoked eggplant, roasted tomato. Served with a side of quinoa tabbouleh salad (substitutes quinoa* for bulgar wheat in a traditional tabbouleh, which also has cucumber, tomato, parsley, green onion, lemon and olive oil).

Seasonal Vegetable Soba
(Cold dish)(Gluten-free)

Buckwheat noodles with roasted carrots, celeriac root, squash, radish, jicama, cabbage, sprouts, mushrooms, onions and peppers, tossed in a garlic sesame miso dressing.

Topped with toasted sunflower seeds and chia** seeds.

Chile Relleno

(Gluten-free and packed with protein and good carbs):

Roasted poblano stuffed with lentils, roasted cashews, sweet potato, eggplant and mushrooms on a bed of steamed rice. Topped with smoked tomato sauce and feta.

**Quinoa: Contains more protein than any other grain, and is higher in unsaturated fats and lower in carbohydrates than most grains and is a very good source of calcium, iron, phosphorous, B vitamins, and vitamin E. Quinoa's slow-releasing carbohydrates help to maintain blood sugar levels. Also has all 9 amino acids, making it a complete protein.*

***Chia seeds: Balance blood sugar and keeps you more energized throughout the day. Considered a high energy endurance food since Aztec times.*