

**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**  
Sautéed 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.