



**ORGANIC
KRUSH**

**YOUR SOURCE FOR CLEAN,
100% ORGANIC FOOD.**

No Hormones No Pesticides No GMOs

ORGANICKRUSH.COM

SMOOTHIES

BERRY BLISS \$9

Mixed berries, banana, coconut water, orange juice

CHOCOLATE HULK \$9

Spinach, banana, raw cacao, almond butter, almond mylk

CHOCOLATE SYDUCTION \$11

Banana, raw cacao, chocolate vegan protein, peanut butter, chia seeds, almond mylk

GREEN DREAM \$10

Cold-pressed pear juice, spinach, avocado, pear, sea salt

KRUSH IT \$8

Pineapple, ginger, parsley, coconut water

MEXICAN COFFEE \$8

Coffee, banana, almond butter, sea salt, cinnamon, honey, almond mylk

NUTTY BUDDY \$11

Banana, peanut butter, vanilla vegan protein, raw cacao, almond mylk

PB & J \$11

Banana, strawberry, peanut butter, maca, coconut mylk

PINA COLADA \$9

Banana, pineapple, coconut shreds, coconut water, coconut mylk

POWER PLAY \$11

Pineapple, banana, spinach, kale, vanilla vegan protein, coconut water

RED VELVET \$10

Blueberries, strawberries, raw cacao, spinach, hemp seeds, coconut water

THE KLASSIC \$9

Strawberry, banana, honey, almond mylk

THE ST. BARTH'S \$8

Pineapple, strawberry, apple juice

TROPICAL TWISTER \$8

Kiwi, banana, strawberry, orange juice, coconut water

VANILLA BEAN \$11

Banana, vanilla vegan protein, maca, chia seeds, coconut mylk, coconut creamer

SMOOTHIE ADD-INS

\$1-\$2 per additional add-in.

Choose from 16.

AÇAÍ & PITAYA BOWLS

BERRY \$10

Blueberry, raspberry, strawberry

ELVIS \$11

Peanut butter, banana, dark chocolate chips

HEALTH NUT \$11

Strawberry, banana, blueberry, homemade granola

TROPICAL \$10

Mango, pineapple, kiwi, coconut shreds

PARADISE \$12

Granola, chia seeds, coconut, strawberries, pineapple

FLAMINGO \$12

Hemp seeds, honey, almonds, raspberries, strawberries

CREATE-YOUR-OWN BOWL \$10

Choose 3 toppings

AÇAÍ, PATAYA & OATMEAL TOPPINGS

\$1-\$2 per additional toppings. Choose from 26.

COLD-PRESSED JUICES

ACTIVATE \$10

Filtered water, lemon, coconut sugar, ginger, fresh turmeric, activated charcoal

FIGHTER \$9

Carrot, orange, grapefruit, lemon, ginger

FIX ME UP \$9

Cucumber, green apple, celery, fennel, lemon

FLEX APPEAL \$10

Pineapple, spinach, cucumber, kale, mint, ginger

LIBERATION \$11

Celery, pear, kale, lemon, cilantro, aloe

NUT MYLK \$10

Filtered water, raw almonds or cashews, dates, vanilla, sea salt, cinnamon

SMOOTH SAILING \$10

Carrot, green apple, beet, lemon, ginger

TONIQ \$10

Cucumber, green apple, kale, lime, ginger, watercress

TRULY GREEN \$10

Cucumber, spinach, celery, kale, parsley, lemon

TRUTH BE TOLD \$10

Cucumber, green apple, spinach, lime

FLU SHOT \$5

Pineapple, lemon, ginger, garlic

WELLNESS SHOT \$5

Lemon, orange, ginger, fresh turmeric, cayenne

BONE BROTH

Served Hot: 16 oz. \$4

To Go: 32 oz. \$8

BONE BROTH ADD-INS

Grilled shrimp \$7, Grilled steak \$7
Pan-roasted tofu \$4, Shredded chicken \$4,
Seasonal greens \$2, Sautéed veggies \$2,
Brown rice \$2, Orzo pasta \$2, Quinoa \$2,
Ginger juice \$2, Apple cider vinegar \$1,
Chile oil \$1, Garlic juice \$1,
Turmeric juice \$1

SOUPS

Call store for daily selections.

Woobury: 516.224.4423

Amansett: 631.527.7717

BONE BROTH BOWLS

VEGGIE BONE BROTH BOWL \$13

Tofu, sugar snap peas, red onion, peppers, mesclun mix, kale, turmeric, tahini, sesame oil

CHICKEN BONE BROTH BOWL \$15

Roasted chicken, black beans, corn, tomatoes, onions, cayenne, paprika, cumin, cilantro, tortilla strips

STEAK BONE BROTH BOWL \$15

Grass-fed steak with sesame oil, shiitake, sugar snap peas, spinach, radish, sprouts, carrots, soba noodles, tamari

BREAKFAST ALL DAY

AVOCADO TOAST \$10

Gluten-free bread, avocado, pico de gallo, one sunny-side up certified organic egg
GF DF V

BREAKFAST EGG WRAP \$10

Certified organic egg scramble, avocado, caramelized onions, shiitake mushrooms, farmhouse cheddar, whole wheat tortilla
GLUTEN-FREE OPTION AVAILABLE

EGGS YOUR WAY \$4/\$8

2 or 4 certified organic eggs either: fried, scrambled, over easy, over hard, sunny-side up

GALLO PINTO \$10

Brown rice, black beans, bell peppers, onions, cilantro, pico de gallo, 2 sunny-side up certified organic eggs
GF DF

SWEET POTATO HASH \$9

Sweet potatoes, green peppers, onions, apples, smoked paprika aioli
GF DF VG

APPLE CINNAMON OATMEAL \$7

Steel-cut oats, apple, chia seeds, cinnamon, honey
GF DF V

BERRY NUTTY OATMEAL \$7

Steel-cut oats, berries, homemade granola
GF DF V

HEAVEN SENT OATMEAL \$7

Steel-cut oats, dark chocolate, shredded coconut, chopped almonds
GF DF VG

MAPLE BANANA OATMEAL \$7

Steel-cut oats, banana, raisins, flaxseed, pure maple syrup
GF DF VG

CREATE YOUR OWN OATMEAL \$7

Choose 3 toppings
Additional toppings \$1.00
GF DF VG

FARMER FRITTATA* \$12

Potatoes, bacon, tomato, farmhouse cheddar, certified organic eggs
GF

VEGGIE FRITTATA* \$12

Shiitake mushrooms, grape tomatoes, spinach, broccoli, small farm goat cheese, certified organic eggs
GF

OATMEAL PANCAKES* \$10

Topped with blueberries, strawberries, yogurt, local honey
V GLUTEN-FREE OPTION AVAILABLE

Additional Toppings \$1:

Banana, Blueberries, Chocolate Chips, Coconut, Honey, Maple Syrup, Raspberries, Strawberries, Yogurt

*Available 8am-11am

Note: Egg white substitutions \$2.50

KIDS' CORNER

GLUTEN-FREE OPTIONS AVAILABLE

ACAI BOWL \$5

Choose any of our classic acai bowls in child size portion GF DF V

BUDDHA BOWL \$10

Brown rice, sautéed broccoli, grilled chicken
GF DF

CBLT WRAP \$9

Grilled chicken, bacon, lettuce, tomato and homemade ranch dressing in a wrap + carrot and celery sticks

CHEESY RIGATONI \$8

Rigatoni pasta, homemade marinara, parmesan and sautéed broccoli V

CHEESE QUESADILLA \$5

Tortilla, cheddar cheese + salsa, carrot and celery sticks V

CHICKEN & CHEESE QUESADILLA \$9

Tortilla, roasted chicken, cheddar cheese, black beans + salsa, carrot and celery sticks

FAT ALBERT \$14

Steak, bacon, brown rice and cheddar in a wrap

MONKEY ROLL-UP \$8

Almond or peanut butter, banana and honey in a wrap + apple slices DF

PIZZA PAGEL \$9

Toasted Paleo bagel with homemade marinara and cheddar cheese GF V

GLUTEN-FREE BAKERY

APPLE SPICE MUNCHKINS \$1.50

\$6 for 6 Pack. Apple, cinnamon, nutmeg, coconut GF DF V

SEASONAL BAKED DONUTS \$4

Chocolate Chip, Apple Cinnamon or Pumpkin
GF V

CHOCOLATE ZUCCHINI MUFFIN \$2

Zucchini shreds, chocolate chips, coconut
GF DF VG

PALEO MUFFINS \$4

Chocolate Espresso, Banana Spice or Sweet Potato Chia GF DF VG CONTAINS NUTS

CORNBREAD \$4

GF V

SUPERSEED MUFFIN \$4

Seeds, nuts, pear, carrot, cinnamon
GF V CONTAINS NUTS

BROWNIE \$4

Dark chocolate chips GF

CHOCOLATE CHIP COOKIE \$2

Dark chocolate chips GF V

COWBOY COOKIE \$2

Chocolate, oats, walnuts and coconut
GF V CONTAINS NUTS

MAMA'S BREAKFAST COOKIE \$2

Almond butter, oats, raisins
GF DF VG CONTAINS NUTS



KRUSH CLASSICS

STEP 1 SELECT A CLASSIC

<p>AUSTIN CHICKEN \$14 Organic roasted chicken, corn, tomato, avocado, cilantro, red onion, smoked paprika aioli GF DF</p>	<p>MANGO CHICKEN \$14 Organic roasted chicken, mango, pickled carrots, chopped peanuts, cilantro, radish, ginger coconut curry GF DF</p>	<p>SPICY KOREAN BBQ \$14 Organic roasted chicken, shiitake, sweet potatoes, zucchini, spinach, kimchi, BBQ sauce GF DF</p>	<p>MEXI STEAK \$15 Grilled marinated grass-fed skirt steak, black beans, spinach, pineapple, pico de gallo, chipotle lime crema GF</p>	<p>COCONUT SHRIMP \$15 Grilled wild shrimp, avocado, cucumber, carrot, red cabbage, mint, basil, coconut-peanut dressing GF DF</p>
<p>FISH TACO \$15 Pan-roasted catch of the day, cabbage slaw, avocado, pico de gallo, scallion, chipotle lime crema GF</p>	<p>MEDITERRANEAN \$14 Herb falafel, cucumber, tomato, artichoke, olives, sunflower seeds, parsley, fresh herb yogurt GF V</p>	<p>ROAST \$12 Sautéed kale, charred tomato, carrot, sweet potatoes, sliced almonds, roasted shallot dressing GF DF VG</p>	<p>CHOP \$12 Tomato, cucumber, carrot, red onion, feta cheese, chickpeas, lemon-herb dressing GF V</p>	<p>THAI TOFU \$12 Lemongrass-marinated tofu, carrots, red pepper, broccoli, scallions, mint, thai dressing GF DF VG</p>

STEP 2 CHOOSE A BASE

<p>WRAP Whole wheat tortilla DF VG Rice tortilla GF DF VG</p>	<p>SALAD Boston lettuce cups Mesclun mix Romaine Sautéed kale Shredded kale Sautéed spinach Spinach</p>	<p>BOWL Brown rice GF DF VG Orzo pasta DF VG Quinoa GF DF VG Soba noodles GF DF VG</p>
<p>TACO Corn tortilla GF DF V</p>		

STEP 3 ADD EXTRAS

<p>+\$7 Falafel (4 pieces) Fish of the day Grilled shrimp Grilled steak</p>	<p>+\$3 Avocado Guacamole Hummus Smoked bacon</p>	<p>+\$2 Brown rice Orzo pasta Quinoa Kimchi Pico de gallo Shredded cheese</p>
<p>+\$4 Falafel (2 pieces) Grilled chicken Shredded chicken Pan-roasted tofu</p>	<p>+\$2.50 Fried Egg</p>	<p>+\$0.50 Extra Dressing</p>

STEP 1 SELECT A PROTEIN

\$12

Avocado
Black beans
Chickpeas
Hard boiled egg

\$14

Grilled chicken
Shredded chicken
Falafel
Grass-fed steak
Tofu

\$16

Salmon
Shrimp

STEP 2 CHOOSE A BASE

WRAP

Whole wheat tortilla
DF VG
Rice tortilla
GF DF VG

TACO

Corn tortilla
GF DF V

SALAD

Boston lettuce cups
Mesclun mix
Romaine
Sauteed kale
Shredded kale
Sauteed spinach
Spinach

BOWL

Brown rice
GF DF VG
Orzo pasta
DF VG
Quinoa
GF DF VG
Soba noodles
GF DF VG

STEP 3 ADD 4 TOPPINGS

EXTRA TOPPINGS \$1, UNLESS NOTED

Almonds	Cauliflower, roasted	Kale, shredded, raw	Pico de gallo +\$2
Artichoke	Celery	Kale, sauteed	Pineapple
Arugula	Chickpeas	Kimchi	Pumpkin seeds
Avocado + \$3	Cilantro	Mango	Radish
Bacon +\$3	Corn	Mint	Tomatoes, fresh or roasted
Basil	Cucumber	Mushroom, shiitake	Spinach
Beets, roasted	Egg, boiled +\$2.50	Olives	Sunflower seeds
Black beans	Feta	Onion, raw or caramelized	Sweet potatoes
Broccoli	Figs, dried	Parmesan	Walnuts
Cabbage, red	Goat cheese	Parsley	Zucchini, roasted
Carrots	Hemp seeds	Peanuts	
Cashews	Jalapeno		

STEP 4 DRESS IT UP

MADE FROM SCRATCH. GLUTEN-FREE. EXTRA \$.50

Balsamic vinaigrette	Ranch
Buffalo	Red wine vinaigrette
Hot sauce	Roasted shallot
Caesar	Spicy BBQ
Chipotle lime crema	Tahini
Coconut-peanut	Thai vinaigrette
Curry ginger	Yogurt herb
Lemon-herb	
Marinara sauce	
Paprika aioli	
Ponzu	