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**ORGANIC  
KRUSH**

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

No Hormones No Pesticides No GMOs

[ORGANICKRUSH.COM](http://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

### **THE KLASSIC \$9**

Strawberry, banana, honey, almond mylk

### **THE ST. BARTH'S \$8**

Pineapple, strawberry, apple juice

### **TROPICAL TWISTER \$8**

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 BOWLS

### **BERRY \$10**

Blueberry, raspberry, strawberry

### **ELVIS \$11**

Peanut butter, banana, dark chocolate chips

### **HEALTH NUT \$11**

Strawberry, banana, blueberry, homemade granola

### **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 & 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

### **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

Amagansett: 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

## 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 V 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

**STEP 1 SELECT A CLASSIC**

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

**STEP 2 CHOOSE A BASE**

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

**STEP 3 ADD EXTRAS**

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

### STEP 1 SELECT A PROTEIN

#### \$12

Avocado  
Black beans  
Chickpeas  
Hard boiled egg

#### \$14

Grilled chicken  
Shredded chicken  
Falafel  
Tofu

#### \$16

Salmon  
Shrimp  
Grass-fed steak

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

### 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	