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 **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

Note: Egg white substitutions +2.50
**Available 8am - 11am.*

Additional Toppings +1
Banana, blueberries, chocolate chips, coconut, honey, maple syrup, raspberries, strawberries, yogurt

AÇAÍ BOWLS

BERRY 10
Blueberry, raspberry, strawberry

ELVIS 11
Peanut butter, banana, dark chocolate chips

HEALTH NUT 11
Strawberry, banana, blueberry, homemade granola

PARADISE 13
Granola, chia seeds, coconut, strawberries, pineapple

FLAMINGO 13
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.

V - VEGETARIAN VG - VEGAN DF - DAIRY-FREE GF - GLUTEN-FREE

DEAR FAMILY, FRIENDS AND COMMUNITY,

When we created Organic Krush, we set out to craft a menu that was loved by every single member of the family. We sautéed, we juiced, we smoothied, we baked, we sourced, we created a breadth of recipes that were delectable and... ORGANIC.

We fell in love with our food and just knew we needed to share it with you.

We are your trusted source of delicious, organic food and cold-pressed juices. We are committed to serving food that is free of pesticides, GMOs, hormones, and fake ingredients. We are passionate about being a part of your wellness story.

Come Krush with us on our organic mission towards health and happiness.
We promise you will love the journey.

Much Love,
Fran + Michelle

ORGANICKRUSH.COM

ORGANIC KRUSH
LIFESTYLE EATERY™

TRUST THE KRUSH
EAT HAPPY LIVE BETTER™

ORGANICKRUSH.COM

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 10
Orange, 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

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.

KRUSH YOUR OWN

STEP 1 SELECT A PROTEIN

12	14	16
Avocado	Grilled chicken	Grass-fed steak
Black beans	Shredded chicken	Salmon
Chickpeas	Falafel	Shrimp
Hard boiled egg	Tofu	

STEP 2 CHOOSE A BASE

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

STEP 3 ADD 4 MIX-INS

EXTRA MIX-INS +1, UNLESS NOTED

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

STEP 4 DRESS IT UP

MADE FROM SCRATCH & GLUTEN-FREE. EXTRA DRESSING +.50

Bright & Fresh		Creamy	Hot Hot Hot
Apple cider vinegar	Ponzu	Caesar	Chipotle lime crema
Balsamic vinaigrette	Red wine vinaigrette	Paprika aioli	Curry ginger
Coconut peanut	Roasted shallot	Ranch	Krush hot sauce
Lemon herb	Tahini turmeric	Yogurt herb	Spicy BBQ
Marinara	Thai vinaigrette		

V - VEGETARIAN VG - VEGAN DF - DAIRY-FREE GF - GLUTEN-FREE

KRUSH CLASSICS

STEP 1 SELECT A CLASSIC

AUSTIN CHICKEN 14
Organic roasted chicken, corn, tomato, avocado, cilantro, red onion, smoked paprika aioli **GF DF**

MANGO CHICKEN 14
Organic roasted chicken, mango, pickled carrots, chopped peanuts, cilantro, radish, ginger coconut curry **GF DF**

SPICY KOREAN BBQ 14
Organic roasted chicken, shiitake, sweet potatoes, zucchini, spinach, kimchi, BBQ sauce **GF DF**

MEXI STEAK 15
Grilled marinated grass-fed skirt steak, black beans, spinach, pineapple, pico de gallo, chipotle lime crema **GF**

COCONUT SHRIMP 15
Grilled wild shrimp, avocado, cucmber, carrot, red cabbage, mint, basil, coconut peanut dressing **GF DF**

FISH TACO 15
Pan-roasted catch of the day, cabbage slaw, avocado, pico de gallo, scallion, chipotle lime crema **GF**

MEDITERRANEAN 14
Herb falafel, cucumber, tomato, artichoke, olives, sunflower seeds, parsley, fresh herb yogurt **GF V**

ROAST 12
Sauteed kale, charred tomato, carrot, sweet potatoes, sliced almonds, roasted shallot dressing **GF DF VG**

CHOP 12
Tomato, cucumber, carrot, red onion, feta cheese, chickpeas, lemon-herb dressing **GF V**

THAI TOFU 12
Lemongrass marinated tofu, carrots, red pepper, broccoli, scallions, mint, thai dressing **GF DF VG**

STEP 2 CHOOSE A BASE

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

STEP 3 ADD EXTRAS

+7	+3	+2
Falafel (4 pieces)	Avocado	Brown rice
Fish of the day	Guacamole	Orzo pasta
Grilled shrimp	Hummus	Quinoa
Grilled steak	Smoked bacon	Kimchi
		Pico de gallo
+4	**+2.50**	Shredded cheese
Falafel (2 pieces)	Fried Egg	
Grilled chicken		**+.50**
Shredded chicken		Extra Dressing
Pan-roasted tofu		

BONE BROTH & BOWLS

Served Hot: 16 oz. 4
To Go: 32 oz refrigerated; 9

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

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

SOUP

Call store for daily soup selections.
Woodbury: 516.224.4423
Amagansett: 631.527.7717

KIDS' CORNER

AÇAÍ BOWL 5
Choose any of our classic açaí 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 & 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 Options Available

GLUTEN-FREE BAKERY

APPLE SPICE MUNCHKINS 1.5
6 pack of munchkins 6
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 MUFFIN 4
Chocolate Espresso, Sweet Potato Chai or Banana Spice **GF DF 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**