



ORGANIC
KRUSH
LIFESTYLE EATERY™

TRUST THE KRUSH
EAT HAPPY LIVE BETTER™

ORGANICKRUSH.COM

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 **GFDFVG**

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

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.

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

WELLNESS SHOT 5

Lemon, orange, ginger, fresh turmeric, cayenne

FLU SHOT 5

Pineapple, lemon, ginger, garlic

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 CHOOSE A BASE

WRAP

Whole wheat
tortilla
DF VG

Rice tortilla
GF DF VG

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

TACO

Corn tortilla
GF DF V

STEP 2 ADD 4 MIX-INS

Choose from over 50 toppings. Extra toppings +1-3

STEP 3 SELECT A PROTEIN

12
Avocado
Black beans
Chickpeas
Hard boiled egg

14
Grilled chicken
Shredded chicken
Falafel
Tofu

16
Grass-fed steak
Salmon
Shrimp

STEP 4 DRESS IT UP

Choose from 18 Dressings - Made from scratch - gluten free - Extra +.50

KRUSH CLASSICS

STEP 1 CHOOSE A BASE

WRAP

Whole wheat
tortilla
DF VG

Rice tortilla
GF DF VG

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

TACO

Corn tortilla
GF DF V

STEP 2 SELECT A CLASSIC

AUSTIN CHICKEN 14

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

COCONUT SHRIMP 15

Grilled wild shrimp, avocado, cucumber, 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**

MEXI STEAK 15

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

SPICY KOREAN BBQ 14

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

THAI TOFU 12

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

STEP 3 ADD EXTRAS

+7
Falafel (4 pieces)
Fish of the day
Grilled shrimp
Grilled steak

+4
Falafel (2 pieces)
Grilled chicken
Shredded chicken
Pan-roasted tofu

+3
Avocado
Guacamole
Hummus
Smoked bacon

+2
Brown rice
Orzo pasta
Quinoa
Kimchi
Pico de gallo
Shredded cheese

+2.50
Fried Egg

+.50
Extra Dressing

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

SOUP

Call store for daily soup selections.

KIDS' CORNER

AÇAÍ BOWL 5

Choose any of our classic açai 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**

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

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 & 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 for 6 pack. Apple, cinnamon, nutmeg, coconut **GF DF V**

SEASONAL BAKED DONUT 4

Chocolate chip, Apple cinnamon or Pumpkin **GF V**

CHOCOLATE ZUCCHINI MUFFIN 4

Zucchini shreds, chocolate chips, coconut **GF DF VG**

PALEO MUFFIN 4

Chocolate Espresso, Banana Spice or Sweet Potato Chai **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**

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

Fran & Michelle



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