



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 **GDFVVG**

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 8-11AM

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.

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 KLASIK 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 Avocado Black beans Chickpeas Hard boiled egg	14 Grilled chicken Shredded chicken Falafel Tofu	16 Grass-fed steak Salmon Shrimp
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STEP 2 CHOOSE A BASE

WRAP Whole wheat tortilla DF VG Rice tortilla GF DF VG	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
TACO Corn tortilla GF DF V		

STEP 3 ADD 4 MIX-INS

EXTRA MIX-INS +1, UNLESS NOTED

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

STEP 4 DRESS IT UP

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

Bright & Fresh

Apple cider vinegar	Ponzu
Balsamic vinaigrette	Red wine vinaigrette
Coconut peanut	Roasted shallot
Lemon herb	Tahini turmeric
Marinara	Thai vinaigrette

Creamy

Caesar
Paprika aioli
Ranch
Yogurt herb

Hot Hot Hot

Chipotle lime crema
Curry ginger
Krush hot sauce
Spicy BBQ

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, 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**

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

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 EXTRAS

+7

Falafel (4 pieces)

Fish of the day

Grilled shrimp

Grilled steak

+3

Avocado

Guacamole

Hummus

Smoked bacon

+2

Brown rice

Orzo pasta

Quinoa

Kimchi

Pico de gallo

Shredded cheese

+4

Falafel (2 pieces)

Grilled chicken

Shredded chicken

Pan-roasted tofu

+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.

Woodbury - 516.224.4423

Amagansett - 631.527.7717

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 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 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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