



**ORGANIC**  
**KRUSH**  
LIFESTYLE EATERY™

**TRUST THE KRUSH**  
EAT HAPPY LIVE BETTER™

[ORGANICKRUSH.COM](http://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,

# 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

<b>12</b> Avocado Black beans Chickpeas Hard boiled egg*	<b>14</b> Grilled chicken* Shredded chicken* Falafel Tofu	<b>16</b> 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

### 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 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

Balsamic vinaigrette

Coconut peanut

Lemon herb

Marinara

Ponzu

Red wine vinaigrette

Roasted shallot

Tahini turmeric

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**

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

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

## 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*

