

ELEVATED EXPERIENCE

WITH ORGANIC KRUSH

Feel good while you fly! Organic Krush exists to help individuals feel their very best. What you eat and drink while elevated at 10,000 ft determines how you will feel when you are back on the ground. Organic, light, healthy, and pure...this is the way we always fly!



*Aran &
Michelle*

cateringok@organickrush.com
631.759.9561
follow us [@organickrush](https://www.instagram.com/organickrush)



BREAKFAST

Gallo Pinto

brown rice, black beans, bell peppers, onions, cilantro, pico de gallo **GF, DF, V**

Frittata

mushrooms, grape tomatoes, spinach, broccoli, small farm goat cheese, eggs **GF**

Sweet Potato Hash

sweet potatoes, bell peppers, onions, apples, smoked paprika aioli **GF, DF, V**

Overnight Oats

steel cut oats with granola, blueberries and strawberries **GF, DF**

Coconut Yogurt

homemade coconut yogurt with granola, blueberries and strawberries **GF, DF**

Fruit Salad

seasonal fruit selection **GF, DF, V**

Bakery Basket

apple cinnamon donut, chocolate zucchini muffin, superseed muffin, paleo banana muffin **GF, DF**

LUNCH & DINNER

SALADS

Choose Your Protein

grilled chicken, salmon, steak, falafel

Caesar Salad

kale, tomatoes, parmesan, caesar dressing **GF**

Santa Fe Salad

romaine, black beans, corn, tomatoes, avocado, tortilla strips, lemon herb dressing **GF, DF, V**

Chop Salad

mesclun, carrots, cucumbers, tomatoes, quinoa, feta cheese, pumpkin seeds, lemon herb dressing **GF**

Greek Salad

mesclun, artichokes, cucumbers, tomatoes, kalamata olives, sunflower seeds, red wine vinaigrette **GF, DF, V**

Roast Salad

mesclun, roasted carrots, roasted tomatoes, sweet potatoes, sauteed kale, almonds, shallot vinaigrette **GF, DF, V**

GF - Gluten Free
DF - Dairy Free
V - Vegan



LUNCH & DINNER

WRAPS

*Whole Wheat or Gluten Free
served w/ side salad*

Chicken Caesar Wrap

grilled chicken, kale, tomatoes,
parmesan, caesar dressing

CBLT Wrap

grilled chicken, bacon, lettuce,
tomato, ranch dressing

Austin Chicken Wrap

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

Mexi Steak Wrap

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

Mediterranean Wrap

falafel, artichokes, olives,
tomatoes, cucumber, sunflower
seeds, yogurt herb dressing

GF - Gluten Free
DF - Dairy Free
V - Vegan

KIDS

Kids Krushable

Bento Box

salami & mozzarella cheese,
cucumbers & carrots, grapes,
watermelon & berries, cracker

Kids Buddha

Bowl Bento Box

brown rice, steamed carrots,
steamed broccoli, steamed
edamame, ponzu sauce

GF, DF

Monkey Roll Up

almond or peanut butter,
banana and honey in a wrap +
apple slices **DF**

SNACKS

Kale Detox Salad

GF, DF, V

Chicken Salad

GF, DF

Roasted Vegetables

GF, DF, V

Cookie Dough Protein Bar

GF, DF, V

Chips with Hummus, Pico de Gallo or Guacamole

GF, DF, V

Truffle Popcorn

GF, DF, V

Trail Mix

GF, DF, V

BEVERAGES

COLD-PRESSED JUICES

Activate

filtered water, lemon, coconut sugar, ginger, fresh turmeric, activated charcoal

Cashew Mylk

filtered water, raw cashews, dates, vanilla, sea salt, cinnamon

Fighter

carrot, orange, grapefruit, lemon, ginger

Fix Me Up

cucumber, green apple, celery, fennel, lemon

Flex Appeal

pineapple, spinach, cucumber, kale, mint, ginger

Liberation

orange, celery, pear, kale, lemon, cilantro, aloe

Smooth Sailing

carrot, green apple, beet, lemon, ginger

Toniq

cucumber, green apple, kale, lime, ginger, watercress

Truly Green

cucumber, spinach, celery, kale, parsley, lemon

Truth Be Told

cucumber, green apple, spinach, lime

COFFEE

COLD BREW

TEA

