



**ORGANIC
KRUSH**
LIFESTYLE EATERY™

Boxed Breakfast & Lunch Catering Menu

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Boxed Breakfast Menu Options

Boxed Continental Breakfast - \$11.00 each

Your choice of one organic baked good, a piece of organic fruit and a wellness shot or cold-pressed OJ.

Baked Goods Options:

Paleo Chocolate Espresso Muffin
Paleo Banana Spice Muffin
Chocolate Zucchini Muffin
Superseed Muffin Top
Mama's Breakfast Cookie
Fudge Brownie
(2) Apple Spice Munchkins

Hot Boxed Breakfast - \$14.00 each

Your choice of a delicious and satisfying breakfast wrap*, a piece of organic fruit and a wellness shot or cold-pressed OJ.

Breakfast Wrap Selection:

Krush Wrap - Egg scramble, avocado, caramelized onion, mushrooms, farmhouse cheddar

Sweet Potato Hash Wrap - Egg scramble, sweet potatoes, red onion, red bell peppers, apples, smoked paprika aioli

Veggie Wrap - Egg scramble, broccoli, spinach, mushrooms, tomatoes

Bacon, Egg & Cheese Wrap - Egg scramble, farmhouse cheddar, bacon

Steak & Egg Wrap - Egg scramble, grass-fed steak, caramelized onion

*1/2 a wrap, packed fully with ingredient selection above; for full size wraps, please inquire about pricing. All wraps are made on whole wheat tortillas. Gluten-free options are available.

631.759.9536

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www.organickrush.com



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Boxed Lunch Menu Options

Hot Boxed Lunch - \$16.00 each

1: Includes a Krush Classic wrap*, apple spice munchkin and a cold-pressed juice.

2: Includes choice of a Krush Classic over brown rice, apple spice munchkin and a cold-pressed juice.

Krush Classics Options for Wraps and Bowls:

Austin Chicken - Roasted chicken, corn, tomatoes, avocado, cilantro, red onion, mesclun mix, smoked paprika aioli

The Chop - Tomato, cucumber, carrot, red onion, feta cheese, chickpeas, pumpkin seeds, lemon-herb dressing

Coconut Shrimp - Grilled wild-caught shrimp, coconut shreds, avocado, cucumber, carrot, red cabbage, mint, basil, mesclun mix, coconut-peanut dressing

Fish Taco - Certified organic salmon, cabbage slaw, avocado, pico de gallo, scallion, mesclun mix, chipotle lime crema

Mediterranean - Falafel, tomatoes, cucumber, sunflower seeds, mesclun mix, artichoke, olives, herb tzatziki

Mexi Steak - Grilled marinated grass-fed steak, black beans, spinach, pineapple, pico de gallo, mesclun mix, chipotle lime crema

Thai Tofu - Citrus marinated tofu, carrots, red pepper, broccoli, scallions, mint, thai dressing

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Boxed Salad Lunch - \$14.00 each

Includes salad, a piece of organic fruit and a cold-pressed juice.

Salad Options:

Chicken Salad - Grilled chicken, celery, cranberries, almonds, mesclun mix, vegenaïse

Tuna Salad - Wild Planet tuna, carrot, celery, red onion, tomato, mesclun mix, vegenaïse

The Chop - Tomato, cucumber, carrot, red onion, feta cheese, chickpeas, pumpkin seeds, mesclun mix, lemon-herb dressing

Farmer Salad - Fresh greens with seasonal ingredients from our favorite local farmers

Kale Caesar - Shredded kale, tomato, cucumber, parmesan, caesar dressing

Kale Detox - Kale, chickpeas, almonds, cranberries, grapefruit, orange honey vinaigrette

Snacks

Individual Parfaits - \$4.00 each

Chia Seed Pudding with Almonds & Cacao Nibs

Coconut Yogurt with Granola & Blueberries

Organic Yogurt with Granola & Fruit

Overnight Oats with Granola, Nut Butter & Chocolate Chips

Individual Bags of Popcorn - \$6.00 each

Coconut Oil & Sea Salt

Churro

Truffle

Freshly Baked Gluten-Free Cookies - \$2.25 each

Mama's Breakfast Cookie - Almond Butter, Oats, Raisins

Chocolate Chip Cookie - Dark Chocolate Chips

Cowboy Cookie - Chocolate, Oats, Walnuts, Coconut

Seasonal Fresh Fruit Cups - \$5.00 each

Chocolate Chip Protein Bars - \$5.00 each

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