

BREAKFAST ALL DAY

AVOCADO TOAST* 10.25

Gluten-free bread, avocado, pico de gallo, sunny-side up egg **GF DF**

BREAKFAST EGG WRAP* 10.50

Egg scramble, avocado, caramelized onions, mushrooms, farmhouse cheddar, whole wheat tortilla

GLUTEN-FREE OPTION AVAILABLE

EGGS YOUR WAY* 4.25/8.25

2-4 eggs either: fried, scrambled, over easy, over hard, sunny-side up

GALLO PINTO* 10.25

Brown rice, black beans, bell peppers, onions, cilantro, pico de gallo, 2 sunny-side up eggs **GF DF**

SWEET POTATO HASH 9.25

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

BERRY NUTTY OATMEAL 7.25

Steel-cut oats, berries, homemade granola **GF DF**

MAPLE BANANA OATMEAL 7.25

Steel-cut oats, banana, raisins, flaxseed, pure maple syrup **GF DF V**

AÇAÍ BOWLS

BERRY 11

Blueberry, raspberry, strawberry **GF DF V**

ELVIS 11

Peanut butter, banana, dark chocolate chips **GF DF V**

HEALTH NUT 11

Strawberry, banana, blueberry, homemade granola **GF DF**

CREATE YOUR OWN OATMEAL 7.25

Choose 3 toppings, Additional toppings +1 **GF DF**

FARMER FRITTATA* 12.25

Sweet potatoes, bacon, tomato, farmhouse cheddar, eggs **GF**

VEGGIE FRITTATA* 12.25

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

OATMEAL PANCAKES 10.25

Topped with blueberries, strawberries, yogurt, local honey

GLUTEN-FREE OPTION AVAILABLE

Note: Egg white substitutions * +2.50

Additional Toppings +1

Banana, Blueberries, Chocolate Chips, Coconut, Honey, Maple Syrup, Raspberries, Strawberries, Yogurt

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 smoothed, 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



ORGANIC KRUSH

LIFESTYLE EATERY™

BONE BROTH & BOWLS

Served Hot: 16 oz. 4.25

32 oz. 8.25

BONE BROTH ADD-INS

Grilled shrimp* 7, Grilled steak* 7;

Pan-roasted tofu 4, Shredded chicken 4,

Grilled chicken 4, Brown rice 2,

Pasta 2, Quinoa 2, Ginger juice 2,

Apple cider vinegar 1, Chile oil 1,

Garlic juice 1, Turmeric 1

ADDITIONAL ADD-INS AVAILABLE

SOUP

Call store for daily soup selections.

VEGAN BROTH BOWL 13.25

Tofu, sugar snap peas, red onion, bell peppers, mesclun mix, kale, turmeric, tahini, sesame oil **GF DF V**

CHICKEN BONE BROTH BOWL 15.25

Roasted chicken, black beans, corn, tomatoes, onions, cayenne, paprika, cumin, cilantro, tortilla strips **GF DF**

STEAK BONE BROTH BOWL* 16

Grass-fed steak with sesame oil, mushrooms, sugar snap peas, spinach, radish, sprouts, carrots, soba noodles, tamari **GF DF**

KIDS' CORNER

AÇAÍ BOWL 5.50

Choose any of our classic açai bowls in child size portion **GF DF**

BUDDHA BOWL 10

Brown rice, sautéed broccoli, grilled chicken **GF DF**

CBLT WRAP 9.25

Grilled chicken, bacon, lettuce, tomato and homemade ranch dressing in a wrap + carrot & celery sticks **GLUTEN-FREE OPTION AVAILABLE**

KID'S SMOOTHIE 6

Choose a base + 2 ingredients

CHEESY RIGATONI 8.25

Rigatoni pasta, homemade marinara, parmesan and sautéed broccoli **GLUTEN-FREE OPTION AVAILABLE**

CHICKEN & CHEESE QUESADILLA 9.25

Tortilla, roasted chicken, cheddar cheese, black beans + salsa, carrot & celery sticks **GLUTEN-FREE OPTION AVAILABLE**

TRUST THE KRUSH
EAT HAPPY SPREAD LOVE

ORGANICKRUSH.COM

V - VEGAN DF - DAIRY FREE GF - GLUTEN FREE

COLD-PRESSED JUICES

ACTIVATE 10

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

FIGHTER 10

Carrot, orange, grapefruit, lemon, ginger

FIX ME UP 10

Cucumber, green apple, celery, fennel, lemon

FLEX APPEAL 10

Pineapple, spinach, cucumber, kale, mint, ginger

LIBERATION 11

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

IMMUNITY SHOT 5

Apple, carrot, cardamom, ginger, lemon

SMOOTHIES

BERRY BLISS 9

Mixed berries, banana, coconut water, orange juice **GF DF V**

CHOCOLATE HULK 9

Spinach, banana, raw cacao, almond butter, almond mylk **GF DF V**

GREEN DREAM 10

Cold-pressed pear juice, spinach, avocado, pear, sea salt **GF DF V**

MEXICAN COFFEE 9

Coffee, banana, almond butter, sea salt, cinnamon, honey, almond mylk **GF DF**

NUTTY BUDDY 11

Banana, peanut butter, vanilla vegan protein, raw cacao, almond mylk **GF DF V**

THE KLASSIC 9

Strawberry, banana, honey, almond mylk **GF DF**

THE ST. BARTH'S 9

Pineapple, strawberry, apple juice **GF DF**

SMOOTHIE ADD-INS:

+1-2 per additional add-in.
Choose from 15+

KRUSH YOUR OWN

STEP 1 PICK A PROTEIN

13 Avocado Black beans Chickpeas Hard boiled egg* Tofu	14.50 Grilled chicken Shredded chicken Falafel	15.50 Salmon* Shrimp*	16 Grass-fed steak*
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STEP 2 CHOOSE A BASE

WRAP Whole wheat tortilla DF V Rice tortilla GF DF V	SALAD Arugula Boston lettuce cups Mesclun mix Romaine Sautéed kale Shredded kale Sautéed spinach Spinach	BOWL Brown rice GF DF V Pasta DF V Quinoa GF DF V Soba noodles GF DF V	TACO Corn tortilla GF DF V
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STEP 3 ADD TOPPING

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

STEP 4 DRESS IT UP

Choose from over 15 Dressings - Made from scratch - gluten free - Extra +.50

GLUTEN-FREE BAKERY

APPLE SPICE MUNCHKINS 1.75

Apple, cinnamon, nutmeg, coconut **GF DF**

SEASONAL BAKED DONUT 4.25

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

CHOCOLATE ZUCCHINI MUFFIN 4.25

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

PALEO MUFFIN 4.25

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

CORNBREAD 3.25

GF

SUPERSEED MUFFIN 4.25

Seeds, nuts, pear, carrot, cinnamon **GF DF**

BROWNIE 4.25

Dark chocolate chips **GF**

CHOCOLATE CHIP COOKIE 2.25

Dark chocolate chips **GF**

COWBOY COOKIE 2.25

Chocolate, oats, walnuts, and coconut **GF**

MAMA'S BREAKFAST COOKIE 2.25

Almond butter, oats, raisins **GF DF V**

KRUSH CLASSICS

STEP 1 SELECT A CLASSIC

AUSTIN CHICKEN 14.50 Organic roasted chicken, corn, tomato, avocado, cilantro, red onion, smoked paprika aioli GF DF	COCONUT SHRIMP* 15.50 Grilled wild shrimp, avocado, cucumber, carrot, red cabbage, coconut shreds, coconut-peanut dressing GF DF
FISH TACO* 15.50 Sustainable salmon, cabbage slaw, avocado, pico de gallo, scallion, chipotle lime crema GF	MEXI STEAK* 16 Grilled marinated grass-fed steak, black beans, spinach, pineapple, pico de gallo, chipotle lime crema GF
SPICY KOREAN BBQ 14.50 Organic roasted chicken, mushrooms, sweet potatoes, zucchini, spinach, kimchi, BBQ sauce GF DF	THAI TOFU 13 Citrus marinated tofu, carrots, bell peppers, broccoli, scallions, thai dressing GF DF V

STEP 2 CHOOSE A BASE

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

*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.