

## BREAKFAST ALL DAY

### AVOCADO TOAST\* 10

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

### BREAKFAST EGG WRAP\* 10

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

**GLUTEN-FREE OPTION AVAILABLE**

### EGGS YOUR WAY\* 4/8

2-4 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 eggs **GF DF**

### SWEET POTATO HASH 9

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

### BERRY NUTTY OATMEAL 7

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

### MAPLE BANANA OATMEAL 7

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

### CREATE YOUR OWN OATMEAL 7

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

### FARMER FRITTATA\* 12

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

### VEGGIE FRITTATA\* 12

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

### OATMEAL PANCAKES 10

Topped with blueberries, strawberries, yogurt, 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

## AÇAÍ BOWLS

### BERRY 10

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 BOWL 10

Choose 3 toppings **GF DF**

### AÇAÍ & OATMEAL TOPPINGS

+1-2 per additional toppings.

Choose from 20+

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

### 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

## BONE BROTH & BOWLS

Served Hot: 16 oz. 4  
32 oz. 8

### 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

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

### CHICKEN BONE BROTH BOWL 15

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

### STEAK BONE BROTH BOWL\* 15

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

## KIDS' CORNER

### AÇAÍ BOWL 5

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

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

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

### CHICKEN & CHEESE QUESADILLA 9

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



**ORGANIC  
KRUSH**  
LIFESTYLE EATERY™

**TRUST THE KRUSH**  
**EAT HAPPY SPREAD LOVE**

**ORGANICKRUSH.COM**

# COLD-PRESSED JUICES

**FIGHTER 6**  
Carrot, orange, grapefruit, lemon, ginger

**TRULY GREEN 6**  
Cucumber, spinach, celery, kale, parsley, lemon

**FIX ME UP 6**  
Cucumber, green apple, celery, fennel, lemon

**TRUTH BE TOLD 6**  
Cucumber, green apple, spinach, lime

**FLEX APPEAL 6**  
Pineapple, spinach, cucumber, kale, mint, ginger

**WELLNESS SHOT 5**  
Lemon, orange, ginger, fresh turmeric, cayenne

**LIBERATION 6**  
Orange, celery, pear, kale, lemon, cilantro, aloe

**FLU SHOT 5**  
Pineapple, lemon, ginger, garlic

**NUT MYLK 6**  
Filtered water, raw almonds or cashews, dates, vanilla, sea salt, cinnamon

**IMMUNITY SHOT 5**  
Apple, carrot, cardamom, ginger, lemon

**SMOOTH SAILING 6**  
Carrot, green apple, beet, lemon, ginger

**TONIQ 6**  
Cucumber, green apple, kale, lime, ginger, watercress

# 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 8**  
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 KLASIK 9**  
Strawberry, banana, honey, almond mylk **GF DF**

**THE ST. BARTH'S 8**  
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

12	Avocado Black beans Chickpeas Hard boiled egg* Tofu	14	Grilled chicken Shredded chicken Foldafel	15	Grass-fed steak* Salmon* Shrimp*
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## STEP 2 CHOOSE A BASE

<b>WRAP</b> Whole wheat tortilla <b>DF V</b>	<b>SALAD</b> Avugula Boston lettuce cups Mesclun mix Romaine Sautéed kale Shredded kale Sautéed spinach Spinach	<b>BOWL</b> Brown rice <b>GF DF V</b> Pasta <b>DF V</b> Quinoa <b>GF DF V</b> Soba noodles <b>GF DF V</b>	<b>TACO</b> Corn tortilla <b>GF DF V</b>
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## STEP 3 ADD TOPPINGS

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 1.50**  
Apple, cinnamon, nutmeg, coconut **GF DF**

**SUPERSEED MUFFIN 4**  
Seeds, nuts, pear, carrot, cinnamon **GF DF**

**SEASONAL BAKED DONUT 4**  
Chocolate chip, Apple cinnamon, or Pumpkin **GF**

**BROWNIE 4**  
Dark chocolate chips **GF**

**CHOCOLATE ZUCCHINI MUFFIN 4**  
Zucchini shreds, chocolate chips, coconut **GF DF V**

**CHOCOLATE CHIP COOKIE 2**  
Dark chocolate chips **GF**

**PALEO MUFFIN 4**  
Chocolate Espresso, Banana Spice, or Sweet Potato Cihai **GF DF**

**COWBOY COOKIE 2**  
Chocolate, oats, walnuts, and coconut **GF**

**MAMA'S BREAKFAST COOKIE 2**  
Almond butter, oats, raisins **GF DF V**

**CORNBREAD 4**  
**GF**

# KRUSH CLASSICS

## STEP 1 SELECT A CLASSIC

**AUSTIN CHICKEN 14**  
Organic roasted chicken, corn, tomato, avocado, cilantro, red onion, smoked paprika aioli **GF DF**

**COCONUT SHRIMP\* 15**  
Grilled wild shrimp, avocado, cucumber, carrot, red cabbage, coconut shreds, coconut-peanut dressing **GF DF**

**FISH TACO\* 15**  
Sustainable salmon, cabbage slaw, avocado, pico de gallo, scallion, chipotle lime crema **GF**

**MEXI STEAK\* 15**  
Grilled marinated grass-fed steak, black beans, spinach, pineapple, pico de gallo, chipotle lime crema **GF**

**SPICY KOREAN BBQ 14**  
Organic roasted chicken, mushrooms, sweet potatoes, zucchini, spinach, kimchi, BBQ sauce **GF DF**

**THAI TOFU 12**  
Citrus marinated tofu, carrots, bell peppers, broccoli, scallions, thai dressing **GF DF V**

## STEP 2 CHOOSE A BASE

<b>WRAP</b> Whole wheat tortilla <b>DF V</b>	<b>SALAD</b> Avugula Boston lettuce cups Mesclun mix Romaine Sautéed kale Shredded kale Sautéed spinach Spinach	<b>BOWL</b> Brown rice <b>GF DF V</b> Pasta <b>DF V</b> Quinoa <b>GF DF V</b> Soba noodles <b>GF DF V</b>	<b>TACO</b> Corn tortilla <b>GF DF V</b>
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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.