

# VEGAN MENU

"EAT FOOD, MOSTLY PLANTS" ~ MICHAEL POLLAN

## BREAKFAST ALL DAY

### AVOCADO TOAST - 10.50

gluten-free bread, avocado, pico de gallo, cilantro & ask to substitute the egg for hummus, hemp seeds, sweet potatoes or extra avo!

### GALLO PINTO - 10.50

brown rice, black beans, bell peppers, onions, cilantro, pico de gallo & ask to substitute the eggs for half an avocado, tofu, cauliflower or sweet potatoes!

### SWEET POTATO HASH - 9.50

sweet potatoes, bell peppers, onions, apples, smoked paprika aioli

### TOFU BREAKFAST BOWL - 13.25

tofu over sauteed spinach, sweet potatoes, mushrooms, zucchini, avocado, tahini turmeric dressing

### CYO OATMEAL (CHOOSE THREE TOPPINGS) - 7.50

### CYO ACAI (CHOOSE THREE TOPPINGS) - 11.25

toppings: almonds, almond butter, apple, banana, blueberries, cacao, chia seeds, coconut, dark chocolate chips, flax seeds, hemp seeds, maca, peanut butter, pineapple, raspberries, strawberries, sunflower seeds, vegan pea protein (vanilla or chocolate) (additional toppings 1.25-2.25)

## SMOOTHIES

### BERRY BLISS - 9.25

strawberries, blueberries, banana, coconut water, orange juice

### ST. BARTHS - 9.25

strawberries, pineapple, apple juice

### CHOCOLATE HULK - 9.25

banana, spinach, raw cacao, almond butter, almond mylk

### NUTTY BUDDY - 11.25

banana, peanut butter, vanilla vegan protein, raw cacao, almond mylk

### GREEN DREAM - 10.25

pear, avocado, spinach, sea salt, cold-pressed pear juice

### CYO SMOOTHIE - 9.25

choose a base, plus two ingredients

add-ins: almond butter, avocado, banana, blueberries, cacao, chia seeds, flax seeds, hemp seeds, maca, peanut butter, pear, pineapple, spinach, strawberries, vegan protein (vanilla or chocolate) (additional add-ins 1.25-2.25)

# VEGAN MENU

## LUNCH & DINNER

### KRUSH YOUR OWN

#### STEP 1 - PICK A PROTEIN

avocado, black beans, chickpeas or tofu - 13.25  
falafel - 14.75

#### STEP 2 - CHOOSE A BASE

whole wheat wrap, gluten free wrap, arugula, boston lettuce cups, mesclun mix, romaine, shredded kale, sauteed kale, spinach, sauteed spinach, brown rice, pasta, quinoa, brown rice noodles

#### STEP 3 - SELECT 4 TOPPINGS

almonds, artichokes, arugula, avocado, basil, beets, black beans, broccoli, carrots, cashews, cauliflower, cabbage, celery, chickpeas, cilantro, corn, cucumber, hemp seeds, jalapeno, kale, kimchi, mango, mint, mushrooms, olives, onion, parsley, peanuts, pico de gallo, pineapple, pumpkin seeds, tomatoes, spinach, sunflower seeds, sweet potatoes, walnuts, zucchini  
(additional toppings range from 1.25-3)

#### STEP 4 - DRESS IT UP!

balsamic vinaigrette, coconut peanut, lemon herb, paprika aioli, ponzu, red wine vinaigrette, roasted shallot, spicy BBQ, tahini turmeric, thai vinaigrette

### OWNER'S FAVORITES

#### MEDITERRANEAN OVER MESCLUN - 14.75

falafel, artichokes, olives, cucumber, tomato, sunflower seeds & ask to substitute yogurt herb dressing for lemon herb dressing

#### SPICY KOREAN OVER NOODLES - 14.75

mushrooms, sweet potatoes, zucchini, spinach, kimchi, BBQ sauce & ask to substitute chicken for tofu

#### THAI TOFU OVER BROWN RICE - 13.25

citrus marinated tofu, carrots, bell pepper, broccoli, scallions, mint, thai dressing

#### THE CHOP OVER ROMAINE - 13.25

chickpeas, tomato, cucumber, carrots, red onion, pumpkin seeds, lemon herb dressing & ask to substitute the feta cheese for avocado

#### VEGAN BROTH BOWL - 13.50

tofu, sugar snap peas, red onion, bell peppers, mesclun mix, kale, turmeric, sesame oil, vegetable broth

### SOUPS

**ASK FOR THE SOUP OF THE DAY (ALMOST ALL ARE VEGAN!)**

**OUR KRUSH CREW MEMBERS ARE HERE TO ASSIST YOU WITH ANY QUESTIONS. IF YOU WOULD LIKE TO MAKE ANY OF OUR DISHES VEGAN FEEL FREE TO ASK FOR SUGGESTIONS ON SUBSTITUTIONS!**



**ORGANIC KRUSH**

LIFESTYLE EATERY™