

## Gluten-Free Bakery

### APPLE SPICED

**MUNCHKIN** ..... **1.50** ea./7 for 6 pack  
apple, cinnamon, nutmeg, coconut **GF DF**

### CHOCOLATE ZUCCHINI

**MUFFIN** ..... **4.25**  
zucchini shreds, chocolate chips, coconut **GF DF V**

**GRANOLA** 10 oz ..... **10**  
gf rolled oats, raisins, pumpkin seeds, sunflower seeds, dates, almonds **GF DF N**

## Cold-Pressed Juices and Wellness Shots

**CELERY JUICE** ..... **10.50**  
High in B Vitamins  
100% celery

**FIGHTER** ..... **10.50**  
May fight off colds and viruses  
carrot, orange, grapefruit, lemon, ginger

**FIX ME UP** ..... **10.50**  
May aid digestion and soothe gut  
cucumber, celery, fennel, green apple, lemon

**FLEX APPEAL** ..... **12**  
High in energy  
pineapple, spinach, cucumber, kale, mint, ginger

**WELLNESS SHOT** ..... **5.25**  
High in vitamin C  
lemon, orange, ginger, turmeric, cayenne

**MAKE IT A 6-PACK** ..... **55**

### NEW MINI SUPERSEED

**MUFFIN** ..... **2.50** ea./6 for 3 pack  
seeds, nuts, pear, carrot, cinnamon **GF DF N**

**PALEO BANANA MUFFIN** ..... **4.25**  
vanilla, almond butter, cinnamon, nutmeg, banana **GF DF N**

**SMOOTH SAILING** ..... **10.50**  
High in electrolytes  
carrot, green apple, beet, lemon, ginger

**TONIQ** ..... **12**  
May enhance complexion  
cucumber, green apple, kale, lime, ginger

**TRULY GREEN** ..... **12**  
May prevent cellular damage  
cucumber, spinach, celery, kale, parsley, lemon

**TRUTH BE TOLD** ..... **10.50**  
May enhance iron absorption  
cucumber, green apple, spinach, lime

**IMMUNITY SHOT** ..... **5.25**  
High in antioxidants  
apple, carrot, lemon, ginger, cardamom

**ASK ABOUT OUR 1,3 & 5 DAY JUICE CLEANSES!**

## Gourmet to Go

**OVERNIGHT OATS** ..... **6**  
steel cut oats, peanut butter, chocolate chips, house made granola **GF DF N**

**PROTEIN BITES** ..... **5.50** for 3 pack  
almond milk, oat flour, dark chocolate chips, maple syrup, coconut sugar, vanilla, coconut flour, vanilla protein powder, almond butter, psyllium husks **GF DF V N**

**KALE DETOX SALAD** ..... **8.50**  
kale, chickpeas, craisins, almonds, grapefruit, olive oil **GF DF V N**

**TRUFFLE POPCORN** ..... **6**  
house-popped corn seasoned with sea salt and truffle olive oil **GF DF V**

**GRILLED CHICKEN SALAD** ..... **9.50**  
grilled organic chicken, almonds, craisins, homemade veganaise, celery, apple, red onion, lemon juice **GF DF N**

**TUNA SALAD** ..... **10**  
skipjack wild tuna, carrots, celery, red onion, homemade veganaise, lemon juice **GF DF**

**GF OATMEAL PANCAKES** ..... **12.50**  
gluten-free oatmeal pancakes, maple syrup, strawberry **GF**

**AUSTIN CHICKEN SALAD OR WRAP** ..... **16.50**  
shredded organic chicken breast, avocado mash, sautéed tomatoes, corn, red onions, cilantro with smoked paprika aioli over mixed greens or whole wheat wrap. **DF GF salad**

## LOVE LETTER

*It's a Love Story. Baby Just Say Yes*

We've always been a yes company. From the day we opened our doors in 2015, it was a big giant "yes" to the world that we would serve food that made people feel amazing. We were touring the East Coast, going to Taylor Swift concerts with our teen daughters and we could not find acceptable fast food anywhere. Food without hormones, GMO's, & pesticides (those were our NO's :). So we realized if it didn't exist, we'd have to build it ourselves. After all, if Taylor Swift could make love music that made you cry, we could cook organic food that made you fly. Come krush with us on our journey to true health, we promise you will love the tour.

XO,  
*Fran & Michelle*

Fran & Michelle

## OUR PROMISE

FOOD AND JUICE HAND-CRAFTED WITH LOVE SINCE 2015

ORGANIC • SUSTAINABLY SOURCED

GLUTEN FREE • PLANT FORWARD

WITHOUT GMOS, HORMONES, AND HARMFUL PESTICIDES

## TAKE US HOME

- FRESH DAILY GOURMET TO GO
- HEAT & EAT PREPARED MEALS
- NEXT DAY CATERING
- 1,3 & 5 DAY JUICE CLEANSSES

## NUTRITION FACTS



# ORGANIC KRUSH

*Kitchen ♡ Eatery*

*eat  
happy  
spread  
love*

## DISCOVER, FOLLOW, & CONNECT

 **ORGANICKRUSH.COM**

 **@ORGANICKRUSH**

 **@ORGANICKRUSH**

## Breakfast All Day

**SMASHED AVOCADO TOAST ... 11.50**  
gluten free bread, seasoned smashed avocado, cilantro, pico de gallo, one sunny-side up certified organic egg\* **GF DF**

**NEW PROTEIN POWER WRAP ... 14**  
scrambled eggs, organic chicken, spinach, avocado, whole wheat tortilla **DF** (**GF option available**)

**BERRY NUTTY STEEL CUT OATS.....9**  
strawberries, blueberries, housemade granola **GF DF N**

### SIGNATURE DISHES

*Choose Wrap, Salad, or Bowl*

**AUSTIN CHICKEN ..... 16.50**  
shredded organic chicken, avocado, sautéed tomatoes, corn, red onions, cilantro over brown rice with smoked paprika aioli **GF DF**

**COCONUT SHRIMP ..... 18**  
sautéed sustainable shrimp, avocado, cucumbers, carrots, red cabbage, coconut flakes over quinoa with coconut peanut dressing **GF DF**

**SPICY KOREAN BBQ ..... 16.50**  
shredded organic chicken, mushrooms, sweet potatoes, zucchini, spinach, kimchi, over quinoa with spicy BBQ sauce **GF DF**

**BREAKFAST WRAP ..... 12.50**  
scrambled eggs, avocado, caramelized onions, mushrooms, farmhouse cheddar, whole wheat wrap (**GF option available**)

**SWEET POTATO HASH ..... 11.50**  
sweet potatoes, red peppers, red onions, apples, smoked paprika aioli **GF DF V**

**EGGS YOUR WAY ..... 4.50**  
2 certified organic eggs\* cooked how you like: fried, scrambled, over easy, over hard, sunny-side up **GF DF**

• **Side of bacon \$3**

**MEXI STEAK..... 18**  
organic braised steak, black beans, spinach, caramelized pineapple, pico de gallo over brown rice with chipotle-lime dressing **GF DF**

**THAI TOFU ..... 14**  
citrus marinated organic tofu, carrots, red peppers, broccoli, scallions, over brown rice with thai dressing **GF DF V**

**KRUSH YOUR OWN**  
(using the order form)  
• choose your protein (tofu, vegetable, chicken, seafood or steak)  
• select your base (wrap, salad or bowl)  
• choose four toppings  
• dress it up

**PENNE A LA BROCCOLI ..... 12**  
pasta, broccoli with house-made marinara sauce, and cheddar cheese **GF**

**NEW KID'S ORGANIC CHICKEN BURRITO..... 12**  
shredded organic chicken, cheddar cheese, white rice, corn, whole wheat tortilla (**GF option available**)

## Bone Broth and Soups

**NEW INTRODUCING**  
**🔥 Kettle & Fire**

**CHICKEN BONE BROTH .... 5.50 / 11**  
16 oz or 32 oz **GF DF**

**ADD MIX INS**  
steak, salmon\*, shrimp, chicken, tofu, or veggies

**CHICKEN NOODLE BONE BROTH.....9/ 16**  
carrots, onions, celery, shredded organic chicken, spinach, brown rice noodles **GF DF**

**SEASONAL SOUPS.....8/ 14**  
**GF DF**

## Tacos and Sandwiches

**GRILLED ORGANIC CHICKEN SANDWICH..... 16.50**  
grilled organic chicken breast, smashed avocado, tomato, mixed greens, toasted whole grain bun, smoked paprika aioli with a side quinoa-veggie salad **DF** (**GF option available**)

**SWEET POTATO BURRITO..... 15**  
sweet potatoes, avocado, black beans, red onions, brown rice inside of a rolled whole wheat wrap, topped with house-made chili sauce, cheddar, pico de gallo, and cilantro (**GF option available**)

**CHICKEN STREET TACOS ..... 16.50**  
shredded organic chicken, pico de gallo, cheddar, romaine, chili sauce, cilantro, lime, soft corn tortillas **GF**

**SALMON TACOS ..... 18**  
sustainable salmon\*, pickled red cabbage, avocado, pico de gallo, scallion, chipotle-lime dressing in soft corn tortillas **GF DF**

## Salads and Veggie Bowls

**NEW KRUSH COBB SALAD..... 15**  
grilled organic chicken breast, hard boiled egg, bacon, tomatoes, cheddar cheese, scallions over romaine with red wine vinaigrette **GF**

**BEACH GREEK SALAD..... 15**  
tomatoes, cucumbers, kalamata olives, feta cheese, pickled red onions, sunflower seeds over romaine with red wine vinaigrette **GF**

**NEW FALL IN LOVE ..... 12**  
roasted butternut squash, kale, toasted chickpeas, roasted carrots, red onion, cauliflower, red cabbage, cilantro, spicy ponzu, over quinoa, served hot **GF DF V**

**FOUNTAIN OF YOUTH SALAD... 15**  
roasted carrots, cauliflower, beets, pickled cabbage, quinoa, feta cheese, pumpkin seeds over mixed greens with balsamic vinaigrette **GF**

**NEW HARVEST BEET..... 12**  
butternut squash, beets, red cabbage, feta cheese, pumpkin seeds, raisins over spring mix with balsamic vinaigrette **GF**

**CREATE YOUR OWN.....starting at 9**  
choose 4 toppings & dress it up

**ADD A PROTEIN**  
braised steak, salmon\* or shrimp **+\$10**  
shredded or grilled chicken **+\$6** tofu **+\$4**  
hard boiled egg **+\$2.50** avocado **+\$3**

### WEEKEND SPECIALS

*Available every Friday, Saturday, and Sunday*

**VEGGIE FRITTATA..... 15**  
tomatoes, spinach, roasted mushrooms, broccoli and eggs topped with feta cheese **GF**

**FARMER FRITTATA..... 14**  
tomatoes, roasted sweet potatoes, bacon and eggs topped with melted farmhouse cheddar **GF**

**OATMEAL PANCAKES..... 12.50**  
gluten-free oatmeal pancakes maple syrup and garnished with strawberries **GF**

**GF = GLUTEN FREE DF = DAIRY FREE V = VEGAN N = CONTAINS NUTS**

YOU ARE ALWAYS WELCOME TO CUSTOMIZE YOUR WRAP, SALAD, BOWL, SMOOTHIE OR AÇAÍ

WE EXCLUSIVELY USE OLIVE OIL FOR ALL OF OUR HOMEMADE COOKING!

ALL DRESSINGS AND SAUCES ARE HOMEMADE AND **GF**

\* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Please alert your server of any allergies.

## Acai Bowls

**PARADISE..... 11.50**  
blueberries, strawberries, mango, coconut **GF DF V**

**HEALTH NUT ..... 11.50**  
strawberry, banana, blueberry, homemade granola **GF DF N**

**ELVIS ..... 11.50**  
peanut butter, banana, dark chocolate chips **GF DF N**

**CREATE YOUR OWN..... 11.50**  
includes 3 fruits / toppings

## Smoothies

**BERRY BLISS ..... 11**  
mixed berries, banana, coconut water, orange juice **GF DF V**

**MEXICAN COFFEE .....9.50**  
coffee, banana, almond butter, sea salt, cinnamon, honey, almond milk **GF DF N**

**GREEN DREAM..... 10**  
spinach, avocado, pear, cold-pressed pear juice, sea salt **GF DF V**

**NUTTY BUDDY ..... 11**  
banana, peanut butter, vanilla vegan protein, raw cacao, almond milk **GF DF V N**

**ST. BARTHS ..... 11**  
pineapple, strawberry, apple juice **GF DF V**

**CHOCOLATE HULK.....9.50**  
spinach, banana, raw cacao, almond butter, almond milk **GF DF V N**

**KLASSIC .....9.50**  
strawberry, banana, honey, almond milk **GF DF N**

**VANILLA CHAI PROTEIN SMOOTHIE..... 10**  
banana, almond butter, vanilla protein powder, cinnamon, nutmeg, ginger, almond milk **GF V DF N**

**CREATE YOUR OWN..... 10**  
blend 2 fruits / toppings plus a liquid

#### SMOOTHIE BASE OPTIONS

almond milk, oat milk, coconut milk, water, whole milk  
apple juice, orange juice, coconut water **+\$1**

#### FRESH FRUITS & TOPPINGS +1.25 EACH

apples, banana, blueberries, mango, pineapple, strawberries, almonds, coconut, cacao (raw), chocolate chips, chia seeds, granola

#### BOOSTS +2.25 EACH

almond butter, coconut oil, vanilla or chocolate vegan pea protein powder, peanut butter, kale, spinach

## Coffee and Tea

**DRIP COFFEE..... 3/4/5**

**ICED COFFEE ..... 3**

**COLD BREW ..... 5.50**

**SEASONAL BEVERAGES ..... 3.50**

**MATCHA LATTE ..... 6.50**  
matcha, coconut milk, coconut creamer, maple syrup **GF DF V**

**HOMEMADE WELLNESS TEA...5.50**  
cold-pressed apple, turmeric, ginger, lemon, cayenne, cinnamon, orange, honey, water **GF DF**

**ICED COCONUT LATTE ..... 5.50**  
cold brew, coconut creamer, coconut milk, cinnamon **GF DF V**

**HOT HERBAL, GREEN OR BLACK TEA ..... 4**

**SCAN HERE TO ORDER ONLINE AND DELIVERY**

