

Organic Krush Vegan Menu Suggestions
All Items except Whole Wheat Tortilla are Gluten Free

Breakfast All Day

Vegan Smashed Avocado Toast

Gluten-free bread, smashed avocado, sweet potatoes, pico de gallo, cilantro

Vegan Sweet Potato Hash

Sweet potatoes, red peppers, red onions, apples, smoked paprika aioli

Vegan Berry Nutty Oatmeal

Steel-cut oats, strawberries, blueberries, chopped almonds, chia seeds

Vegan Signature Dishes

Thai Tofu

Tofu, carrots, red peppers, broccoli, scallions, over brown rice with a homemade thai dressing

Vegan Spicy Korean BBQ

Tofu with mushrooms, sweet potatoes, zucchini, spinach, kimchi over quinoa with a homemade spicy Korean BBQ

KYO Vegan Austin

Avocado over brown rice, with tomato, corn, red onion & cilantro with our homemade smoked paprika aioli

Vegan Coconut Tofu Bowl

Tofu, chickpeas, avocado, cucumbers, carrots, red cabbage, coconut flakes over quinoa with coconut peanut dressing

Vegan Mexi

Black beans, spinach, caramelized pineapple, jalapeno, pico de gallo over brown rice with our homemade chipotle lime dressing

Krush Your Own

See Mini Clipboards for extensive options

1-Pick a Protein:

Avocado, Black Beans, Chickpeas, Tofu

2- Choose a Base:

Whole Wheat Wrap, Gluten Free Wrap, Mixed Greens, Spinach, Romaine,
Brown Rice, White Rice, Quinoa, Brown Rice Noodles, Baby Kale

3- Pick 4 Included Toppings:

Almonds, Avocado, Beets, Baby Kale, Black Beans, Broccoli, Brown Rice, Cabbage, Carrots,
Cauliflower, Celery, Chia Seeds, Chickpeas, Cilantro, Coconut, Corn, Craisins, Cucumber,
Flax Seeds, Hemp Seeds, Jalapeno, Kimchi, Mango, Mushrooms, Olives, Caramelized
Onion, Grilled Onion, Raw Onion, Peppers, Pico de Gallo, Pickled Cabbage, Pineapple,
Pumpkin Seeds, Quinoa, Scallions, Spinach, Strawberries, Sunflower Seeds, Sweet Potatoes,
Tomatoes, Walnuts, White Rice, Zucchini

4- Choose a Dressing:

Balsamic Vinaigrette, Apple Cider Vinaigrette, Chipotle Lime Dressing, Coconut Peanut,
Lemon Herb, Olive Oil, Smoked Paprika Aioli, Ponzu, Red Wine Vinaigrette, Spicy Korean
BBQ, Thai Vinaigrette

Our Favorite Vegan “Krush Your Owns”

The Vegan Avo Chop

Avocado over quinoa, romaine, chickpeas, tomato, cucumber, carrots,
pumpkin seeds, lemon herb dressing

The Vegan Comfort Bowl

Tofu over rice noodles, sweet potatoes, scallions, sautéed kale,
almonds, spicy korean BBQ dressing

The Vegan Southwest Bowl

Avocado, brown rice, black beans, bell peppers, pico de gallo, lime,
chipotle lime dressing

Super Salads

Vegan Fountain of Youth

Roasted carrots, cauliflower, beets, pickled cabbage, quinoa, pumpkin seeds, mixed greens with balsamic vinaigrette

Vegan Beach Greek

Tomatoes, cucumbers, kalamata olives, pickled red onions, romaine, sunflower seeds with red wine vinaigrette

Handhelds & Tacos

Cauliflower Tacos

Roasted cauliflower, mango, pickled red cabbage, lemon herb vinaigrette, cilantro, lime, soft corn tortillas

Vegan Sweet Potato Burrito

Sweet potatoes, avocado, black beans, red onion, brown rice, inside of a rolled whole wheat wrap, topped with house made vegan chipotle lime dressing, pico de gallo, and cilantro

Kids

Vegan Buddha Bowl

Organic seared tofu, brown rice, broccoli

Vegan Snacks & Bakery

Truffle Popcorn- organic popping corn, truffle oil, sea salt

Chocolate Chip Protein Bites- vanilla pea protein powder, almond butter, oat flour

Sea Salt Caramel Bites- almond butter, vanilla, dates

Carrot Cake Bites - shredded carrot, coconut, almond butter

Chocolate Zucchini Muffin- zucchini, cacao, GF flour blend

Soups

Seasonal Soup

12oz

32oz

Cold Pressed Juices and Wellness Shots

****All of our juices and shots are vegan****

Smoothies

All of our smoothies use a non-dairy base and are already Vegan, with the exception of Mexican Coffee and Klassic, which use honey

Vegan Mexican Coffee

Banana, coffee, almond milk, almond butter

Berry Bliss

Mixed berries, bananas, coconut water, orange juice

Green Dream

Spinach, avocado, pear, homemade cold pressed pear juice, sea salt

Nutty Buddy

Banana, peanut butter, vanilla vegan protein, raw cacao, almond milk

St. Barths

Pineapple, strawberry, apple juice

Chocolate Hulk

Spinach, banana, raw cacao, almond butter, almond milk

Vegan Klassic

Strawberry, banana, almond milk

add chia seeds, raw cacao, vegan pea protein powder

Acai Bowls

**Vegan base of acai, banana, orange juice, coconut water
for all of our bowls**

Vegan Health Nut

Banana, strawberry, blueberry, chopped almonds, chia seeds

Paradise

Blueberries, strawberries, mango, coconut

Elvis

Peanut butter, banana, dark chocolate chips

Coffee & Tea

Vegan Wellness Tea-hot or cold

Cold-pressed apple, lemon, orange, ginger, cayenne,
cinnamon, maple syrup, water

Ask about our Coffee & Matcha options!