

Gluten-Free Bakery

APPLE SPICED

MUNCHKIN

apple, cinnamon, nutmeg, coconut **GF DF**

CHOCOLATE ZUCCHINI

MUFFIN

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

GRANOLA

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

PALEO BANANA MUFFIN

vanilla, almond butter, cinnamon, nutmeg, banana **GF DF N**

BLUEBERRY MUFFIN

blueberries, vanilla, cinnamon, organic GF flour **GF DF**

Cold-Pressed Juices and Wellness Shots

CELERY JUICE

High in B Vitamins

100% celery

FIGHTER

May fight off colds and viruses

carrot, orange, grapefruit, lemon, ginger

FIX ME UP

May aid digestion and soothe gut

cucumber, celery, fennel, green apple, lemon

FLEX APPEAL

High in energy

pineapple, spinach, cucumber, kale, mint, ginger

WELLNESS SHOT

High in vitamin C

lemon, orange, ginger, turmeric, cayenne

MAKE IT A 6-PACK

SMOOTH SAILING

High in electrolytes

carrot, green apple, beet, lemon, ginger

TONIQ

May enhance complexion

cucumber, green apple, kale, lime, ginger

TRULY GREEN

May prevent cellular damage

cucumber, spinach, celery, kale, parsley, lemon

TRUTH BE TOLD

May enhance iron absorption

cucumber, green apple, spinach, lime

IMMUNITY SHOT

High in antioxidants

apple, carrot, lemon, ginger, cardamom

ASK ABOUT OUR 1,3 & 5 DAY JUICE CLEANSSES!

Gourmet to Go

OVERNIGHT OATS

steel cut oats, peanut butter, chocolate chips, house made granola **GF DF N**

PROTEIN BITES

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

kale, chickpeas, craisins, almonds, grapefruit, olive oil **GF DF V N**

TRUFFLE POPCORN

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

GRILLED CHICKEN SALAD

grilled organic chicken, almonds, craisins, homemade veganaise, celery, apple, red onion, lemon juice **GF DF N**

TUNA SALAD

skipjack wild tuna, carrots, celery, red onion, homemade veganaise, lemon juice **GF DF**

AUSTIN CHICKEN SALAD OR WRAP

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



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Breakfast All Day

SMASHED AVOCADO TOAST

gluten free bread, seasoned smashed avocado, cilantro, pico de gallo, one sunny-side up certified organic egg* **GF DF**

PROTEIN POWER WRAP

scrambled eggs, organic chicken, spinach, avocado, whole wheat tortilla **DF (GF option available)**

BERRY NUTTY STEEL CUT OATS

strawberries, blueberries, housemade granola **GF DF N**

BREAKFAST WRAP

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

SWEET POTATO HASH

sweet potatoes, red peppers, red onions, apples, smoked paprika aioli **GF DF V**

EGGS YOUR WAY

2 certified organic eggs* cooked how you like: fried, scrambled, over easy, over hard, sunny-side up **GF DF**

- Side of bacon

Salads and Veggie Bowls

NEW KRUSH COBB

grilled organic chicken breast, hard boiled egg, bacon, tomatoes, cheddar cheese, scallions over romaine with red wine vinaigrette **GF**

BEACH GREEK

tomatoes, cucumbers, kalamata olives, feta cheese, pickled red onions, sunflower seeds over romaine with red wine vinaigrette **GF**

NEW FALL IN LOVE

roasted sweet potato, kale, toasted chickpeas, roasted carrots, red onion, cauliflower, red cabbage, cilantro, spicy ponzu, over quinoa, served hot **GF DF V**

FOUNTAIN OF YOUTH

roasted carrots, cauliflower, beets, pickled cabbage, quinoa, feta cheese, pumpkin seeds over mixed greens with balsamic vinaigrette **GF**

CREATE YOUR OWN SALAD

choose 4 toppings & dress it up

ADD A PROTEIN

braised steak, salmon* or shrimp shredded or grilled chicken, tofu hard boiled egg, avocado

Kids

BUDDHA BOWL

grilled organic chicken breast, broccoli, brown rice **GF DF**

CHICKEN & CHEESE QUESADILLA

shredded organic chicken, black beans, cheddar cheese inside of a whole wheat tortilla with carrot, celery sticks, and pico de gallo **(GF option available)**

PENNE A LA BROCCOLI

pasta, broccoli with house-made marinara sauce, and cheddar cheese **GF**

Bone Broth and Soups

Kettle & Fire

CHICKEN BONE BROTH

16 oz or 32 oz **GF DF**

ADD MIX INS

steak, salmon*, shrimp, chicken, tofu, or veggies

SEASONAL SOUPS

CHICKEN NOODLE BONE BROTH

carrots, onions, celery, shredded organic chicken, spinach, brown rice noodles **GF DF**

CHICKEN THAI NOODLE BONE BROTH BOWL

organic shredded chicken, rice noodles, mushroom, carrots, Kettle & Fire chicken bone broth, tamari, lime, scallions, cilantro **GF DF**

Tacos and Sandwiches

SWEET POTATO BURRITO

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

shredded organic chicken, pico de gallo, cheddar, romaine, chili sauce, cilantro, lime, soft corn tortillas **GF**

SALMON TACOS

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

GRILLED ORGANIC CHICKEN SANDWICH

grilled organic chicken breast, smashed avocado, tomato, mixed greens, toasted gluten free bread, smoked paprika aioli with a side quinoa-veggie salad **GF DF**

SIGNATURE DISHES

Choose Wrap, Salad, or Bowl

AUSTIN CHICKEN

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

COCONUT SHRIMP

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

SPICY KOREAN BBQ

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

MEXI STEAK

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

THAI TOFU

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

WEEKEND SPECIALS

Available every Friday, Saturday, and Sunday

VEGGIE FRITTATA

tomatoes, spinach, roasted mushrooms, broccoli and eggs topped with feta cheese **GF**

FARMER FRITTATA

tomatoes, roasted sweet potatoes, bacon and eggs topped with melted farmhouse cheddar **GF**

OATMEAL PANCAKES (3)

gluten-free oatmeal pancakes maple syrup and garnished with strawberries **GF**

NEW BACON, EGG, & CHEESE ON A CROISSANT

bacon, scrambled eggs, cheddar cheese, Johnny Breads butter croissant **NOT 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

blueberries, strawberries, mango, coconut **GF DF V**

HEALTH NUT

strawberry, banana, blueberry, homemade granola **GF DF N**

ELVIS

peanut butter, banana, dark chocolate chips **GF DF N**

CREATE YOUR OWN

includes 3 fruits / toppings

Smoothies

BERRY BLISS

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

MEXICAN COFFEE

coffee, banana, almond butter, sea salt, cinnamon, honey, almond milk **GF DF N**

GREEN DREAM

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

NUTTY BUDDY

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

ST. BARTHS

pineapple, strawberry, apple juice **GF DF V**

CHOCOLATE HULK

spinach, banana, raw cacao, almond butter, almond milk **GF DF V N**

KLASSIC

strawberry, banana, honey, almond milk **GF DF N**

NEW VANILLA CHAI PROTEIN SMOOTHIE

banana, almond butter, vanilla protein powder, cinnamon, nutmeg, ginger, almond milk **GF V DF N**

CREATE YOUR OWN

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

FRESH FRUITS & TOPPINGS

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

BOOSTS

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

Coffee and Tea

DRIP COFFEE

ICED COFFEE

COLD BREW

SEASONAL BEVERAGES

MATCHA LATTE

matcha, coconut milk, coconut creamer, maple syrup **GF DF V**

HOMEMADE WELLNESS TEA

cold-pressed apple, turmeric, ginger, lemon, cayenne, cinnamon, orange, honey, water **GF DF**

ICED COCONUT LATTE

cold brew, coconut creamer, coconut milk, cinnamon **GF DF V**

HOT HERBAL, GREEN OR BLACK TEA

SCAN HERE TO ORDER ONLINE AND DELIVERY

