



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

Breakfast All Day

Vegan Smashed Avocado Toast \$9.38

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

Sweet Potato Hash \$11.98

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

Vegan Berry Nutty Oatmeal \$9.38

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

Fall Specials

Vegan Harvest Beet Salad \$13.02

butternut squash, beets, red cabbage, pumpkin seeds, raisins over mixed greens, balsamic vinaigrette

Chickpea Masala \$13.02

chickpeas, coconut milk, garam masala, coriander, turmeric, garlic, ginger, cumin, smoked paprika, cayenne, red onion, cornstarch, cilantro, salt & pepper over white rice

Krush Cauliflower Rice \$13.02

shredded cauliflower, broccoli, carrots, red cabbage, garlic, tossed in spicy ponzu topped with scallions

Pumpkin Smoothie \$10.42

pumpkin, banana, almond butter, dates, chia seeds, cinnamon, almond milk

Pumpkin Spice Latte

Hot \$4.17 Iced \$5.73

Coffee/cold brew, coconut milk, coconut creamer, pumpkin syrup and pumpkin spice

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!

Butternut Squash & Apple Soup

Small (12oz) for \$8.33

Large (32oz) for \$14.59

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, Arugula, Shredded Kale, Mixed Greens, Spinach, Romaine, Brown Rice, White Rice, Quinoa, Brown Rice Noodles

3- Pick 4 Included Toppings:

Almonds, Arugula, Avocado, Beets, Black Beans, Broccoli, Brown Rice, Butternut Squash (seasonal), Cabbage, Carrots, Cauliflower, Celery, Chia Seeds, Chickpeas, Cilantro, Coconut, Corn, Craisins, Cucumber, Flax Seeds, Jalapeño, Kale, 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, 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

Vegan Signatures

Thai Tofu \$14.59

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

Vegan Spicy Korean BBQ \$14.07

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

Vegan Austin \$14.50

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

Vegan Coconut Tofu Bowl \$15.63

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

Vegan Mexi \$14.59

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

Fall In Love Veggie Bowl \$12.50

Roasted sweet potato, kale, toasted chickpeas, roasted carrots, red onion, cauliflower, red cabbage, cilantro, over quinoa with spicy ponzu sauce

Vegan Avo Chop \$13.55

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

Vegan Comfort Bowl \$15.63

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

Vegan Southwest Bowl \$13.55

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

Cauliflower Tacos \$15.63

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

Vegan Sweet Potato Burrito \$15.11

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

Vegan Salads

Vegan Fountain of Youth \$15.11

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

Vegan Beach Greek \$15.11

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

Vegan Kids at Heart

Vegan Buddha Bowl \$10.42

Organic seared tofu, broccoli over brown rice

Vegan 'Gourmet To Go'

Kale Detox Salad \$8.86

Shredded kale, raisins, chickpeas, almonds, grapefruit, olive oil

Rainbow Slaw \$5.73

Colorful combination of cabbage, carrots, garbanzo beans, beets, sunflower seeds, pumpkin seeds, side of balsamic vinaigrette

Roasted Vegetables \$8.86

Seasonal combination of roasted vegetables

Vegan Snacks & Bakery

These items can be found in our 'Gourmet To Go' & bakery cases

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

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

Chocolate Truffle Brownie Bites - cashews, almond flour, maple syrup,
dark chocolate chips, raw cacao, chocolate protein powder

Sea Salt Caramel Bites- almond butter, vanilla, dates

Carrot Cake Bites - shredded carrot, walnut, coconut, almond butter

Chocolate Zucchini Muffin- zucchini, cacao, GF flour blend

Chia Pudding - chia, coconut milk, banana, almond butter, maple syrup,
vanilla, almonds

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 \$9.38

Banana, almond butter, coffee, almond milk

Emerald Protein Boost \$11.98

pineapple, banana, kale, spinach, vanilla protein powder, coconut water

Berry Bliss \$11.46

Mixed berries, bananas, coconut water, orange juice

Green Dream \$10.42

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

Nutty Buddy \$11.46

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

St. Barths \$11.46

Pineapple, strawberry, apple juice

Chocolate Hulk \$9.90

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

Vegan Klassic \$9.90

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 \$11.98

Banana, strawberry, blueberry, chopped almonds, chia seeds

Paradise \$11.98

Blueberries, strawberries, mango, coconut

Elvis \$11.98

Peanut butter, banana, dark chocolate chips

Coffee & Tea

Vegan Wellness Tea; Hot or Iced \$5.73

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

Coconut Latte; Hot or Iced \$5.73

Coffee/cold brew, coconut milk, coconut creamer, cinnamon

Matcha Latte; Hot or Iced \$6.77

Matcha, coconut milk, coconut creamer, maple syrup