

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, flour tortilla wrap **DF** (GF option available)

BERRY NUTTY STEEL CUT OATS

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

BACON, EGG, & CHEESE

bacon, scrambled eggs, cheddar cheese, Bedrock Bakers Paleo English Muffin **GF**

CREATE YOUR OWN OATMEAL

steel cut oats with your choice of 2 toppings **GF DF**

BREAKFAST WRAP

scrambled eggs, avocado, caramelized onions, mushrooms, cheddar, flour tortilla wrap (GF option available)

SWEET POTATO HASH

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

KYO PALEO ENGLISH MUFFIN

includes 1 base and 2 toppings

EGGS YOUR WAY

2 certified organic eggs* cooked how you like:

ADD A SIDE

bacon, yukon potatoes, egg, paleo english muffin, toast (2pcs)

Salads and Bowls

KRUSH COBB

grilled organic chicken breast, hard boiled egg, bacon, tomatoes, cheddar, 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**

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**

EGG DROP STIR-FRY RICE

zucchini, sugar snap peas, kale, red cabbage, shredded carrots, white rice, scrambled egg, garlic oil, spicy ponzu, ginger juice, scallions, sesame seeds, and jalapeno **GF DF**

CREATE YOUR OWN SALAD

choose 4 toppings & dress it up

ADD A PROTEIN

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

CHICKEN & CHEESE QUESADILLA

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

CHICKEN NOODLE BONE BROTH

shredded chicken, brown rice noodles, chicken bone broth, carrots, onions, celery, lemon, spinach **GF DF**

CHICKEN THAI NOODLE BONE BROTH BOWL

shredded chicken, brown rice noodles, chicken bone broth, mushroom, carrots, tamari, lime,

scallions, cilantro **GF DF**

Kettle & Fire

CHICKEN BONE BROTH

16 oz or 32 oz **GF DF** +Add a protein and veggies

Tacos and Sandwiches

SWEET POTATO BURRITO

sweet potatoes, avocado, black beans, red onions, brown rice inside of a rolled flour tortilla 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, house-made 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 CHICKEN PANINI

grilled organic chicken, red bell pepper, red onion, zucchini, spinach, cheddar roasted in a lemon herb vinaigrette pressed inside a flour tortilla wrap (GF option available)

CHIMICHURRI STEAK PANINI

grass fed braised steak, arugula, caramelized onions, mushrooms, pico de gallo, cilantro, chili flakes, with red wine vinaigrette pressed inside a flour tortilla wrap (GF option available)

GRILLED CHICKEN SANDWICH

grilled organic chicken breast, smashed avocado, tomato, mixed greens, toasted gluten free bread, smoked paprika aioli with a side salad of arugula, cucumber, tomato, olive oil, and lemon juice **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

grass fed 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 vinaigrette **GF DF V**

KRUSH CRUNCH BURRITO BOWL

sauteed organic shredded chicken, corn, black beans, house-made chili sauce, topped with avocado, cheddar, pico de gallo, chipotle lime dressing, crispy corn tortilla and cilantro over brown or white rice **GF**

KRUSH YOUR OWN

(using the order form)

- choose your protein (tofu, vegetable, chicken, seafood or grass fed braised steak)
- select your base (wrap, salad or bowl)
- choose four toppings
- dress it up

WEEKEND SPECIALS

Available every Friday, Saturday, and Sunday

VEGGIE FRITTATA

tomato, spinach, mushrooms, broccoli, 3 eggs oven baked and topped with feta **GF**

FARMER FRITTATA

bacon, tomato, sweet potato, 3 eggs oven baked and topped with cheddar **GF**

OATMEAL PANCAKES (3)

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

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

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.

Organic Acai Bowls

HEALTH NUT

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

ELVIS

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

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**

EMERALD PROTEIN

pineapple, banana, kale, spinach, vanilla protein powder, coconut water **GF DF V**

CREATE YOUR OWN

includes 3 fruits / toppings

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**

VANILLA CHAI PROTEIN

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

CREATE YOUR OWN

includes 1 base and 2 fruits

ORGANIC KRUSH X MEDICAL MEDIUM

COWBOY CAVIAR SALAD

black beans, grape tomatoes, avocado, red peppers, red onion, cilantro, jalapeño, romaine with MM lemon honey cumin dressing **GF DF**

SWEET POTATO & ZUCCHINI STEW

sweet potato, zucchini, yellow onion, garlic, cumin, coriander, turmeric, paprika, red chili flakes, honey, cilantro, MM Tomato Marinade, over your base of choice **GF DF**

QUINOA BRUSSELS SPROUTS

SALAD

roasted maple butternut squash, roasted/shaved lemon brussels sprouts, quinoa, baby arugula, apples, parsley, MM Honey Mustard Vinaigrette **GF DF**

APRICOT BITES

apricots, dates, cashews, shredded coconut **GF DF V N**

EVERYTHING POTATOES

yukon potatoes, everything blend **GF DF V**

HEAVY METAL DETOX SMOOTHIE

wild blueberry juice, organic wild blueberry powder, spirulina powder, barley grass juice powder, organic atlantic dulse, wild blueberries, bananas, orange juice, cilantro **GF DF V**

LIVER RESCUE SMOOTHIE

banana, dragon fruit powder, wild blueberries, filtered water **GF DF V**

POTATO FLATBREAD PIZZA

zucchini, red onions, mushrooms, tomatoes, fresh basil leaves, MM Marinara, MM Pesto, MM Potato Flatbread Crust **GF DF V N**

WILD BLUEBERRY DONUT

GF Oat Flour, Brown Rice Flour, Coconut Sugar, Baking Powder, Vanilla Powder, Almond Milk, Applesauce, Coconut Oil, Wild Blueberries, MM Wild Blueberry Glaze **GF DF V N**

CELERY JUICE

100% celery juice **GF DF V**

LIVER RESCUE JUICE

pineapple, apple, celery, ginger, parsley **GF DF V**