

Breakfast All Day

SMASHED AVOCADO TOAST. 12.50
gluten free bread, seasoned smashed avocado, cilantro, pico de gallo, one sunny-side up certified organic egg*
GF DF

PROTEIN POWER WRAP... 15.50
scrambled eggs, organic chicken, spinach, avocado, flour tortilla wrap **DF (GF option available)**

BERRY NUTTY STEEL CUT OATS..... 10
strawberries, blueberries, housemade granola **GF DF N**

SWEET POTATO HASH..... 13
sweet potatoes, red peppers, red onions, apples, smoked paprika aioli **GF DF V**

BREAKFAST WRAP..... 14
scrambled eggs, avocado, caramelized onions, mushrooms, cheddar, flour tortilla wrap **(GF option available)**

BACON, EGG & CHEESE PANINI 13.75
bacon, scrambled eggs, cheddar, pressed inside a flour tortilla wrap **(GF option available)**

EGGS YOUR WAY..... 5.10
2 certified organic eggs* cooked how you like: fried, scrambled, over easy, over hard, sunny-side up **GF DF**

ADD A SIDE

Bacon **\$3.50** Yukon Potatoes **\$5.50** Toast (2pcs) **GF DF V \$3.75**

Salads and Veggie Bowls

KRUSH COBB..... 17
grilled organic chicken breast, hard boiled egg, bacon, tomatoes, cheddar, scallions over romaine with red wine vinaigrette **GF**

BEACH GREEK..... 17
tomatoes, cucumbers, kalamata olives, feta cheese, pickled red onions, sunflower seeds over romaine with red wine vinaigrette **GF**

FALL IN LOVE 14.50
sweet potato, kale, toasted chickpeas, carrots, red onion, cauliflower, red cabbage, cilantro, spicy ponzu, sautéed over quinoa, served hot **GF DF V**

FOUNTAIN OF YOUTH..... 17
roasted carrots, cauliflower, beets, pickled cabbage, quinoa, feta cheese, pumpkin seeds over mixed greens with balsamic vinaigrette **GF**

EGG DROP STIR-FRY RICE..... 16
zucchini, sugar snap peas, kale, red cabbage, shredded carrots, scrambled egg, garlic oil, spicy ponzu, ginger juice, scallions, sesame seeds, and jalapeno, sautéed with white rice **GF DF**

ADD A PROTEIN

grass fed braised steak, salmon* or shrimp **+\$11** shredded or grilled organic chicken **+\$6.50** tofu **+\$4.50** hard boiled egg **+\$2.55** avocado **+\$3.25**

Organic Kids

BUDDHA BOWL..... 13.50
grilled organic chicken breast, broccoli, brown rice **GF DF**

CHICKEN & CHEESE QUESADILLA..... 11.25
shredded organic chicken, black beans, cheddar inside of a flour tortilla with carrot, celery sticks, and pico de gallo **(GF option available)**

Bone Broth and Soups

CHICKEN THAI NOODLE BONE BROTH BOWL..... 10/18
shredded organic chicken, brown rice noodles, chicken bone broth, mushroom, carrots, tamari, lime, scallions, cilantro **GF DF**

CHICKEN NOODLE BONE BROTH..... 10/18
shredded organic chicken, brown rice noodles, chicken bone broth, carrots, onions, celery, lemon, spinach **GF DF**

Kettle & Fire

CHICKEN BONE BROTH..... 6.25/12

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

Tacos, Paninis, and Flatbreads

CHICKEN STREET TACOS..... 18.25
shredded organic chicken, pico de gallo, cheddar, romaine, chili sauce, cilantro, lime, soft corn tortillas **GF**

GRILLED CHICKEN & VEGGIE PANINI..... 18.25
grilled organic chicken, bell pepper, red onion, zucchini, spinach, cheddar, sautéed in lemon herb vinaigrette pressed inside a flour tortilla wrap **(GF option available)**

CHIMICHURRI STEAK PANINI.. 19.75
grass fed braised steak, arugula, caramelized onions, mushrooms, pico de gallo, cilantro, chili flakes, sautéed in red wine vinaigrette pressed inside a flour tortilla wrap **(GF option available)**

SALMON TACOS..... 19.75
sustainable salmon, pickled red cabbage, avocado, pico de gallo, scallion, chipotle-lime dressing in soft corn tortillas **GF DF**

SWEET POTATO BURRITO..... 17.25
sweet potatoes, avocado, black beans, red onions, brown rice inside of a flour tortilla, topped with chili sauce, cheddar, pico de gallo, and cilantro **(GF option available)**

BBQ CHICKEN FLATBREAD..... 18
shredded organic chicken, pineapple, red onion, cheddar, cilantro, jalapeno, smoky BBQ sauce, sweet potato flatbread **GF**

SIGNATURE DISHES

Choose wrap, salad, bowl

AUSTIN CHICKEN..... 18
shredded organic chicken, avocado, tomatoes, corn, red onions, cilantro, sautéed over brown rice with smoked paprika aioli **GF DF**

COCONUT SHRIMP..... 19.75
sautéed sustainable shrimp, avocado, cucumbers, carrots, red cabbage, coconut dressing over quinoa with coconut peanut dressing **GF DF**

SPICY KOREAN BBQ..... 18
shredded organic chicken, mushrooms, sweet potatoes, zucchini, spinach, kimchi, sautéed over quinoa with spicy BBQ sauce **GF DF**

MEXI STEAK..... 19.75
grass fed braised steak, black beans, spinach, caramelized pineapple, pico de gallo sautéed over brown rice with chipotle lime dressing **GF DF**

THAI TOFU..... 15.50
citrus marinated organic tofu, carrots, red peppers, broccoli, scallions, sautéed over brown rice with thai vinaigrette **GF DF V**

CHICKEN BURRITO BOWL..... 18
shredded organic chicken, corn, black beans, chili sauce, topped with avocado, cheddar, pico de gallo, chipotle lime dressing, crispy corn tortilla and cilantro sautéed over brown or white rice **GF**

KRUSH YOUR OWN
(using the order form)

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

ORGANIC KRUSH X MEDICAL MEDIUM

COWBOY CAVIAR SALAD..... 14
black beans, tomatoes, avocado, red peppers, red onion, cilantro, jalapeño, romaine with Lemon Honey Cumin Dressing **GF DF**

POTATO FLATBREAD PIZZA 15
zucchini, red onions, mushrooms, grape tomatoes, fresh basil leaves, MM marinara, MM pesto, sweet potato flatbread **GF DF V N**

QUINOA BRUSSELS SPROUTS SALAD..... 14
roasted maple butternut squash, roasted brussels sprouts, quinoa, baby arugula, apple, parsley, MM honey mustard vinaigrette **GF DF**

HEAVY METAL DETOX SMOOTHIE..... 16.50
wild blueberry juice, wild blueberry powder, spirulina powder, barley grass juice powder, atlantic dulse, wild blueberries, bananas, orange juice, cilantro **GF DF V**

LIVER RESCUE SMOOTHIE.... 13.50
banana, dragon fruit powder, wild blueberries, filtered water **GF DF V**

+ find more MM items in our Bakery and Gourment To Go!

ORGANIC INGREDIENTS ARE OUR STANDARD, WITH ONLY THE CLEANEST ALTERNATIVES USED WHEN NECESSARY; AS WELL, OUR FOOD IS EXCLUSIVELY COOKED IN OLIVE OIL!

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

Organic Acai Bowls

HEALTH NUT 13
strawberry, banana, blueberry, homemade granola **GF DF N**

ELVIS 13
peanut butter, banana, dark chocolate chips **GF DF N**

NUTTY BUDDY 12.25
banana, peanut butter, vanilla vegan protein, raw cacao, almond milk **GF DF V N**

CHOCOLATE HULK..... 11
spinach, banana, raw cacao, almond butter, almond milk **GF DF V N**

KLASSIC..... 11
strawberry, banana, honey, almond milk **GF DF N**

EMERALD PROTEIN BOOST..... 13
pineapple, banana, kale, spinach, vanilla protein powder, coconut water **GF DF V**

VANILLA CHAI PROTEIN 11.25
banana, almond butter, vanilla protein powder, cinnamon, nutmeg, ginger, almond milk **GF V DF N**

CREATE YOUR OWN..... 13
includes 3 fruits/ toppings

Organic Smoothies

MEXICAN COFFEE 11
coffee, banana, almond butter, sea salt, cinnamon, honey, almond milk **GF DF N**

ST. BARTHS 12.25
pineapple, strawberry, apple juice **GF DF V**

GREEN DREAM..... 11.25
spinach, avocado, pear, cold-pressed pear juice, sea salt **GF DF V**

BERRY BLISS..... 13
mixed berries, banana, coconut water, orange juice **GF DF V**

CREATE YOUR OWN..... 11.25
includes 1 base and two fruits

WEEKEND SPECIALS

Available every Friday, Saturday, and Sunday

VEGGIE FRITTATA..... 16.50
tomato, spinach, mushrooms, broccoli, 3 eggs oven baked and topped with feta **GF**

FARMER FRITTATA..... 16.50
bacon, tomato, sweet potato, 3 eggs oven baked and topped with cheddar **GF**

OATMEAL PANCAKES (3)... 13.75

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

Organic Coffee and Tea

DRIP COFFEE 3.75/4.75/5.75

ICED COFFEE..... 3.75/5

COLD BREW 6.25/8.25

CRAFT BEVERAGES..... 4/5.50

HOT TEA..... 4.75

PROTEIN COLD FOAM..... +2.75

vanilla whey protein, coconut creamer, whole milk: Add to any coffee, tea, smoothie or acai

WELLNESS TEA..... 6.25

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

MATCHA LATTE..... 7.50/10.25

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

COCONUT LATTE..... 6.25/8.50

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

All menu prices reflect credit/debit pricing. Pay with cash and receive a 4% discount.

*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.