Organic Krush — Menu Nutrition (Sept 2026)

Item	Calories	Protein (g)	Fat (g)	Net Carbs (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sodium (mg)
SPECIALS								
Harvest Butternut Squash Panini	**730**	25	45	45	12	9	3	1600
Thai Coconut Noodle Bowl	**480**	10	20	62	9	8	1	850
MM Arugula Pesto Yukon Potato Salad	**250**	8	16	24	6	4	0	300
Veggie Egg Bites	**280**	20	20	8	2	4	0	600
Silver Dollar Protein Chia Pancakes	**400**	20	15	40	5	20	4	415
Banana Bread Muffin	**220**	3	8	33	2	14	3	300
Pumpkin Spice Cold Foam	**20**	0	1	3	0	2	0	5
Pumpkin Smoothie	**290**	14	9	35	6	16	0	100
Butternut Squash Apple Soup (small)	**125**	2	3	20	6	6	0	850
Butternut Squash Apple Soup (large)	**330**	5	8	52	16	16	0	2200
Banana Bread Cold Foam	**65**	0	4	7	0	5	0	4
GOURMET TO GO								
Apricot Trail Mix	**300**	5	13	41	5	24	3	30
Austin Chicken Wrap	**500**	36	20	46	9	7	0	700
Austin Chicken Salad	**370**	32	17	25	6	7	0	500
Chia Pudding	**300**	5	25	21	10	6	2	50
Chicken Salad Wrap	**450**	28	24	32	6	7	3	915
Coconut Popcorn- 1 CUP	**55**	1	3	5	1	0	0	200
Chocolate Chip Protein Bites	**220**	17	6	25	5	10	2	100
Grilled Chicken Salad	**365**	28	24	12	3	7	3	750
Grilled Chicken Box (2 servings)	**300**	52	9	2	1	0	0	600
Kale Detox Salad	**345**	10	20	27	9	10	3	350
MM Everything Potatoes	**265**	6	5	49	5	3	0	1000
MM Apricot Bites (per 3 bites)	**265**	5	15	32	6	20	0	7
Overnight Oats	**380**	10	15	52	6	15	7	45
Rainbow Slaw	**470**	10	30	35	11	7	0	750
Roasted Veggies	**440**	7	30	34	8	9	0	1000
Salted Caramel Bites	**280**	5	15	30	3	18	0	3
Sea Salt Popcorn- 1 CUP	**55**	1	3	5	1	0	0	200
Tuna Salad	**300**	30	20	4	1	2	0	1200
Truffle Brownie Bites	**325**	10	20	28	6	15	13	65
Truffle Popcorn- 1 CUP	**55**	1	3	5	1	0	0	200
GLUTEN FREE BAKERY								
Apple Spiced Munchkins (per 1)	**80**	1	2	13	1	7	3	80
Chocolate Zucchini Muffin	**250**	2	12	30	5	15	14	275
Paleo Banana Muffin	**190**	7	11	17	5	7	0	280
Seasonal Brownie (whole brownie — serves 4)	**460**	6	23	63	1	50	34	170
Blueberry Muffin	**280**	3	11	47	2	25	8	250
Granola (1/2 cup serving)	**290**	8	13	34	5	13	2	60
Chocolate Chip Cookie	**315**	2	17	41	1	24	12	330
BREAKFAST ALL DAY								
Smashed Avocado Toast	**370**	12	20	40	10	2	0	1500
Breakfast Wrap	**490**	30	27	33	7	5	0	1000
Protein Power Wrap	**465**	42	30	9	6	2	0	600
Berry Nutty Steel Cut Oats	**400**	10	10	65	11	14	2	500
Eggs your Way (2)	**150**	13	10	1	0	1	0	120
Oatmeal Base	**75**	2	2	13	4	0	0	1
Bacon Egg & Cheese Panini	**565**	27	32	40	3	6	1	1300
Sweet Potato Hash- SIDE DISH	**180**	3	3	35	6	12	0	100
WEEKEND SPECIALS								
Oatmeal Pancakes	**700**	15	24	132	9	40	25	1250
Veggie Omelette (3 eggs)	**440**	26	15	10	5	4	0	600
SIGNATURES								
Austin Chicken (no dressing/base)	**420**	40	17	24	5	7	0	800
Coconut Shrimp (no dressing/base)	**300**	30	15	12	5	4	0	170
Spicy Korean BBQ (no dressing/base)	**285**	30	11	18	5	6	0	950
Mexi Steak (no dressing/base)	**430**	42	16	30	11	5	0	560
Thai Tofu (no dressing/base)	**230**	16	13	16	5	6	0	145
Krush Crunch Chicken Burrito Bowl (with white rice + dressing)	**760**	45	31	68	14	4	0	1750
ADD YOUR BASE:	**Calories**	Protein	Fat	Net Carbs	Dietary Fiber	Total Sugars	Sodium	
White Rice - 1 cup	**add 200 cals**	add 4g	add 1g	add 45g	add 0g	add 0g	add 10mg	
Brown Rice - 1 cup	**add 200 cals**	add 5g	add 1g	add 45g	add 4g	add 0g	add 10mg	
Quinoa- 1 cup	**add 220 cals**	add 8g	add 3g	add 39g	add 5g	add 0g	add 30mg	
brown rice noodles - 1 cup	**add 190 cals**	add 3g	add 1g	add 42g	add 2g	add 0g	add 30mg	

Mixed Greens	**add 15 cals**	add 1g	add 0g	add 1g	add 2g	add 0g	add 35mg	
Vista Hermosa Flour Tortilla	**add 270 cals**	add 4g	add 10g	add 34g	add 2g	add 0g	add 500mg	
Gluten Free Wrap	**add 100 cals**	add 0g	add 2g	add 27g	add 2g	add 0g	add 250mg	
SALADS & VEGGIE BOWLS								
Cowboy Caviar Salad	**480**	13	12	69	21	26	17	1700
Beach Greek Salad	**220**	8	15	14	5	5	0	400
Fountain of Youth Salad	**275**	10	12	34	6	10	2	750
Fall in Love Bowl	**600**	25	17	75	27	17	0	1500
Krush Cobb Salad	**400**	42	20	7	4	3	0	400
Egg Drop Stir-Fry Rice (cooked w/ ponzu)	**430**	17	10	70	6	8	0	1500
BONE BROTH & SOUP								
Chicken Bone Broth (small)	**80**	19	0	1	1	0	0	600
Chicken Bone Broth (large)	**160**	38	0	2	1	0	0	1200
Chicken Noodle Bone Broth Bowl (small)	**265**	28	12	10	3	1	0	1000
Chicken Noodle Bone Broth Bowl (large)	**490**	55	20	20	6	1	0	2500
Powerful Greens Soup (small)	**135**	8	4	14	6	3	0	1000
Powerful Greens Soup (large)	**285**	16	9	28	13	7	0	2000
TACOS / PANINIS / PIZZAS								
Sweet Potato Flatbread Pizza	**510**	15	4	75	13	18	0	500
BBQ Chicken Flatbread	**800**	45	28	99	10	21	7	1100
Greek Panini	**600**	45	30	34	8	6	0	1200
Pesto Chicken Panini	**610**	42	31	45	5	5	0	1800
Sweet Potato Burrito	**850**	30	34	100	21	13	0	1300
Chicken Street Tacos	**380**	22	10	44	5	1	0	480
Salmon Tacos	**350**	16	17	28	6	5	2	500
Grilled Chicken & Veggie Panini	**600**	40	30	42	5	6	0	1850
Chimichurri Steak Panini	**600**	50	24	43	4	4	0	1200
KIDS								
Cheese Quesadilla	**360**	16	18	36	5	6	0	800
Buddha Bowl	**270**	7	2	55	5	1	0	600
ACAI BOWLS								
Health Nut	**400**	6	10	62	8	35	4	300
Elvis	**360**	5	13	61	6	32	10	10
Plain Serving Acai (base/KYO)	**160**	2	4	30	4	14	3	10
SMOOTHIES								
Liver Rescue Smoothie	**315**	9	0	65	13	44	0	**5**
Heavy Metal Detox Smoothie	**400**	10	2	80	9	50	0	45
Berry Bliss	**300**	10	1	64	10	40	0	40
Mexican Coffee	**250**	6	9	42	6	20	4	90
Green Dream	**295**	2	5	55	11	30	0	150
Nutty Buddy	**365**	22	12	45	8	32	0	60
St Barths	**270**	7	0	62	4	50	0	8
Chocolate Hulk	**370**	18	20	33	9	20	0	250
Klassic	**215**	10	3	39	5	30	6	160
Emerald Green Protein	**290**	24	3	40	13	34	0	350
Vanilla Chai	**340**	17	13	35	7	15	0	230
COFFEE & TEA								
Drip Coffee	**0**	0	0	0	0	0	0	0
Iced Coffee	**0**	0	0	0	0	0	0	0
Cold Brew	**10**	0	0	0	0	0	0	0
Matcha Latte	**140**	4	7	12	0	9	4	45
Homemade Wellness Tea	**125**	2	0	30	2	10	4	0
Iced Coconut Latte	**70**	0	6	3	1	2	2	45
Hot Green Tea/Black Tea	**0**	0	0	0	0	0	0	0
Green Apple Iced Tea	**0**	0	0	0	0	0	0	0
Strawberry Lavender Lemonade	**40**	0	0	12	0	10	10	0
COLD-PRESSED JUICES								
Celery Juice	**50**	3	0	10	6	8	0	300
Fighter	**160**	3	0	33	1	30	0	70
Fix Me Up	**90**	2	0	19	0	18	0	140
Flex Appeal	**100**	4	0	20	1	19	0	100
Smooth Sailing	**140**	3	0	32	2	29	0	165
Truly Green	**60**	4	0	8	0	6	0	195
The Alkalizer	**190**	3	1	45	2	17	0	7
Toniq	**85**	3	0	19	0	19	0	70
Krush Turmeric Glow	**205**	3	1	47	2	18	0	110

Wellness Shot	**45**	2	1	18	5	2	0	3
Immunity Shot	**55**	1	0	10	3	7	0	30
Rejuvenation Shot	**60**	0	0	12	3	9	0	1
Liver Rescue Juice	**100**	1	0	26	4	18	0	50
Flu Shot	**58**	1	0	15	2	7	0	3
Wild Blueberry Lemon Balm Tea	**93**	0	0	25	1	22	21	0
DRESSINGS								
Red Wine Vinaigrette	**230**	0	25	1	0	0	0	400
Balsamic Vinaigrette	**270**	0	28	4	0	3	0	400
Smoked Paprika Aioli	**215**	0	24	1	0	0	0	500
Lemon Herb Vinaigrette	**200**	0	20	2	0	0	0	250
Coconut Peanut	**165**	0	18	2	0	2	1	185
Thai Vinaigrette	**115**	1	12	2	0	0	0	715
Chipotle Lime Dressing	**130**	0	13	2	0	1	0	200
Ponzu	**205**	2	22	2	0	0	0	900
Krush Hot Sauce	**10**	0	1	0	0	0	0	75
Spicy Korean BBQ	**115**	1	9	8	0	6	2	660
Chili Sauce	**30**	0	2	3	0	0	0	800
MM Lemon Honey Cumin Dressing	**65**	0	0	17	1	15	13	750