



# MENU

www.kalemeccrazy.net

@kalemeccrazy

## TOASTS

### Avocado Toast 7.95

avocado, organic hard-boiled egg, dijon mustard, scallion mix, sprouted bread

### Salmon Toast 10.5

sustainable smoked salmon, avocado, pickled red onions, dill, sprouted bread

### Hummus Toast 6.95

house-made hummus, cucumbers, tomatoes, feta, sprouted bread

### Almond Butter Toast 6.95

almond butter, banana, flax seeds, honey, sprouted bread

## POKE

### Poke Bowl 16.95

wild caught tuna\* dressed in our house marinade, avocado, cucumber, carrots, edamame, radish, toasted sesame seeds, spicy vegan mayonnaise, and furikake served on a bed of jasmine rice

*\*RAW. Consuming raw or undercooked Meats, poultry, seafood, shellfish, Or eggs may increase your risk Of foodborne illness*

## ACAI & OATS



### Açaí Bowl 12.95

organic açai blended with coconut milk, date, blueberries, cashews, bananas and strawberries. Topped with banana, coconut, granola, mint and raw honey

### Overnight Oats 12.95

oats, oat milk, chia seeds, cinnamon, vanilla, and maple topped with sliced bananas, granola, blueberries, walnuts, cinnamon, coconut flakes, and almond butter

## SALADS

### Quinoa Bowl GF 13.5

quinoa, kale, carrots, cucumber, feta, avocado, green peppers, tomatoes, scallion mix, garbanzo beans with lemon vinaigrette

### Kale Salad V 12.5

kale, cabbage, quinoa, scallion mix, raisins, carrots, crushed peanuts, hemp seeds, peanut dressing

### Mediterranean Hummus 11.95

house-made hummus, cucumbers, olives, garbanzo beans, pickled red onions, feta, scallion mix, spinach, tortilla chips

### Deluxe Açai Bowl 13.95

our traditional açai bowl topped with banana, granola, chia seeds, hemp seeds, goji berries, sliced almonds, blueberries, and raw honey

### Greek Salad GF 12.5

lettuce, cucumber, tomatoes, bell pepper, kalamata olives, pepperoncini, garbanzo beans, feta cheese, za'atar, lemon vinaigrette

### Smoked Salmon Salad 16.95

lettuce, sustainable smoked salmon, organic hard-boiled egg, radish, cucumber, pickled red onions, croutons, mustard dill vinaigrette

### Farro Salad 12.5

farro, arugula, apples, pecans, golden raisins, shaved parmesan, honey dijon dressing

## WRAPS & SANDWICHES

*Add \$1 for gluten free wrap*

### Chicken Pesto Wrap 13.95

grilled chicken, basil pesto, sun-dried tomatoes, mozzarella cheese, lettuce, and cucumber wrapped in a spinach tortilla and served grilled

### Turkey Wrap 11.95

roasted turkey, roasted red peppers, avocado, hummus, pickled red onions, and lettuce wrapped in a spinach tortilla

### Vegan Wrap V 11.95

kale, quinoa, cabbage, carrots, pickled red onions, avocado, and hummus wrapped in a spinach tortilla and served with tahini

### Tuna Wrap 12.5

house-made tuna salad, vegan mayonnaise, olives, carrots, lettuce, and hot sauce wrapped in a spinach tortilla

*Add mozzarella and grill it for .75!*

### Egg Sandwich 8.95

organic hard-boiled egg, vegan mayo, tomato, cucumbers, mozzarella, and arugula served on a bagel

### Chicken Quesadilla 14.95

grilled chicken, mozzarella, feta, sun-dried tomatoes, and arugula grilled in a spinach tortilla

### Veggie Quesadilla 11.95

mozzarella, feta, sun-dried tomatoes, olives, and arugula grilled in a spinach tortilla

### Add a Side Salad 3.95

lettuce, radish, carrots, mustard dill vinaigrette

# JUICES <sup>Ⓟ</sup>

## Kale Yeah! 9.95

kale, spinach, cucumber, apple, lemon

## Go Green 9.95

kale, spinach, cucumber, celery

## The Glow 9.95

pineapple, grapefruit, turmeric

## Paradise 9.95

apple, pineapple, spinach, ginger

## Beet-L-Juice 9.95

beet, apple, celery, carrot, lemon, ginger

## Orange Juice 6.5

## Charcoal Lemonade 8.95

h2o, activated charcoal, lavender, lemon, agave

# SMOOTHIES

## Recovery <sup>Ⓟ</sup> 10.95

banana, cherries, cashews, coconut yogurt, almond milk, vegan protein

## Go Getter <sup>Ⓟ</sup> 10.95

banana, peanut butter, raw cacao, cinnamon, hemp seeds, walnuts, almond milk, vegan protein

## Power House <sup>Ⓟ</sup> 11.95

avocado, blueberries, strawberries, cherries, cashews, flax seeds, almond milk, vegan protein

## Grounded 9.95

hemp protein, raw cacao, banana, hemp seeds, brazil nuts, dates, cinnamon, almond milk, raw honey

*Our almond milk is made fresh in-house daily!*

## Tropical Trippin' <sup>Ⓟ</sup> 9.95

orange, mango, pineapple, coconut yogurt, coconut milk

## Green Dream <sup>Ⓟ</sup> 9.95

kale, spinach, pineapple, apple, mint leaves, coconut water

## The Warrior <sup>Ⓟ</sup> 10.5

maca power, spirulina, goji berries, flax seeds, banana, spinach, oat milk, vanilla extract, agave

## Super Matcha <sup>Ⓟ</sup> 9.95

matcha green tea, banana, blueberries, spinach, chia seeds, agave, almond milk

## Burning Kale <sup>Ⓟ</sup> 9.95

celery, cucumber, kale, lemon, apple, cayenne

## ADD-ONS

Spirulina..... 1.3	Flax Seeds..... 1
Add Greens..... 1	Chia Seeds..... 1
Add Fruit..... 1	Hemp Seeds..... 1
Coconut Oil..... 1	Goji Berries..... 1
Cayenne..... 0.5	VegaSport..... 2
Turmeric..... 0.5	Hemp Protein..... 1.5
Avocado..... 1.95	Matcha Tea..... 1.5
Maca Power..... 1.5	Almond Butter..... 1
Coffee..... 1	Peanut Butter..... 1

# SHOTS

## Wellness <sup>Ⓟ</sup> 6.5

ginger, oil of oregano, garlic extract, turmeric, cayenne, lemon

## Elderberry <sup>Ⓟ</sup> 6.5

elderberry, orange, lemon, ginger

## Painkiller 5.5

ginger, lemon, turmeric, raw honey

## Brain-On <sup>Ⓟ</sup> 6.5

orange, lemon, blue-green algae  
+ "brain-on"

# SPECIALTY DRINKS <sup>Ⓟ</sup>

## Cafe au Lait 5.95

coffee, maple syrup, oat milk

## Hot Cocoa 5.95

cacao, maple syrup, vanilla, sea salt, oat milk

## Beetroot Latte 5.95

organic beetroot, vanilla, maple syrup, almond milk

## Matcha Rose Latte 5.95

organic matcha, rose water, maple syrup, oat milk

## Golden Latte 5.95

turmeric, cardamom, ginger, cinnamon, nutmeg, black pepper, maple, oat milk

## Chai Latte 5.95

organic chai, oat milk

## Hot Tea 4.5

organic tea

## KMC Iced Latte 5.95

coffee, raw cacao, almond milk, maple syrup, cinnamon

## Mushroom Coffee Iced Latte 6.95

lion's mane mushroom, reishi mushroom, coffee, raw cacao, maple syrup, almond milk

## Matcha Iced Latte 5.95

organic matcha, maple syrup, almondmilk, goji berries

## Power Iced Latte 7.95

coffee, raw cacao, almond milk, maple syrup, vegan protein

*Food prepared in our restaurant may contain the following ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts and fish*