



# MENU

www.kalemecrazy.net

@kalemecrazy

## ACAI & OATS

### Açaí Bowl <sup>GF</sup> 12.95

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

### Deluxe Açaí Bowl <sup>GF</sup> 14.95

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

### Overnight Oats <sup>GF</sup> 12.95

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

## 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*

## FLATBREADS & TOASTS

### Tomato Mozzarella 10.95/20.95

tomatoes, mozzarella, feta, arugula, pinsa romana bread

### Pesto Portabella 10.95/20.95

portabella, pesto, mozzarella, truffle oil, arugula, pinsa romana bread

### Avocado Toast 8.5

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

### Salmon Toast 11.95

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

## SALADS

### Grilled Salmon Salad 19.95

salmon, lettuce, pickled onions, radish, cucumbers, fried shallots, mustard dill vinaigrette

### Quinoa Bowl <sup>GF</sup> 13.95

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

### Mediterranean Hummus 12.95

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

### Kale Salad <sup>V</sup> 12.5

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

### Greek Salad <sup>GF</sup> 13.5

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

### Farro Salad 12.5

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

## WRAPS & SANDWICHES

Add \$1.5 for gluten free wrap

### Salmon Avocado Wrap 20.95

salmon, avocado, quinoa, cucumbers, pickled red onions, cabbage, and lettuce wrapped in a spinach tortilla and served with spicy mayo

### 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

### Tuna Wrap 12.95

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

Add mozzarella and grill it for 1

### Vegan Wrap <sup>V</sup> 12.5

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

### Turkey Wrap 12.95

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

### Egg Sandwich 9.95

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 <sup>GF</sup> <sup>V</sup> 3.9

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

## **Paradise 9.95**

apple, pineapple, spinach, ginger

## **Beet-L-Juice 9.95**

beet, apple, celery, carrot, lemon, ginger

## **The Glow 9.95**

pineapple, grapefruit, turmeric

## **Orange Juice 6.5**

## **Charcoal Lemonade 8.95**

h2o, activated charcoal, lavender, lemon, agave

# SMOOTHIES

## **Recovery <sup>Ⓥ</sup> 11.95**

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

## **Go Getter <sup>Ⓥ</sup> 11.95**

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

## **Power House <sup>Ⓥ</sup> 12.95**

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

## **Grounded 10.95**

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

## **Tropical Trippin' <sup>Ⓥ</sup> 10.95**

orange, mango, pineapple, coconut yogurt, coconut milk

## **Green Dream <sup>Ⓥ</sup> 10.95**

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

## **The Warrior <sup>Ⓥ</sup> 10.95**

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

## **Super Matcha <sup>Ⓥ</sup> 10.95**

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

## **Burning Kale <sup>Ⓥ</sup> 10.95**

celery, cucumber, kale, lemon, apple, cayenne

## ADD-ONS

Spirulina.....	1.3	Flax Seeds.....	1
Add Greens.....	1.95	Chia Seeds.....	1
Add Fruit.....	1.95	Hemp Seeds.....	1
Coconut Oil.....	1	Goji Berries.....	1
Cayenne.....	0.5	Vega/Whey.....	2.95
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

## **Sea Moss <sup>Ⓥ</sup> 6.5**

sea moss, orange, lemon, ginger

## **Painkiller 5.5**

ginger, lemon, turmeric, raw honey

# 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*