



# MENU

www.kalemecrazy.net

@kalemecrazy

## AÇAÍ <sup>GF</sup>

### **Classic Bowl 12.95**

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

### **Berry Bowl 14.95**

organic açai, coconut milk, date, blueberries, cashews, banana, and strawberries topped with granola, banana, strawberries, blueberries, and raw honey

### **Nutty Bowl 12.95**

organic açai, coconut milk, date, blueberries, cashews, banana, and strawberries topped with granola, bananas, strawberries, sliced almonds, hemp seeds, and almond butter

## BOWLS

### **Power Bowl 10.95**

jasmine rice, avocado, edamame, tomatoes, cucumbers, pickled onions, spicy vegan mayo, house marinade  
**Add protein:** salmon 11.95, chicken 5.95

### **Poke Bowl 16.95**

wild caught tuna\*, jasmine rice, avocado, cucumber, carrots, edamame, fried shallots, spicy vegan mayo, house marinade

### **Mediterranean Hummus 12.95**

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

# FLATBREADS & TOASTS

### **Margherita 10.95/20.95**

tomato, fresh buffalo mozzarella, basil, 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, sourdough bread

### **Salmon Toast 11.95**

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

### **Almond Butter Toast 7.5**

almond butter, banana, flax seeds, honey, sourdough 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

### **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 Ⓟ

## **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**

# SMOOTHIES

## **Recovery Ⓟ 11.95**

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

## **Go Getter Ⓟ 11.95**

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

## **Power House Ⓟ 12.95**

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

## **Grounded 10.95**

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' Ⓟ 10.95**

orange, mango, pineapple, coconut yogurt, coconut milk

## **Green Dream Ⓟ 10.95**

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

## **The Warrior Ⓟ 10.95**

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

## **Super Matcha Ⓟ 10.95**

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

## 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 Ⓟ 6.5**

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

## **Sea Moss Ⓟ 6.5**

sea moss, orange, lemon, ginger

## **Painkiller 5.5**

ginger, lemon, turmeric, raw honey

# SPECIALTY DRINKS Ⓟ

## **Cafe au Lait 5.95**

coffee, maple syrup, oat 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 6.50**

organic chai oat milk

## **Brewed Coffee 2.95**

## **Espresso 3**

## **Americano 3.5**

## **Cappuccino 4.25**

## **Latte 5.95**

## **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, chocolate protein

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

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