KALE me CRAZY
Healthy habits start here.

MENU

www.kalemecrazy.net

@kalemecrazy

TOASTS

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

Hummus Toast 7.5
house-made hummus, cucumbers, tomatoes, feta, sourdough bread

Almond Butter Toast 7.5
almond butter, banana, flax seeds, honey, sourdough bread

POKE

wild caught tuna* dressed in our house marinade, avocado, cucumber, carrots, edamame, radish, toasted sesame seeds, spicy mayonnaise, and furikake served

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

AÇAÍ

Classic Bowl 12.95
organic açaí, coconut milk, date, blueberries, cashews, banana, and strawberries. Topped with banana, coconut, granola, mint, and raw honey

Nutty Bowl 14.95
our classic açaí blend topped with granola, bananas, strawberries, sliced almonds, hemp seeds, and almond butter

Berry Bowl 14.95
our classic açaí blend topped with granola, banana, strawberries, blueberries, and raw honey

SALADS

Quinoa Bowl Ⓖ 13.95
quinoa, kale, carrots, cucumber, feta, avocado, green peppers, tomatoes, scallion mix, garbanzo beans with lemon vinaigrette

Kale Salad Ⓥ 12.5
kale, cabbage, quinoa, scallion mix, raisins, carrots, crushed peanuts, hemp seeds, peanut dressing

Mediterranean Hummus 12.95
house-made hummus, cucumbers, olives, garbanzo beans, pickled red onions, feta, scallion mix, spinach, tortilla chips

Greek Salad Ⓖ 13.5
lettuce, cucumber, tomatoes, bell pepper, kalamata olives, pepperoncini, garbanzo beans, feta cheese, za'atar, lemon vinaigrette

Smoked Salmon Salad 18.95
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 $1.5 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 12.95
roasted turkey, roasted red peppers, avocado, hummus, pickled red onions, and lettuce wrapped in a spinach tortilla

Vegan Wrap Ⓥ 12.5
kale, quinoa, cabbage, carrots, pickled red onions, avocado, and hummus wrapped in a spinach tortilla and served with tahini

Tuna Wrap 12.95
house-made tuna salad, mayonnaise, olives, carrots, lettuce, and hot sauce wrapped in a spinach tortilla

Add mozzarella and grill it for 1

Egg Sandwich 9.95
organic hard-boiled egg, 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 ⓥ

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

Our almond milk is made fresh in-house daily!

Recovery ⓥ 11.95
banana, cherries, cashews, almond milk, protein

Go Getter ⓥ 11.95
banana, peanut butter, raw cacao, cinnamon, hemp seeds, walnuts, almond milk, protein

Power House ⓥ 12.95
avocado, blueberries, strawberries, cherries, cashews, flax seeds, almond milk, protein

Grounded 10.95
hemp protein, raw cacao, banana, hemp seeds, brazil nuts, dates, cinnamon, almond milk, raw honey

Tropical Trippin' ⓥ 10.95
orange, mango, pineapple, strawberry syrup, 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

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, protein

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