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, sprouted bread

**Salmon Toast 11.95**
sustainable smoked salmon, avocado, pickled red onions, dill, sprouted bread

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

**Almond Butter Toast 7.5**
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 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*

# AÇAÍ

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

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

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

# 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

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|---|---|
| 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*