

KRUSH'D VITALITY KITCHEN

SUPERFOOD SMOOTHIES 9

Krush'D Original Smoothies

ONCE A LION CHERRY VANILLA SMOOTHIE ... Banana, Cherry, Vanilla Protein & Apple

BULLETPROOF 580 COLD BREW SMOOTHIE ... Cold Brew Coffee, Almond Mylk, Banana, Brain Octane Oil, EPIC Chocolate Protein & Almond Butter

LEGENDARY STRAWBERRY SMOOTHIE ... Got Mylk?, Banana, Almond Butter, Epic Vanilla Lucuma Protein & Strawberries

MADE TO ORDER SMOOTHIES 10

ADD-INS ... Peanut Butter Almond Butter Maple Syrup Agave Syrup Chia Seeds Cacao Nibs Granola Cinnamon Hemp Oil Apple Cider Vinegar Pecans Dates Oats Yogurt Lemon MCT Oil Maca Matcha Cacao Turmeric Cayenn Spirulina Avocado Probiotics Hemp Hearts Coconut Falx Vanilla Bean Wheat Grass Barley Grass

FRUITS ... Banana Dragon Fruit Pineapple Mango Blueberry Strawberry Acai

PROTEIN POWDER ... Naked PB Vanilla Lucuma Chocolate Maca

POWERBOWLS

Smoothie Bowls

NY STATE OF MIND SMOOTHIE BOWL ... Cold Brew Coffee, Vanilla, Banana, Cashew Mylk, Cacao & Almond Butter topped with Cacao Nibs, Granola, Maple Syrup and Strawberries ... 10.99

CHELSEA MARKET MATCHA SMOOTHIE BOWL ... Acai, Banana, Cashew Mylk, Spinach & Matcha topped with Banana, Granola, Strawberry and Agave Syrup ... 9.99

TEXOMA TRANQUILITY ... Banana, Pineapple, Agave Syrup and Cashew Mylk topped with Mango, Pineapple, Coconut Flakes, Chia Seeds & Granola. ... 10.99

LOSE YOURSELF BLACK FORREST BOWL ... Black Cherry, Banana, Cacao Powder, Agave Syrup & Almond Mylk topped with Granola, Coconut Flakes, Cherries and Cacao Nibs ... 10.99

Yogurt & Oats Bowls

RED RIVER DASH OVERNITE OATS BOWL ... Housemade Oats with Chia Seeds, Cinnamon and Almond Mylk, and Agave layered with Banana, Almonds, Strawberries, Blueberries, Agave and Coconut Flakes ... 8.59

SUCK IT UP 'BIG OLE PEANUT' BUTTER CUP ... Almond Mylk, Banana, Naked PB, Oats, Agave, Cacao, Peanut Butter & Himalayan Pink Salt ... 8.59

ONE HOT DATE APHRODISIAC SMOOTHIE ... Almond Butter, Banana, Almond Mylk, Medjool Dates, Cacao Powder, NMaca, Clove & a Dash of Cayenne

BLUE ZONE PROJECT ACAI SMOOTHIE ... Acai, Banana, Pineapple, Chia Seeds & Orange Juice

GREENS ... Kale Romaine Spinach Mixed Greens

LIQUIDS ... Almond Mylk Apple Juice Orange Juice Cold Brew Coconut Water

LOVE PURPLE LIVE GOLD BERRY BOWL ... Banana, Pecan, Blueberry, Vanilla Lucuma Protein, Oats & Got Mylk? ... 10.99

MANHATTAN SATIN ... Blended Strawberries, Blueberries, Banana and Apple topped with Granola, Strawberries, Coconut, Banana and Agave. ... 10.59

MARKET SQUARE VIBE ... Vanilla Protein Powder, Strawberry, Banana, Cacao, MCT Oil, and Cashew Mylk topped with Peanut Butter, Granola, Strawberries, Blueberries and Banana. ... 8.99

SUPER GOOBER YOGURT BOWL ... Banana layered with Coconut Mylk Yogurt, Strawberry, Blueberry, Peanut Butter, Granola and Pecans ... 9.99

SALADS 10

KRUSH'D SUPERFOODS SALAD ... Greens, Tomato, Pickled Red Onion, Avocado, Parsley, Microgreens, Roasted Beets, Garbanzo Beans, Pumpkin Seeds, Kalamata Olives, & Choice of House Made Dressing

FIGHTING FARMER SALAD ... Kale, Quinoa, Celery, Avocado, Cucumber, Red Bell Pepper, Sunflower Seeds & Turmeric Maple Dijon Dressing

TOASTS 8

AVOCADO TOAST ... Avocado, Tomato, Arugula, EVOO, Seasonings, Red Pepper Flakes, Lemon Juice and Himalayan Pink Salt

SEASONAL HUMMUS TOAST ... Roasted Red Pepper Hummus, Cucumber, Red Pepper, Sesame Seeds, Micro Greens and Grilled Onion

CHEESE TOAST ... Roasted Tomato, Cashew Cheese, Sprouted Sunflower Seeds, Spinach and Balsamic Vinegar

CINN-FUL TOAST ... Almond Butter, Agave Syrup, Banana, Cinnamon, Chia Seeds and Hemp Hearts

CHEF'S SOUP 6

MONDAY - POTATO SOUP ... Zuppa Toscana, Cauliflower Potato or Sweet Potato

TUESDAY - CREAMY SOUP ... Creamy Broccoli, Butternut or Roasted Red Pepper

WEDNESDAY - ROASTED TOMATO

THURSDAY - VEGETABLE ... Roasted Carrot, Cabbage, White Bean & Kale

FRIDAY - BEAN SOUP ... Hearty Lentil, Black Bean, Lentil Tortilla or White Bean

CRAFT JUICES 8

Made to Order Juices available in 16, 32 and 64 oz

JOE'S MEAN GREEN ... Green Apple, Celery, Lemon, Ginger, Kale & Cucumber

VITAMIN SEE ... Orange, Carrot, Apple, Lemon, Ginger, Filtered Water and Himalayan Pink Salt

UPBEET ... Red Beet, Red Apple, Orange, Lemon, Ginger, Cucumber, Filtered Water & Himalayan Pink Salt

HEALTHY MARY ... Tomato, Carrot, Garlic, Lemon, Jalapeno, Cucumber, Beet, Bell Pepper, Celery, Cabbage, Parsley, Turmeric and Himalayan Pink Salt

KALE YEAH! ... Pineapple, Celery, Lemon, Ginger, Kale and Cucumber

AVERAGE JOE ... Got Mylk? & Cold Brew Coffee

MASTER CLEANSER ... Filtered Water, Lemon, Maple Syrup & Cayenne

GOT MYLK? ... Filtered Water, Cashews, Dates, Cinnamon, Himalayan Pink Salt

MADE TO ORDER JUICES 16 OZ, 32 OZ & 64 OZ

PICK A BASE ... Orange Carrot Celery Apple Beet Cucumber

NOW ADD ... Cucumber, Kale, Romaine, Spinach, Mint, Basil, Cilantro, Parsley, Ginger, Garlic, Turmeric, Onion, Lemon, Lime, Tomato, Pineapple or Jalapeno