



# KYERITOS

*All ingredients in italics are Organic and / or Local*

GF – gluten free, WF – wheat free, DF – dairy free, NF – nut free, EF – egg free, SF – Soy free

## BREAKFAST

**NORI N LOX 12** - *Green Eggs*, Smoked Salmon, *Dill, Arugula, Tomato, Scallion Aioli, White Rice / Quinoa Blend*, Wrapped in Nori (GF, DF, NF, SF, egg)

**BREAKFAST TACO 9** - *Green Eggs, Pinto Beans, Pico de Gallo, Vegan Chipotle Cream, Brown Rice Blend*, Wrapped in Nori (GF, DF, NF, egg, soy)

**BREAKFAST PESTO 10** - *Green Eggs, Uncured Nitrate Free Bacon, Arugula, Tomato, Super Seed Pesto, Brown Rice Blend*, Wrapped in Nori (WF, DF, NF, SF, egg)

*Green Eggs = Free Range Eggs blended with Spinach*

## VEGAN

**BEAN TACO 9** - *Pinto Beans, Pico de Gallo, Corn Jicama & Cilantro Mix, Vegan Chipotle Cream, Blue Corn Tortilla Chips, Brown Rice Blend*, Wrapped in *Collard Green* (GF, DF, NF, EF, soy)

**Add Chicken, Wild Salmon, or Burger 4**

**NAHM JIM 10** - *Six Vegetable Mix, Fresh Herbs, Thai-inspired Sauce, Hemp Seeds, Macadamia Nuts, Sliced Almonds, Red / Black / White Rice Blend*, Wrapped in Nori (WF, DF, EF, nuts, soy)

**Add Chicken, Wild Salmon, or BBQ Pork 4**

**AVOMACRO 12** - *Avocado, Macro Pressed Vegetables, Wasabi Dressing, Sliced Almonds, Hemp Seeds, Black Sesame Seeds, Brown Rice Blend*, Wrapped in Nori (WF, DF, EF, nuts, soy)

**TEMPEH BULGOGI 12** - *Marinated Non GMO Flax Tempeh, Six Vegetable Mix, Fresh Herbs, King's Kim Chi, House Made Gochujang Sauce, White Rice / Quinoa Blend*, Wrapped in *Romaine* (GF, DF, NF, EF, soy)

**TOFU PESTO 11** - *Non GMO Marinated Tofu, Arugula, Tomato, Super Seed Pesto, Brown Rice Blend*, Wrapped in *Romaine* (WF, DF, NF, EF, soy)

## ASIAN INSPIRED

**THE MACRO 14** - *Seared Wild Salmon, Macro Pressed Vegetables, Wasabi Dressing, Black Sesame Seeds, Brown Rice Blend*, Wrapped in Nori (WF, DF, NF, EF, soy)

**SWEET CHICKEN 11** - *Den Miso Glazed Free Range Organic Chicken, Broccoli & Goji Berry Mix, White Rice / Quinoa Blend*, Wrapped in Nori (GF, DF, NF, EF, soy)

**CHICKEN CURRY 12** - *Free Range Organic Chicken with Carrots, Celery, Onion, Cauliflower, Grass Fed Ghee, Coconut Oil, Fish Sauce, Curry Powder; Spinach; Red / Black / White Rice Blend*; Wrapped in Nori (GF, NF, EF, SF, ghee)

**BULGOGI 14** - *Thinly Sliced Marinated Grass Fed Beef, Six Vegetable Mix, Fresh Herbs, King's Kim Chi, House Made Gochujang Sauce, White Rice / Quinoa Blend*, Wrapped in *Romaine* (GF, DF, NF, EF, soy)

## CLASSIC

**NORI BURGER 12** - *Grass Fed Beef mixed with Chard, Lettuce, Tomato, Onion, Pickles, Ketchup, Mustard, Nutritional Yeast, Brown Rice Blend*, Wrapped in Nori (WF can be GF, DF, NF, EF, SF)

**BBQ PORK 13** - *Slow Roasted Compart Farm's Duroc Pork, Poppy Seed Fennel and Cabbage Slaw, BBQ Sauce, White Rice / Quinoa Blend*, Wrapped in *Collard Green* (WF, DF, NF, SF, egg)

**DELI TURKEY 12** - *Free Range Diestel Turkey, Sprouts, Snap Peas, Goji Aioli, Sunflower Seeds, Brown Rice Blend*, Wrapped in *Romaine* (WF, DF, NF, EF, SF)

**CHICKEN BACON PESTO 12** - *Free Range Organic Chicken, Uncured Nitrate Free Bacon, Arugula, Tomato, Super Seed Pesto, Brown Rice Blend*, Wrapped in *Romaine* (WF, DF, NF, EF, soy)

## ALL KYERITOS ARE AVAILABLE IN A BOWL

**ADD AVOCADO - 2**

**ADD FRIED EGG (Bowl Only) - 2**

**PALEO STYLE (No Rice, Roasted Cauliflower Almond Meal Mash) - 1.5**

## WE ARE A WHEAT FREE KITCHEN



# EVERYTHING ELSE

## SALADS AND SOUPS

**SWEET KALE 5** - 3 Types of Kale, Almonds, Goji Berries, Currants, Maple Dijon Vinaigrette (WF, DF, EF, SF, nuts)  
WITH OR WITHOUT PECORINO CHEESE  
**Available by the pound - \$15 / lb**

**ASIAN SALAD 5** - Romaine, Snap Peas, Cilantro, Carrots, Roasted Peanuts, Asian Dressing (WF, DF, EF, nuts, soy)  
**With Chicken - 10**

**MISO SOUP 4** - Kombu Bonito Stock, Non GMO Mellow White Miso, Swiss Chard, Chinese Yam, Non GMO Silken Tofu (GF, DF, NF, EF, soy)

## TREATS

**VEGAN BLACK BEAN BROWNIE 3.5** - Black Beans, Cocoa Powder, Sorghum Flour, Baking Soda, Sea Salt, Fresh Ground Flax Seeds, Brown Sugar, Sucanat, Vanilla, Coconut Oil, Maple Syrup, Fair Trade Chocolate Chips (WF, DF, NF, EF, SF)

**CHOCOLATE CHIP COOKIE 3.5** - Spinach, Free Range Eggs, Sorghum Flour, Rice Flour, Baking Powder, Guar Gum, Sea Salt, Fresh Ground Flax Seeds, Brown Sugar, Sucanat, Vanilla, Coconut Oil, Ghee, Fair Trade Chocolate Chips (GF, NF, SF, dairy in the form of ghee, egg)

**KABOCHA PIE 3.5** - Steamed Kabocha Squash, Yam, Free Range Eggs, Coconut Milk, Gluten Free Flour, Corn Starch, Baking Powder, Sea Salt, Sucanat, Molasses, Vanilla, Ground Cinnamon, Ground Nutmeg, Ground Clove, Ground Ginger (GF, DF, NF, SF, egg)

## KID'S CHOICE (ADULTS WELCOME)

**KID'S SIZE KYERITO 7** - Choice of: Bean Taco | Sweet Chicken | Burger | Deli Turkey | Bacon & Egg

**MAKE IT A YUMMY MEAL 11** - Choice of Kid KyeRito with Apples, Juice or Water, and a Treat

Inquire about catering  
or email [catering@kyesmontana.com](mailto:catering@kyesmontana.com)

## HOUSE MADE BEVERAGES

**AYURVEDIC ONE A DAY 6** - Blanched Kale, Collard, Chard, Spinach, Asparagus, Zucchini, Cilantro, Italian Parsley; Soaked Cashew; Coconut Oil; Sea Salt, blended together and served WARM - No Substitutions  
Adapted form Vaidya Mishra's Green Protein (GF, DF, EF, SF, nuts)

**FRUITY BOBA 8** - Boba with your choice of Strawberry, Mango, or Pineapple blended with Coconut Milk, Raw Coconut Water, 2 Medjool Dates, Vanilla (GF, DF, NF, EF, SF, blender has blended nuts)

**TONIFICATION HERBAL WATER 4** - An herbal tea made from Jujube, Longan, Goji Berry, Licorice Root, American Ginseng (GF, DF, NF, EF, SF)

**BOBA COCONUT MILK TEA 4** - Coconut Milk Creamer, Black Tea, Maple Syrup, Boba (GF, DF, NF, EF, SF)

**ORGANIC ICED TEA 3** - Black Ceylon, Citrus White, or Blueberry Tisane (GF, DF, NF, EF, SF)

**ERVA COLD BREW YERBE MATE 4** - Hibiscus Lemon (GF, DF, NF, EF, SF)

**ORGANIC HOT TEAS 3** - Assorted Flavors

**ADD BOBA TO ANY DRINK 0.5**

### Kye's Caters!

#### KYERITO TRAYS

Small Tray ( 15 PC )	\$110
Medium Tray ( 21 PC )	\$150
Large Tray ( 30 PC )	\$210
Paleo Style Available for an Additional Charge	

#### SIGNATURE SALADS

REGULAR BOWL (serves 9-15)	
Asian Salad	\$40
Sweet Kale or Asian Chicken	\$60
LARGE BOWL (serves 18-24)	
Asian Salad	\$75
Sweet Kale or Asian Chicken	\$110

#### TREAT TRAYS

Small Tray ( 12 PC )	\$40
Large Tray ( 18 PC )	\$60

#### LUNCH BOXES

Includes choice of catering size KyeRito, Side Salad or Chips, and a mini Treat Priced at \$13 per box, minimum of 12 per order