



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, P - can be paleo

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, P, 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, P, 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 or Burger 4 Salmon 6

NAHM JIM 11 - *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 or BBQ Pork 4 Salmon 6

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

TEMPEH BULGOGI 12 - *Marinated Non GMO GF Flax Tempeh, Macro Pressed Vegetables, 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 - *Marinated Non GMO GF Tofu, Arugula, Tomato, Super Seed Pesto, Brown Rice Blend, Wrapped in Romaine* (WF, DF, NF, EF, soy)

BLACK BEAN BURGER 10 - *House Made Black Bean Patty, Tomato, Onion, Pickles, Ketchup, Mustard, Just Mayo, Non GMO GF Nutritional Yeast, Brown Rice Blend, Wrapped in Nori* (WF can be requested GF, DF, NF, EF, SF)

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, P, soy)

SWEET CHICKEN 12 - *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, dairy in form of ghee, soy)

BULGOGI 15 - *Thinly Sliced Marinated Grass Fed Beef, Macro Pressed Vegetables, 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 Ground Beef mixed with Chard, Lettuce, Tomato, Onion, Pickles, Ketchup, Mustard, Non GMO Nutritional Yeast, Brown Rice Blend, Wrapped in Nori* (WF can be GF, DF, NF, EF, SF, P)

BBQ PORK 13 - *Slow Roasted Compart Farm's Duroc Pork, Poppy Seed Fennel and Cabbage Slaw, House Made 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, Raw Sunflower Seeds, Brown Rice Blend, Wrapped in Romaine* (WF, DF, NF, EF, SF, P)

CHICKEN BACON PESTO 13 - *Free Range Organic Chicken, Uncured Nitrate Free Bacon, Arugula, Tomato, Super Seed Pesto, Brown Rice Blend, Wrapped in Romaine* (WF, DF, NF, EF, soy)

ADD AVOCADO 2

ADD FRIED EGG 2
(Bowl Only)

GRAIN FREE 1.5
(No Rice, Roasted Cauliflower Almond Meal Mash)

ALL KYERITOS ARE AVAILABLE IN A BOWL
WE ARE A WHEAT FREE KITCHEN

ITEMS LABELED WF INSTEAD OF GF CONTAIN INGREDIENTS THAT MAY BE PRODUCED IN FACILITIES THAT PROCESS WHEAT

If interested, a list of all the ingredients we use is available for your reference and is also viewable online at

www.KYESMONTANA.COM, scroll past menu to menu ingredients