

KYERITOS

ORGANIC AND PRODUCE IS LOCALLY SUSTAINABLY GROWN OR ORGANIC DEPENDING ON SEASON
GF – gluten free, WF – wheat free, DF – dairy free, NF – nut free, EF – egg free, SF – Soy free, P - can be paleo
ALL MODIFICATIONS COME IN A BOWL AND ARE NOT AVAILABLE AS A KYERITO

BREAKFAST

NORI N LOX 12 - Green Eggs, Smoked Salmon, 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 5** **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 5** **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**, Vegan Avo Mayo, Non GMO GF Nutritional Yeast, **Brown Rice** Blend, Wrapped in **Nori** (WF, DF, NF, EF, SF)

ASIAN INSPIRED

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

SWEET CHICKEN 12 - **Den Miso Glazed Free Range Chicken Breast**, Broccoli & **Goji Berry** Mix, **White Rice / Quinoa** Blend, Wrapped in **Nori** (GF, DF, NF, EF, soy)

CHICKEN CURRY 12 - **Free Range Chicken Breast** 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-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, Arugula, Snap Peas, Goji Aioli, **Raw Sunflower Seeds**, **Brown Rice** Blend, Wrapped in Romaine (WF, DF, NF, SF, P, egg)

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

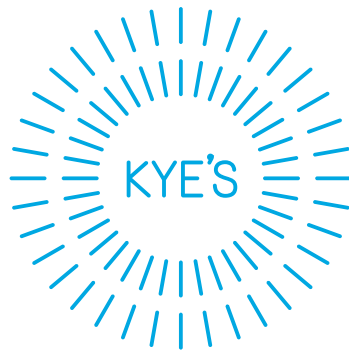
ADD AVOCADO 2

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



EVERYTHING ELSE

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SALADS AND SOUPS

SWEET KALE 5 - Lacinato and Green Kale, [Almonds](#), [Goji Berries](#), [Currants](#), Maple Dijon Vinaigrette (WF, DF, EF, SF, nuts)
WITH OR WITHOUT PECORINO CHEESE
Available by the pound 20

ASIAN CHICKEN SALAD 10 – [Free Range Chicken Breast](#), Romaine, Snap Peas, Cilantro, Carrots, [Roasted Peanuts](#), Asian Dressing (WF, DF, EF, P, nuts, soy)

CUCUMBER SALAD 4 - Cucumber, [Fuji Apple](#), Fresh Mint, Lime Dressing (WF, DF, NF, EF, SF)

BROCCOLI TUMERIC BANCHAN 4 – Broccoli, Fresh Tumeric Root, [Sesame Oil](#), Garlic, Ginger, Sea Salt, Maple Syrup (WF, DF, NF, EF, SF)

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

TREATS

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

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

KABOCHA PIE 3.5 - Steamed Kabocha Squash, [Coconut Milk](#), Yam, [Sucanat](#), [Gluten Free Flour](#), Free Range Eggs, Vanilla, Baking Powder, Non GMO Corn Starch, Molasses, Ground Spices, Sea Salt (GF, DF, NF, SF, egg)

IF YOU HAVE AN ALLERGY, WE WILL DO OUR BEST TO MINIMIZE CROSS CONTAMINATION. PLEASE INFORM OUR STAFF WHEN YOU ORDER TO ENSURE YOUR FOOD IS PREPARED USING OUR ALLERGY PROTOCOL. WE CANNOT GUARANTEE OUR FOOD IS ALLERGEN FREE, SO PLEASE BE AWARE OF THE RISK YOU ASSUME IN DINING HERE, AS WE WILL NOT ASSUME ANY LIABILITY FOR ADVERSE REACTIONS TO FOOD CONSUMED.

KID'S (ADULTS WELCOME)

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

MAKE IT A YUMMY MEAL 11 - Choice of Kid KyeRito with [Apples](#), Juice or Water, and a Treat

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)

STRAWBERRY FRUITY BOBA 8 – Boba, [Strawberries](#), [Coconut Milk](#), [Harmless Harvest 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](#), Preservative Free Boba (GF, DF, NF, EF, SF)

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

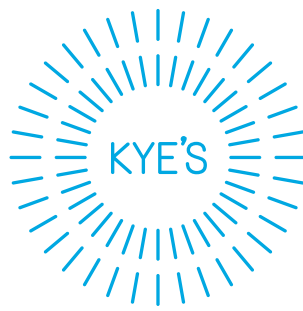
ERVA COLD BREW YERBE MATE 4 - [Hibiscus Lemon](#) (GF, DF, NF, EF, SF)

ORGANIC HOT TEAS 3 - Assorted Flavors

ADD PRESERVATIVE FREE BOBA 0.5

WE CATER!

PLEASE ASK CASHIER OR
CALL (310) 395-KYES (5937) OR
EMAIL CATERING@KYESMONTANA.COM
YOU CAN ALSO ORDER ONLINE AT
KYESMONTANA.COM



MENU INGREDIENTS

ORGANIC AND PRODUCE IS LOCALLY SUSTAINABLY GROWN OR ORGANIC DEPENDING ON SEASON

GF – gluten free, WF – wheat free, DF – dairy free, NF – nut free, EF – egg free, SF – soy free, P – can be paleo

AVOMACRO - [Brown Rice](#) Blend, Macro Pressed Vegetables, Avocado, Wasabi Dressing, [Sliced Almonds](#), [Hemp Seeds](#), Black Sesame Seeds, Wrapped in [Nori](#) (WF, DF, EF, P, nuts, soy) Paleo omit [rice](#) and wasabi dressing add cauliflower mash and [coconut liquid aminos](#)

Macro Pressed Vegetables: purple cabbage, green cabbage, broccoli, cauliflower, carrots, snap peas, [Eden mirin](#), sea salt

Wasabi Dressing: [Napa Valley non GMO rice bran oil](#), [pickled ginger](#), [San-J GF tamari](#), [Eden mirin](#), water, wasabi powder, fresh ginger, [Koop's Dijon mustard](#), [Napa Valley non GMO sesame oil](#), sea salt, mustard powder

ASIAN CHICKEN SALAD – [Free Range Chicken Breast](#), Romaine, [Roasted Peanuts](#), Snap Peas, Carrots, Cilantro, Asian Dressing (WF, DF, EF, P, nuts, soy) Paleo omit dressing add oil and [vinegar](#) or [coconut liquid aminos](#)

Asian Dressing: [Marukan rice vinegar](#), ginger, [Spectrum white vinegar](#), [Once Again tahini](#), [San J GF tamari](#), [Eden Mirin](#), [raw blue agave](#), shallots, [Koop's Dijon mustard](#), [Napa Valley non GMO sesame oil](#), sea salt

Chicken Brine: water, [Sucanat](#), [San-J GF tamari](#), onion, garlic, ground spices, bay leaf

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

BBQ Sauce: [Muir Glen ketchup](#), water, brown sugar, chipotle chili, [Field Day apple cider vinegar](#), [Santa Cruz apple juice](#), [Vegan GF Worcestershire sauce](#), [Koop's yellow mustard](#), sea salt, spices

Fennel and cabbage slaw: purple cabbage, green cabbage, fennel, onion, Just Mayo, poppy seeds, champagne vinegar, celery salt, [raw blue agave](#), [Koop's yellow mustard](#), salt

BEAN TACO - [Brown Rice](#) Blend, Pinto Beans, Corn Jicama & Cilantro mix, Pico de Gallo, Vegan Chipotle Cream, [Non GMO Blue Corn Tortilla Chips](#), Wrapped in Collard Green (GF, DF, NF, EF, soy)

Pinto Beans: water, [pinto beans](#), onion, [Napa Valley non GMO rice bran oil](#), spices, garlic, sea salt

Pico de Gallo: tomatoes, onion, jalapeno, cilantro, lime juice and zest, black pepper, sea salt

Chipotle Cream: [House Foods non GMO GF tofu](#), chipotle chili, shallot, [Napa Valley non GMO rice bran oil](#), garlic powder, lime juice, sea salt

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

BLACK BEAN BURGER – [Brown Rice](#) Blend, House Made Black Bean Patty, Tomato, Onion, [Pickles](#), [Ketchup](#), Just Mayo, Non GMO GF Nutritional Yeast, [Mustard](#), Wrapped in [Nori](#) (WF, DF, NF, EF, SF)

Black Bean Patty: [black beans](#), yam, onion, [Field Day non GMO GF tomato paste](#), basil, [raw pumpkin seeds](#), [Wizard GF vegan Worcestershire sauce](#), parsley, [flax seeds](#), sea salt, garlic, KAL Non GMO GF nutritional yeast, [sorghum flour](#), EVOO, spices, black pepper

BREAKFAST TACO - [Brown Rice](#) Blend, Green Eggs, Pinto Beans, Pico de Gallo, Vegan Chipotle Cream, Wrapped in [Nori](#) (GF, DF, NF, eggs, soy)

Pinto Beans: water, [pinto beans](#), onion, [Napa Valley non GMO rice bran oil](#), spices, garlic, sea salt

Pico de Gallo: tomatoes, onion, jalapeno, cilantro, lime juice and zest, black pepper, sea salt

Chipotle Cream: [House Foods non GMO GF tofu](#), chipotle chili, shallot, [Napa Valley non GMO rice bran oil](#), garlic powder, lime juice, sea salt

Green Eggs: free range eggs, spinach, sea salt, black pepper

BREAKFAST PESTO - [Brown Rice](#) Blend, Green Eggs, Super Seed Pesto, Uncured Nitrate Free Bacon, Tomato, [Arugula](#), Wrapped in [Nori](#) (WF, DF, NF, SF, P, eggs) Paleo omit rice add cauliflower mash

Super Seed Pesto: [raw pumpkin seeds](#), [raw sunflower seeds](#), basil, EVOO, [Napa Valley non GMO rice bran oil](#), shallots, garlic, sea salt, black pepper

Green Eggs: free range eggs, spinach, sea salt, black pepper

BROCCOLI TUMERIC BANCHAN – Broccoli, Fresh Tumeric Root, [Eden Sesame Oil](#), Sea Salt, Garlic, Ginger, [Maple Syrup](#) (GF, DF, NF, EF, SF, P)

BULGOGI - White [Rice](#) / [Quinoa](#) Blend, Thinly Sliced Marinated Grass Fed Beef, Macro Pressed Vegetables, King's Kim Chi, House Made Gochujang Sauce, Fresh Herbs (Cilantro, Basil, Mint), Wrapped in Romaine (GF, DF, NF, EF, soy)

Bulgogi Marinade: [fuji apple](#), [SAN-J GF tamari](#), [Eden mirin](#), [Napa Valley non GMO sesame oil](#), garlic, ginger, [sucanat](#)

Gochujang: water, [Miso Master non GMO GF miso paste](#), [sucanat](#), Korean chili powder, sea salt, [Eden mirin](#), [Marukan rice vinegar](#)

Macro Press Vegetables: purple cabbage, green cabbage, broccoli, cauliflower, carrots, snap peas, [Eden mirin](#), sea salt

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

Chicken Brine: water, [Sucanat](#), [San-J GF tamari](#), onion, garlic, ground spices, bay leaf

Super Seed Pesto: [raw pumpkin seeds](#), [raw sunflower seeds](#), basil, EVOO, [Napa Valley non GMO rice bran oil](#), shallots, garlic, sea salt, black pepper

CHICKEN CURRY - [Free Range Chicken Breast](#) with Carrots, Celery, Onion, Cauliflower, [Grass Fed Ghee](#), [Nutiva Coconut Oil](#), Red Boat GF Fish Sauce, Curry Powder, Ginger, [Raw Blue Agave](#), Blue Monkey Coconut Water, [Red / Black / White Rice](#) Blend, [Spinach](#), Wrapped In [Nori](#) (GF, NF, EF, dairy in the form of [ghee](#), soy)

Chicken Brine: water, [Sucanat](#), [San-J GF tamari](#), onion, garlic, ground spices, bay leaf

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



MENU INGREDIENTS

ORGANIC AND ALL PRODUCE IS LOCALLY SUSTAINABLY GROWN

GF – gluten free, WF – wheat free, DF – dairy free, NF – nut free, EF – egg free, SF – soy free, P – can be paleo

CUCUMBER SALAD – Cucumber, [Fuji Apple](#), Fresh Mint, Lime Dressing (GF, DF, NF, EF, SF, P)

Lime Dressing – Lime Juice, water, garlic, ground coriander, sea salt, [maple syrup](#), black pepper

DELI TURKEY - [Brown Rice](#) Blend, Free Range Diestel Turkey, [Arugula](#), Snap Peas, [Goji Aioli](#), [Raw Sunflower Seeds](#), Wrapped in Romaine (WF, DF, NF, EF, SF, P) Paleo omit rice add cauliflower mash

Goji Aioli: Sir Kensington avocado oil mayonnaise, [goji berries](#), [Koop's Dijon mustard](#), spices, sea salt

KABOCHA PIE - Steamed Kabocha Squash, [Coconut Milk](#), Yam, [Sucanat](#), [Gluten Free Flour](#), Free Range Eggs, Vanilla, Baking Powder, Non GMO Corn Starch, Molasses, Ground Spices, Sea Salt (GF, DF, NF, SF, egg)

MACRO - [Brown Rice](#) Blend, Macro Pressed Vegetables, Baked Wild Salmon, Wasabi Dressing, Black Sesame Seeds, Wrapped in [Nori](#) (GF, DF, NF, EF, P, soy) Paleo omit rice and wasabi dressing ([pickled ginger](#) contains [cane sugar](#)) add cauliflower mash and [coconut liquid aminos](#)

Macro Pressed Vegetables: purple cabbage, green cabbage, broccoli, cauliflower, carrots, snap peas, [Eden mirin](#), sea salt

Wasabi Dressing: [Napa Valley non GMO rice bran oil](#), [pickled ginger](#), [San-J GF tamari](#), [Eden mirin](#), water, wasabi powder, fresh ginger, [Koop's Dijon mustard](#), [Napa Valley non GMO sesame oil](#), sea salt, mustard powder

MISO SOUP - Kombu Bonito Stock, [Miso Master Non GMO GF Miso Paste](#), Chinese Yam, [House Foods Non GMO GF Tofu](#), Swiss Chard (GF, DF, NF, EF, soy)

NAHM JIM - [Red / Black / White Rice](#) Blend, Vegetable mix, Fresh Herbs (Cilantro, Basil, Mint), Thai Inspired Sauce, [Hemp Seeds](#), Macadamia Nuts, [Sliced Almonds](#), Wrapped in [Nori](#) (WF, DF, EF, nuts, soy)

Vegetable Mix: green cabbage, purple cabbage, cauliflower, broccoli, carrots, snap peas

Thai Inspired Sauce: Braggs liquid aminos, [raw blue agave](#), lime juice and zest, cilantro, serrano pepper ginger, garlic, sea salt

NORI BURGER - [Brown Rice](#) Blend, Grass Fed Beef mixed with Chard, Lettuce, Tomato, Onion, [Pickles](#), [Ketchup](#), [Mustard](#), Non GMO GF Nutritional Yeast, Wrapped in [Nori](#) (WF can be requested GF, DF, NF, EF, SF, P) Paleo omit rice add cauliflower mash no [ketchup](#) (contains [cane sugar](#))

NORI N LOX - [White Rice](#) / [Quinoa](#) Blend, Green Eggs, Smoked Salmon, Scallion Aioli, Tomato, [Arugula](#), Scallion Aioli, Wrapped in [Nori](#) (GF, DF, NF, SF, P, egg) Paleo omit rice add cauliflower mash

Scallion Aioli: Just Mayo, green onion, shallot, garlic, [Woodstock pickles](#), lemon juice and zest, ground caraway, [Napa Valley non GMO rice bran oil](#), black pepper, sea salt

Green Eggs: free range eggs, spinach, sea salt

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

Den Miso: [Eden mirin](#), [Miso Master non GMO GF miso paste](#), [sucanat](#)

Chicken Brine: water, [sucanat](#), [San-J GF tamari](#), onion, garlic, spices, bay leaf

SWEET KALE - Lacinato and Green Kale, [Almonds](#), [Currants](#), [Goji Berries](#), Maple Dijon Vinaigrette, WITH OR WITHOUT PECORINO CHEESE (WF, DF, EF, SF, nuts)

Maple Dijon Vinaigrette: [Napa Valley non GMO rice bran oil](#), [maple syrup](#), [Koop's Dijon mustard](#) shallots, [red wine vinegar](#), black pepper, sea salt

TEMPEH BULGOGI - [White Rice](#) / [Quinoa](#) Blend, [Marinated non GMO GF Flax Tempeh](#), Macro Pressed Vegetables, King's Kim Chi, House Made Gochujang Sauce, Fresh Herbs (Cilantro, Basil, Mint), Wrapped in Romaine (GF, DF, NF, EF, soy)

Bulgogi Marinade: [fuji apple](#), [San-J GF tamari](#), [Eden mirin](#), [Napa Valley non GMO sesame oil](#), garlic, ginger, [sucanat](#)

Gochujang: [Miso Master non GMO GF miso paste](#), [sucanat](#), Korean chili powder, [Eden mirin](#), [Marukan rice vinegar](#), sea salt

Macro Press Vegetables: green cabbage, purple cabbage, cauliflower, broccoli, carrots, snap peas, [Eden mirin](#), sea salt

TOFU PESTO – [Brown Rice](#) Blend, Marinated [Non GMO GF Tofu](#), Super Seed Pesto, Tomato, [Arugula](#), Wrapped in Romaine (WF, DF, NF, EF, soy)

Tofu Marinade: Braggs liquid aminos, water, [sucanat](#), [San-J GF tamari](#), onion, garlic, ground spices, bay leaf

Super Seed Pesto: [raw pumpkin seeds](#), [raw sunflower seeds](#), basil, EVOO, [Napa Valley non GMO rice bran oil](#) garlic, shallots, black pepper, sea salt

CAULIFLOWER ALMOND MEAL MASH - cauliflower, GF almond meal, EVOO, sea salt, black pepper (GF, DF, EF, SF, P, nuts)

[WHITE RICE](#) - SESHUU-MAI KOSHIHIKARI (ORGANIC) SHORT GRAIN [BROWN RICE](#) – MATSURI KOSHIHIKARI (ORGANIC) SHORT GRAIN

[BHUTAN RED](#) AND [FORBIDDEN BLACK](#) – LOTUS FOODS ORGANIC [SWEET RICE](#) – MIYAKO FALMILY

[NORI](#) – KIMNORI ORGANIC TOASTED SEAWEED

OUR KITCHEN IS WHEAT FREE HOWEVER THE NUTS, SEEDS, KETCHUP, AND COCOA POWDER WE USE MAY BE PRODUCED IN FACILITIES THAT PROCESS WHEAT. ALL OF THE SOY PRODUCTS WE USE ARE CERTIFIED GLUTEN FREE

IF DESIGNATED WF INSTEAD OF GF, THE ITEM CONTAINS INGREDIENTS THAT MAY BE PRODUCED IN FACILITIES THAT PROCESS WHEAT

IF YOU HAVE AN ALLERGY, WE WILL DO OUR BEST TO MINIMIZE CROSS CONTAMINATION. PLEASE INFORM OUR STAFF WHEN YOU ORDER TO ENSURE YOUR FOOD IS PREPARED USING OUR ALLERGY PROTOCOL. WE CANNOT GUARANTEE OUR FOOD IS ALLERGEN FREE, SO PLEASE BE AWARE OF THE RISK YOU ASSUME IN DINING HERE, AS WE WILL NOT ASSUME ANY LIABILITY FOR ADVERSE REACTIONS TO FOOD CONSUMED.

All food except rice is prepared in stainless steel or cast iron cookware and all animal proteins are cooked using EVOO

The cellophane we use is made in the USA polypropylene, which has a high heat resistance and does not leach below 350 degrees.