

KYERITOS

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

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 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**, 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 Chicken**, Broccoli & **Goji Berry** Mix, **White Rice** / **Quinoa** Blend, Wrapped in **Nori** (GF, DF, NF, EF, soy)

CHICKEN CURRY 12 - **Free Range 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, Arugula, 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 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)

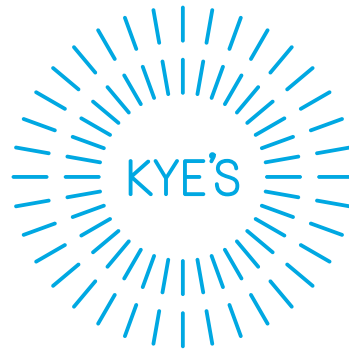
GRAIN FREE 1.5
(No Rice, Roasted Cauliflower Almond Meal Mash)

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
SCROLL PAST THIS MENU TO SEE A LIST OF ALL THE INGREDIENTS WE USE

1518 Montana Ave Santa
Monica, CA 90403
(310) 395 - KYES (5937)
www.kyesmontana.com



@kyesmontana #kyerito



EVERYTHING ELSE

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

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 SALAD 5 - Romaine, Snap Peas, Cilantro, Carrots, [Roasted Peanuts](#), Asian Dressing
(WF, DF, EF, P, nuts, soy)
With Chicken 10

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](#), 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](#), [Grass Fed 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](#), Non GMO Corn Starch, Baking Powder, Sea Salt, [Sucanat](#), Molasses, Vanilla, Ground Spices (GF, DF, NF, SF, egg)

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

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.

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 from 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](#), 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
3 choices per tray	

Grain Free or Premium KyeRito Add \$1 / PC

SIGNATURE SALADS

REGULAR BOWL (12 - 3oz servings)	
Asian Salad	\$40
Sweet Kale or Asian Chicken	\$60
LARGE BOWL (24 - 3oz servings)	
Asian Salad	\$75
Sweet Kale or Asian Chicken	\$110

TREAT TRAYS

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

INQUIRE ABOUT CATERING OR EMAIL
catering@kyesmontana.com



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

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

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

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

ASIAN SALAD - Romaine, Snap Peas, Cilantro, Carrots, [Roasted Peanuts](#), Asian Dressing, with or without [Free Range Chicken](#) (WF, DF, EF, P, nuts, soy) Paleo omit dressing add oil and [vinegar](#) or [coconut liquid aminos](#)

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

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

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

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

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

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

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

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

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

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

BLACK BEAN BURGER – 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)

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

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

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

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

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

Green Eggs: free range eggs, spinach, sea salt

BREAKFAST PESTO - Green Eggs, Uncured Nitrate Free Bacon, Arugula, Tomato, Super Seed Pesto, [Brown Rice](#) Blend, 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, garlic, shallots, [Napa Valley non GMO rice bran oil](#), black pepper, sea salt

Green Eggs: free range eggs, spinach, sea salt

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

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

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

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

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

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

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

CHICKEN CURRY - [Free Range Chicken](#) 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, Spinach, [Red](#) / [Black](#) / [White Rice](#) Blend, Wrapped In [Nori](#) (GF, NF, EF, dairy in the form of [ghee](#), soy)

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

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



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

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

Goji Aioli: non GMO GF Just Mayo (vegan), [Koop's Dijon mustard](#), [goji berries](#), spices, sea salt

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

MACRO - Seared Wild Salmon, Macro Pressed Vegetables, Wasabi Dressing, Black Sesame Seeds, [Brown Rice](#) Blend, Wrapped in [Nori](#) (WF, 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: cauliflower, broccoli, green cabbage, purple cabbage, carrots, snap peas, [Eden mirin](#), sea salt

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

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

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

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

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

NORI BURGER - Grass Fed Beef mixed with Chard, Lettuce, Tomato, Onion, [Pickles](#), [Ketchup](#), [Mustard](#), Non GMO GF Nutritional Yeast, [Brown Rice](#) Blend, 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 - Green Eggs, Smoked Salmon, Dill, Arugula, Tomato, Scallion Aioli, [White Rice](#) / [Quinoa](#) Blend, Wrapped in [Nori](#) (GF, DF, NF, SF, P, eggs) Paleo omit rice add cauliflower mash

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

Green Eggs: free range eggs, spinach, sea salt

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

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

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

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

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

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

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

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

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

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

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

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