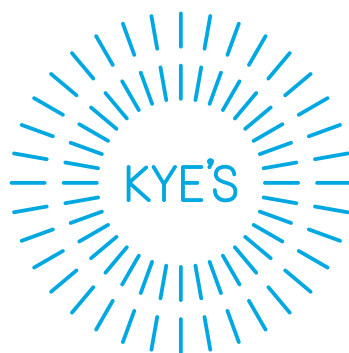


1518 Montana Ave Santa
Monica, CA 90403
(310) 395 - KYES (5937)
www.kyesmontana.com



@kyesmontana #kyerito



KYERITOS

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 13 - Green Eggs, Smoked Salmon, Arugula, Tomato, Scallion Aioli, White Rice* / Quinoa* Blend, Wrapped in Nori* (GF, DF, NF, SF, P, egg)

BREAKFAST TACO 10 - Green Eggs, Pinto Beans*, Pico de Gallo, Vegan Chipotle Cream, Brown Rice* Blend, Wrapped in Nori* (GF, DF, NF, egg, soy) 🔥🔥

BREAKFAST PESTO 11 - Green Eggs, Uncured Nitrate Free Bacon, Arugula, Tomato, Super Seed Pesto, Brown Rice* Blend, Wrapped in Nori* (WF, DF, NF, SF, P, egg) **UNCURED NITRATE FREE BACON** or **AVOCADO**

ASIAN INSPIRED

MACRO - Macro Pressed Vegetables, Wasabi Dressing, Black Sesame Seeds, Brown Rice* Blend, Wrapped in Nori* (Salmon GF, Avo WF, DF, NF, EF, P, soy) **WILD SALMON – 15** **VEGAN AVOCADO+HEMP SEEDS*+SLICED ALMONDS* - 13**

DEN MISO - Den Miso Glaze, Broccoli & Goji Berry* Mix, White Rice* / Quinoa* Blend, Wrapped in Nori* (GF, DF, NF, EF, soy) **FREE RANGE CHICKEN BREAST* – 13** **VEGAN TEMPEH* - 11**

CURRY - Carrots, Celery, Onion, Cauliflower, Grass Fed Ghee* (chicken), Coconut Oil*, Fish Sauce (chicken), Coconut Water, Bragg's Liquid Aminos (chickpea), Curry Powder, Worcestershire (chickpea); Spinach; Red* / Black* / White Rice* Blend; Wrapped in Nori* (Chicken - GF, NF, EF, SF, dairy-ghee) (Chickpea – GF, DF, NF, EF, soy) 🔥
FREE RANGE CHICKEN BREAST* – 13 **VEGAN CHICKPEA* - 10**

BULGOGI – Bulgogi Marinade, 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) 🔥 **GRASS FED BEEF* – 15** **VEGAN TEMPEH* - 12**

NAHM JIM - Six Vegetable Mix, Fresh Herbs, Thai-inspired Sauce, Hemp Seeds*, Sliced Almonds*, Red* / Black* / White Rice* Blend, Wrapped in Nori* (WF, DF, EF, nuts, soy) 🔥🔥
PORK – 15 **FREE RANGE CHICKEN BREAST* – 14** **VEGAN MACADEMIA - 11**

CLASSIC

NORI BURGER - Lettuce, Tomato, Onion, Pickles*, Ketchup*, Mustard*, Non GMO Nutritional Yeast, Brown Rice* Blend, Wrapped in Nori* (WF, DF, NF, EF, SF, P) **GRASS FED BEEF WITH CHARD – 13** **VEGAN HOUSE MADE BLACK BEAN PATTY - 11**

BBQ - Poppy Seed Fennel and Cabbage Slaw, House Made BBQ Sauce, White Rice* / Quinoa* Blend, Wrapped in Collard Green (WF, DF, NF, EF, SF) 🔥 **COMPART FARMS DUROC PORK – 14** **VEGAN PINTO BEANS* - 10**

PESTO - Super Seed Pesto, Arugula, Tomato, Brown Rice* Blend, Wrapped in Romaine (WF, DF, NF, EF, Chicken SF, Tofu soy)
FREE RANGE CHICKEN BREAST* + UNCURED NITRATE FREE BACON – 14 **VEGAN MARINATED TOFU* - 11**

TACO - 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) 🔥🔥
WILD SALMON – 15 **FREE RANGE CHICKEN BREAST* – 13** **VEGAN PINTO BEANS* - 10**

DELI TURKEY 13 - Free Range Diestel Turkey, Arugula, Snap Peas, Goji Aioli, Raw Sunflower Seeds*, Brown Rice* Blend, Wrapped in Romaine (WF, DF, NF, SF, P, egg)

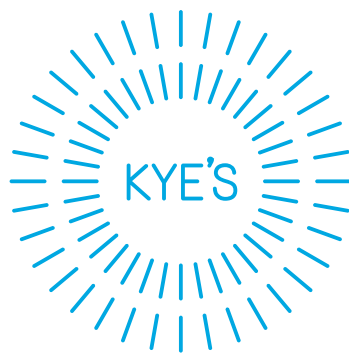
AVOCADO 2.5 | **FRIED EGG 2** (Bowl Only) | **GRAIN FREE 2** (Sub Cauliflower Almond Meal Mash)

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

*ORGANIC, PRODUCE IS LOCAL SUSTAINABLY GROWN OR ORGANIC DEPENDING ON SEASON

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

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

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
ADD SALMON 6 CHICKEN 5 TEMPEH 4

ASIAN CHICKEN SALAD 12 – Free Range Chicken Breast*, Romaine, Snap Peas, Carrots, Roasted Peanuts*, Asian Dressing (WF, DF, EF, P, nuts, soy)

SIDE SALAD 4

CUCUMBER APPLE - Cucumber, Fuji Apple*, Fresh Mint, Lime Dressing (WF, DF, NF, EF, SF)
BROCCOLI TUMERIC BANCHAN – Broccoli, Fresh Tumeric Root, Sesame Oil*, Garlic, Ginger, Sea Salt, Maple Syrup (WF, DF, NF, EF, SF)

MISO SOUP 5 - Kombu Bonito Stock, Non GMO GF Mellow White Miso*, Swiss Chard, Chinese Yam, Non GMO GF Tofu* (GF, DF, NF, EF, soy)

AYURVEDIC ONE A DAY 7 - 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)

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)

KID'S (ADULTS WELCOME)

KID'S SIZE KYERITO 8 - Choice of: Bean Taco | Sweet Chicken | Burger | Deli Turkey | Bacon & Egg | Avo & Egg

MAKE IT A YUMMY MEAL 12 - Choice of Kid KyeRito with Apples*, Juice or Water, and a Treat

HOUSE MADE BEVERAGES

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 6 - Coconut Milk Creamer*, Black Tea, Maple Syrup*, Preservative Free Boba (GF, DF, NF, EF, SF)
Choice of Black Ceylon*, Matcha*, or Blueberry Tisane*

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)

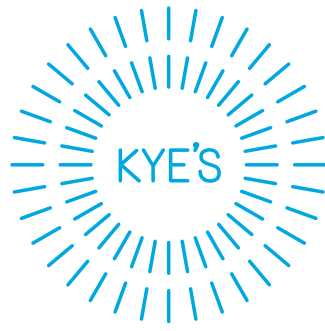
ORGANIC HOT TEAS 3 - Assorted Flavors

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

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.



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

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](#)
490cal, 20g fat, 3.5g sat, 0 trans, 85mg chol, 1400mg sodium, 24g carb, 6g fiber, 6g sugar, 42g protein, 250% vitA, 30% vitC, 10% calcium, 20% iron

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

Brine: water, [Sucanat](#), sea salt, onion, garlic, spices, bay leaf

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

Spice Rub: [brown sugar](#), mixture of spices, sea salt

Stewed [Pinto Beans](#): water, [pinto beans](#), shallots, spice rub, Jalapeno, garlic, agave, lime juice, EVOO

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

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)

180cal, 8g fat, 5g sat, 0 trans, 0mg chol, 220mg sodium, 26g carb, 4g fiber, 17g sugar, 3g protein, 0% vitA, 0% vitC, 2% calcium, 8% iron

BREAKFAST PESTO - [Brown Rice](#) Blend, Green Eggs, Super Seed Pesto, Uncured Nitrate Free Bacon or Avocado, 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

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

BROCCOLI TURMERIC BANCHAN – Broccoli, Fresh Turmeric 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 or 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)

Beef: 520cal, 12g fat, 3g sat, 0 trans, 40mg chol, 1530mg sodium, 75g carb, 6g fiber, 14g sugar, 26g protein, 140% vitA, 80% vitC, 15% calcium, 25% iron

Tempeh: 570cal, 16g fat, 3g sat, 0 trans, 0mg chol, 1550mg sodium, 83g carb, 6g fiber, 15g sugar, 24g protein, 140% vitA, 80% vitC, 25% calcium, 35% iron

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

BURGER – [Brown Rice](#) Blend, Grass Fed Beef mixed with Chard or House Made Black Bean Patty, Tomato, Onion, [Pickles](#), [Ketchup](#), Just Mayo (black bean patty version only), Non GMO GF Nutritional Yeast, [Mustard](#), Wrapped in [Nori](#) (WF, DF, NF, EF, SF)

Beef: 450cal, 14g fat, 4.5g sat, 0.5 trans, 55mg chol, 870mg sodium, 57g carb, 5g fiber, 4g sugar, 25g protein, 90% vitA, 20% vitC, 15% calcium, 20% iron

Black Bean: 530cal, 14g fat, 1g sat, 0 trans, 0mg chol, 1560mg sodium, 85g carb, 14g fiber, 6g sugar, 19g protein, 90% vitA, 30% vitC, 20% calcium, 25% iron

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

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

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)

280cal, 13g fat, 8g sat, 0 trans, 35mg chol, 100mg sodium, 37g carb, 2g fiber, 20g sugar, 4g protein, 8% vitA, 2% vitC, 2% calcium, 6% iron

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

CURRY - [Free Range Chicken Breast](#) or [Chickpeas](#) with Carrots, Celery, Onion, Cauliflower, [Nutiva Coconut Oil](#), [Grass Fed Ghee](#) and Red Boat GF Fish Sauce ([Chicken](#) version only) or Braggs Liquid Aminos and [Wizard GF vegan Worcestershire sauce](#) ([Chickpea](#) version only), Curry Powder, Ginger, [Raw Blue Agave](#), Blue Monkey Coconut Water, [Red](#) / [Black](#) / [White Rice](#) Blend, [Spinach](#), Wrapped In [Nori](#)

(Chicken - GF, NF, EF, SF, dairy in the form of [ghee](#)) (Chickpea – GF, DF, NF, EF, soy)

Chicken: 510cal, 11g fat, 7g sat, 0 trans, 45mg chol, 1270mg sodium, 78g carb, 6g fiber, 4g sugar, 20g protein, 200% vitA, 45% vitC, 10% calcium, 25% iron

Chickpea: 470cal, 8g fat, 6g sat, 0 trans, 0mg chol, 1170mg sodium, 211g carb, 8g fiber, 7g sugar, 11g protein, 200% vitA, 50% vitC, 10% calcium, 30% iron

Brine: water, [Sucanat](#), sea salt, onion, garlic, spices, bay leaf

Chickpeas: water, chickpeas, sea salt

DELI TURKEY - [Brown Rice](#) Blend, Free Range Diestel Turkey, [Arugula](#), Snap Peas, [Goji Aioli](#), [Raw Sunflower Seeds](#), Wrapped in Romaine (WF, DF, NF, SF, P, egg) Paleo omit rice add cauliflower mash
560cal, 19g fat, 0.5g sat, 0 trans, 30mg chol, 1120mg sodium, 55g carb, 5g fiber, 9g sugar, 28g protein, 160% vitA, 45% vitC, 10% calcium, 25% iron
Goji Aioli: Sir Kensington avocado oil mayonnaise, [goji berries](#), [Koop's Dijon mustard](#), spices, sea salt

DEN MISO - [White Rice](#) / [Quinoa Blend](#), Broccoli & [Goji Berry](#) Mix, Den Miso Sauce, [Free Range Chicken Breast](#) or Marinated [non GMO GF Flax Tempeh](#), Wrapped in [Nori](#) (GF, DF, NF, EF, soy)
Chicken: 520cal, 6g fat, 1g sat, 0 trans, 85mg chol, 1060mg sodium, 72g carb, 2g fiber, 13g sugar, 40g protein, 70% vitA, 150% vitC, 15% calcium, 25% iron
Tempeh: 560cal, 13g fat, 2.5g sat, 0 trans, 0mg chol, 1220mg sodium, 85g carb, 3g fiber, 17g sugar, 26g protein, 150% vitA, 160% vitC, 15% calcium, 35% iron

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

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

Brine: water, [Sucanat](#), sea salt, onion, garlic, spices, bay leaf

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)
130cal, 4g fat, 3.5g sat, 0 trans, 25mg chol, 160mg sodium, 22g carb, 1g fiber, 10g sugar, 2g protein, 25% vitA, 8% vitC, 8% calcium, 6% iron

MACRO - [Brown Rice](#) Blend; Macro Pressed Vegetables; Baked Wild Salmon or Avocado, [Hemp Seeds](#), and [Sliced Almonds](#); 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](#)

Salmon: 540, 21g fat, 3.5g sat, 0 trans, 0 chol, 1100mg sodium, 60g carb, 5g fiber, 4g sugars, 26g protein, 70% vitA, 120% vitC, 15% calcium, 15% iron
Avo: 690cal, 40g fat, 5g sat, 0 trans, 45 chol, 1010mg sodium, 71g carb, 14g fiber, 5g sugars, 16g protein, 70% vitA, 130% vitC, 20% calcium, 25% iron

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; Slow Roasted Compart Farm's Duroc Pork Shoulder, [Free Range Chicken Breast](#), or Macadamia Nuts; Vegetable mix; Fresh Herbs (Cilantro, Basil, Mint); Thai Inspired Sauce; [Hemp Seeds](#); [Sliced Almonds](#); Wrapped in [Nori](#) (WF, DF, EF, nuts, soy)

Brine: water, [Sucanat](#), sea salt, onion, garlic, spices, bay leaf

Spice Rub: [brown sugar](#), mixture of spices, sea salt

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 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

480cal, 15g fat, 1g sat, 0 trans, 15mg chol, 2360mg sodium, 57g carb, 3g fiber, 3g sugar, 28g protein, 45% vitA, 25% vitC, 15% calcium, 20% iron

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

PESTO - [Brown Rice](#) Blend, [Free Range Chicken Breast](#) or Marinated [Non GMO GF Tofu](#), Uncured Nitrate Free Bacon ([Free Range Chicken Breast](#) version only), Super Seed Pesto, [Arugula](#), Tomato, Wrapped in Romaine (Chicken WF, DF, NF, EF, SF) (Tofu WF, DF, NF, EF, soy)

Chicken: 760cal, 43g fat, 9g sat, 0 trans, 100mg chol, 990mg sodium, 48g carb, 6g fiber, 3g sugar, 49g protein, 130% vitA, 25% vitC, 15% calcium, 30% iron
Tofu: 470cal, 28g fat, 4.5g sat, 0 trans, 0mg chol, 640mg sodium, 46g carb, 5g fiber, 2g sugar, 13g protein, 30% vitA, 20% vitC, 10% calcium, 20% iron

Brine: water, [Sucanat](#), sea salt, onion, garlic, spices, bay leaf

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, shallots, garlic, sea salt, black pepper

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

Vegan: 440cal, 24g fat, 3g sat, 0 trans, 0mg chol, 350mg sodium, 35g carb, 7g fiber, 21g sugar, 10g protein, 170% vitA, 140% vitC, 20% calcium, 15% iron
Cheese: 440cal, 24g fat, 3g sat, 0 trans, 0mg chol, 360mg sodium, 35g carb, 7g fiber, 21g sugar, 11g protein, 170% vitA, 130% vitC, 20% calcium, 15% iron

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

TACO - [Brown Rice](#) Blend; Baked Wild Salmon, [Free Range Chicken Breast](#), or [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)

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

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

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. WE DO USE FISH, DAIRY, NUTS, SEEDS, EGG, AND SOY IN OUR KITCHEN.

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 and fried egg 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