

Breakfast

KyeRitos

Nori n' Lox - 12

Green Eggs, Smoked Salmon, Scallion Aioli, Dill, Arugula, Tomato, White Rice Quinoa Blend, Nori

Bacon Pesto - 10

Green Eggs, Smoked Bacon, Pesto, Salsa, White Rice Quinoa Blend, Nori

Sub: Shitake Bacon and Potato for Eggs

Chicken Sausage -9

Green Eggs, Sausage, Salsa, Arugula, White Rice Quinoa Blend, Nori

Avo n' Fuzz - 8

Avocado, Pork Fuzz, Green Eggs, Aioli, White Rice Quinoa Blend, Nori

FUZZ CONTAINS WHEAT IN FORM OF SOY SAUCE

Sub: Soy or Salmon Fuzz

Staples

Raw Muesli-6

Oats, Seasonal Fruit, Almond Milk, Honey, Sprouted Walnuts, Lemon Zest

Breakfast Quinoa -

Slow Cooked Spiced Quinoa With Raisins, Almonds, Apples, Served With Warm Milk

Breakfast Salad -

Mixed Greens, Roasted Tomatoes, Roasted Potatoes, Bacon, Fried Egg, Sweet Vinaigrette

Daily Selection of Gluten Free Muffins

KyeRitos (Deli Style)

Deli Turkey - 12

Turkey, Goji Aioli, Sprouts, Sprouted Sunflower Seeds, Sugar Snap Peas, Brown Rice, Romaine

Reuben - 12

Pastrami, Reuben Sauce, Sauerkraut, Caraway seeds, Nutritional Yeast, Brown Rice, Romaine

Raw Reuben - (Raw)

Portabella, Reuben Sauce, Sauerkraut, Nutritional Yeast, House Raw Bread

Paleo Tuna - (Paleo)

Line Caught Albacore Tuna, Egg Salad, Arugula, Tarragon, House Raw Bread

BLTA - 11

Bacon, Pesto, Avocado, Sprouts, Arugula, Mayo, Brown Rice, Nori

Sub: Shitake Bacon

KyeRitos (Classic Comfort)

The Nori Burger - 13

Grass Fed Ground Beef Mixed with Chard, Ketchup, Mustard, Lettuce, Tomato, Onion, Pickles, Brown Rice, Nori

Sub: Bocca Burger

BBQ Pork -11

Smoked Pork Loin, BBQ Sauce, Fennel and Cabbage Slaw, White Rice Quinoa Blend, Collard

Turkey Dinner - 11

Roasted Turkey, Gravy, Green Corn Bread Stuffing, Cranberry, White Rice Quinoa Blend, Romaine

Hot Dog-7

Buffalo Dog, Broccoli, Spinach, Ketchup, White Rice Quinoa Blend, Nori

Bean "Taco" - 8

Pinto Beans, Pico de Gallo, Avocado Edamame Cream, Corn, Jicama, Cilantro, Corn Tortilla Chips, Brown Rice, Collard Green

Raw Sub: Cashew "Beans", No Rice

KyeRitos (Asian Inspired)

The Macro - 12

Grilled Salmon, Wasabi Dressing, Macro Pressed Vegetables, Lotus Root, Burdock Root, Woodear, Brown Rice, Black Sesame Seeds, Nori

The Nutty Vegan -9

Five Spiced Peanuts, Broccoli, Goji, Cilantro, White Rice Quinoa Blend, Nori

Nahm Jim-9

Assorted Veggies, Herbs, Burdock Root, Lotus Root, Woodear, Nahm Jim Fish Sauce, Hemp Seeds, Macademica Nuts, Sliced Almonds, Red/Black Rice Blend, Nori

Sub: Veg Nahm Jim Sauce

Bulgogi

Marinated Beef, Sweet and Spicy Red Pepper Paste, Kimchi, Carrot, Pear, Cabbage Mix, Herbs, Sesame Seeds, White Rice Quinoa Blend, Nori

Sub: Marinated Portabella
Raw Sub: Portabella, No Rice

Chicken Curry

Chicken, Cauliflower, Carrot, Peas, Spinach, Chinese Yam, Red/Black Rice Blend, Nori

Sub: Tofu

Sweet Chicken

Den Miso Glazed Chicken, Broccoli, Gogi, White Rice Quinoa Blend, Nori

Kid Suggestions

Sweet Chicken

Hot Dog

The Nori Burger

Deli Turkey

BLTA

Avo n' Fuzz

YUMMY MEAL

Choice of Kid KyeRito, with Carrots, Juice or Water, and Choice between Shake or Chocolate Chip Cookie

Salads

Sweet Kale Salad

3 Types of Kale, Raw Sheep Milk Pecarino, Almonds, Brazil Nuts, Goji Berries, Currants, Maple Dijon Vinaigrette

CONTAINS DAIRY

Can Be Made Without Cheese

Broccoli Stalk Salad with Goji and Bacon

Broccoli Stalks, Goji Berries, Bacon, Almonds, Red Onion, Carrots, Creamy Vinaigrette

Sub: Shitake Bacon

Heirloom Tomato Salad

Heirloom Tomatoes, Cucumbers, Roasted Garlic-Basil Vinaigrette

Chinese Chicken Salad

Grilled Mary's Chicken, Oranges, Crushed Peanuts, Cilantro, Romaine, Sugar Snap Peas, Shaved Carrots, Scallions, Creamy Asian Dressing

Sub: Tofu

Treats

Avocado Pudding - Mango or Chocolate

Black Bean Brownies

Kabocha Squash Squares

Raw Seasonal Fruit Cobbler

Gluten Free Chocolate Chip Cookie

Shakes

Caramelized Banana

Caramelized Banana , Ghee, Succanat, Maca, Coconut Ice Cream, Coconut Milk, Chinese Yam, Agave
CONTAINS DAIRY

Fresh Mint

Almond Milk, Mint, Spinach, Coconut Ice Cream, Chinese Yam, Agave

Chocolate

Chocolate, Almond Milk, Cashews, Spinach Cocoa Powder, Chinese Yam, Agave, Coconut Ice Cream,

Smoothies

Breakfast Smoothie

2 Types of Kale, Peaches, Banana, Nut Butter, Sun Warrior Raw Protein Powder, Coconut Yogurt, Flax Milk, Almond Milk

Very Berry Goji Berry

Raspberry, Strawberry, Blackberry, Chinese Yam, Lotus Seeds, Goji Berry, Amla Berry, Apple Juice

Coco Cacao Energizer

Cacao Nibs, Coconut Water, Coconut Oil, Banana, Cashew, Cinnamon, Sea Salt

Avocolada

Avocado, Coconut Water, Pineapple, Orange Juice, Spinach, Lime, Sea Salt

House-Made Beverages

Herbal Waters

Tonification

Jujube, Longan, Goji, Licorice Root, American Ginseng

Re-hydration

Detox

Ayurvedic One-A-Day

4 Different Leafy Greens, Asparagus, Okra, Parsley, Cilantro, Soaked Cashews, Sea Salt, Blanched and Blended

Cold Brew Iced Coffee

Cold Brew Organic Coffee, Dark Amber Maple Syrup, Cinnamon, Cardamom, Coconut Milk

Paleo Coffee

Cold Brew Organic Coffee, Coconut and Palm Oil Mix, Ghee, Served Warm

Warm Golden Milk

Almond milk, honey, coconut oil, turmeric, cinnamon, cardamom, and ginger

Hot Tea

Assorted Black, Green, and Herbal Teas

Specialty Drinks

Lime, Ginger, Mint, Soda Water

Raspberry Limeade

Kale, Grapefruit, Ginger, Apple, Raw Honey

Spicy Arugula Bloody Mary

Concord Grape Soda

KyeRito Add Ins

Flax Seeds – Freshly Ground

Ground Lightly Toasted Sesame Seeds

Hemp seeds

Tridoshic Spice Mix Enlivened In Ghee

Nutritional yeast

Fuzz

Bonito

Furikaki