



Specials

PLANT BASED SOUP

Cream of Mushroom broccoli

Bowl **8**

Cup **4.50**

OMNIVORE SOUP

Pork country veggie

Bowl **8**

Cup **4.50**

BACON WRAPPED PORK LOIN

With pan sauce and a choice of side

14

Sandwich Board

Choose Soup, Salad or Veggie

GRASS-FED BURGER

Comes with lettuce, tomato & red onion on a GF Artisan Bread Bun or Lettuce wrap. Served with choice of soup salad or veggie.

13

CHICKEN CLUB

with bacon, avocado, lettuce, tomato & red onion and GF Artisan Bread Bun or Lettuce wrap. Served with choice of soup, salad, or veggie.

13

TURKEY BURGER

Savory Apple Ginger Turkey Burger with Romaine, tomato, and red onion on a GF Artisan Bun or Lettuce wrap. Served with choice of soup, salad, or veggie.

13

PREMIUM TOPPINGS

Bacon **2.50**

Avocado **1.25**

Egg **1.50**

Dubliner Cheese, Grilled Onions, Sauteed Mushrooms,
Jalapeño **1**

SIDES

Sweet Potato Wedges, Broccoli, or Green Beans. Market, Caesar, or Asian noodle salad. Omnivore or Plant Based Soup

Greens & Things

Herbal | Caesar | Citrus Vinaigrette | Strawberry Coconut
White Balsamic | Asian Herbal | Balsamic | Olive Oil & Balsamic
Vinegar | Lemon

MASON JAR MARKET

Layers of seasonal fresh veggies, mixed greens, and fresh
dairy free Black Garlic Dill Ranch dressing (egg in dressing).

Entree **10**

KLK CAESAR SALAD

Crisp romaine tossed with Roasted Garlic Caesar Dressing,
topped with our grain free croutons, and shaved Pecorino
Romano.

Small **5**

Entree **10**

POWER PLANT BOWL

Plant Based Citrus Quinoa, with avocado, grape tomatoes,
red onions, apples, and herbs, over mixed greens and citrus
vinaigrette.

11

ASIAN NOODLE BOWL

Sweet potato glass noodles, Napa cabbage, shredded carrots,
cilantro, red & green onion, and our Asian herb dressing.

Side **5**

Entree **9**

SUMMER BEET SALAD

Roasted Beets, Strawberries, Sheep Feta, cucumbers, and red
onions over mixed greens that are tossed in a strawberry
coconut white balsamic dressing.

13

ADD TO YOUR SALAD

Grilled Free range Chicken **6**

Grilled 5oz grass Fed Sirloin **8**

4oz Scottish Salmon **8**

6oz Scottish Salmon **12**

Sprouted Tri Color Quinoa **5**

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Soups & Sides

ORGANIC OR "CLEAN 15"

Organic Broccoli, Organic Brussel Sprouts, Organic Green Beans, Baked Sweet Potato Wedges.

3.50

SALAD TOPPERS

Chicken **6**

4 oz. Salmon **8**

6 oz. Salmon **12**

Sprouted Quinoa **5**

SOUPS

Plant Based and Omnivore

Cup **4.50**

Bowl **8**



Beverages

SEASONAL & HANDCRAFTED

Filtered infused water **1**

Organic Black Tea or Cold Brew Red Raspberry & Hibiscus Tea

2.50

Spindrift, San Pellegrino (Regular and various Flavors) **2.50**

Cold Brew Iced Coffee **3.50**

Hot French Pressed Coffee **3.50**