

HEALTHY EATS

KETO = K | PALEO = P | VEGAN = V

SANDWICHES

CHOOSE YOUR BREAD

- Gluten free bread, bun (*vegan*)
- NK Bagel or bun (*paleo, keto & gluten-free*) +\$1.25

CHOOSE YOUR TOPPING

- Flock \$7.50
organic chicken, lettuce, tomato, gut-loving pesto
Enhancer: Organic bacon + \$3.50
Avocado + \$2.00
- Good Day \$6.00
egg salad, lettuce, tomato
Enhancer: Organic bacon + \$3.50
Avocado + \$2.00
- By the Sea \$6.50
tuna salad, lettuce, tomato, cucumber
Enhancer: Organic bacon + \$3.50
Avocado + \$2.00
- Green Goddess *V.* \$5.00
avocado, cucumber, sea salt
Enhancer: Organic bacon + \$3.50
- Almond Power *V.* \$5.00
almond butter, banana, cinnamon
Enhancer: Hemp hearts + \$1.50
- Keep it Light *V.* \$4.00
hummus or almond butter or coconut cream cheese

* All Sandwiches can be made Keto + Paleo

HOLISTIC PIZZA

- Grain-free keto/vegan pizza with coconut cheese and tomato sauce \$15.00

TOPPINGS

spinach, pineapple, broccoli, cauliflower, sweet potato, zucchini, avocado, mushrooms, olives, shaved brussel sprouts, peppers + \$1.00
bacon, beef, chicken + \$2.00

FEATURES

- NK Grass-fed Beef Burger **P.* **K.* \$8.00
lettuce, tomato, garlic mayo
Enhancer: Organic bacon + \$3.50
Avocado + \$2.00
*NK Bun + \$1.25
- Chicken Bacon Ranch **P.* **K.* \$10.50
lettuce, tomato, ranch
Enhancer: Avocado + \$2.00
*NK Bun + \$1.25
- Rosemary Sweet Potato Wedges *P.* *V.* \$6.50

GRAB & GO FRIDGE

PREPARED FOODS

- Chocolate Chia Pudding *P.* *K.* *V.* \$5.50
- Protein Overnight Oats *V.* \$5.50
- Blueberry Protein Waffles *P.* \$7.00
Enhancer: Berry Sauce + \$1.00
Chocolate Sauce + \$1.00
Almond Butter + \$1.00

MEALS ON THE GO

CHOOSE YOUR BASE

- Balance *P.* *V.* \$8.00
greens, avocado, sweet potato, turmeric cauliflower
- Immortal Detox *P.* *V.* \$7.50
greens, carrots, cucumber, sea-salt broccoli, beets
- Green Keto *K.* *P.* *V.* \$8.00
greens, avocado, sea-salt broccoli, zucchini, olives

CHOOSE YOUR PROTEIN

- Free-run hard boiled eggs X2 *K.* *P.* \$3.00
- Certified organic chicken *P.* *V.* \$5.00
- Low carb tuna salad *K.* *P.* \$4.00
- Roasted chickpeas *V.* \$3.00
- Nuts & seed mix *V.* \$3.00

CHOOSE YOUR SAUCE

- Gut-loving Pesto *K.* *P.* *V.* \$2.00
- Turmeric Hummus *V.* \$1.50
- Olive oil balsamic *K.* *P.* *V.* \$1.00
- Light Ranch *K.* *P.* *V.* \$1.00