

SANDWICHES

CHOOSE YOUR BREAD

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

CHOOSE YOUR TOPPINGS

- Flock *K. *P. \$8.00
organic chicken, lettuce, tomato, gut-loving pesto
 Enhancer: Organic Bacon +\$3.50
 Avocado +\$2.00
- Chicken Bacon Ranch *P. *K. \$11.00
organic chicken, organic bacon lettuce, tomato, ranch
 Enhancer: Avocado +\$2.00
- Good Day *K. *P. \$7.00
egg salad, lettuce, tomato
 Enhancer: Organic Bacon +\$3.50
 Avocado +\$2.00
- Breakfast Sandwich *K. *P. \$7.00
egg patty, lettuce, tomato, avocado mayo
 Enhancer: Organic Bacon +\$3.50
 Avocado +\$2.00
- By the Sea *K. *P. \$7.00
tuna salad, lettuce, tomato, cucumber
 Enhancer: Organic Bacon +\$3.50
 Avocado +\$2.00
- Green Goddess *K. *P. V. \$6.50
avocado, cucumber, sea salt
 Enhancer: Organic Bacon +\$3.50
 Hemp Hearts +\$2.00
 Hard Boiled Egg +\$2.00
- Almond Power *P. V. \$6.00
almond butter, banana, cinnamon
 Enhancer: Hemp Hearts +\$2.00
- Keep it Light V. \$5.00
hummus or almond butter

HOLISTIC PIZZA

Grain-free keto/vegan pizza with coconut cheese and tomato sauce \$16.00

TOPPINGS

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

bacon, beef, chicken +\$2.00

SALADS

- Balance P. V. \$8.50
greens, avocado, sweet potato, turmeric, cauliflower
- Immortal Detox P. V. \$8.50
greens, carrots, cucumber, sea salt broccoli, beets
- Green Keto K. P. V. \$8.00
greens, sea salt broccoli, zucchini, brussel sprouts

PERSONALIZE YOUR SALAD

broccoli, cauliflower, sweet potato, peppers, cucumber, beets, carrots, zucchini, olives, mushrooms, brussel sprouts, +\$1.00

Avocado +\$2.00

CHOOSE YOUR PROTEIN

- Free-run hard boiled eggs (2) K. P. \$3.00
- Certified organic chicken P. V. \$5.00
- Low carb tuna salad K. P. \$4.00
- Roasted chickpeas 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. \$2.00