

# HEALTHY EATS

KETO = K | PALEO = P | VEGAN = V



## SANDWICHES

### CHOOSE YOUR BREAD

- Bread or Bun V. (gluten-free)
- NK Bagel \*K. \*P. (gluten-free) +\$1.25

### CHOOSE YOUR TOPPINGS

- Flock \*K. \*P. \$9.00  
*organic chicken, lettuce, tomato, gut-loving pesto*  
Enhancer:   Organic Bacon   +\$3.50  
                  Avocado           +\$2.00
- Chicken Bacon Ranch \*P. \*K. \$12.00  
*organic chicken, organic bacon lettuce, tomato, ranch*  
Enhancer:    Avocado           +\$2.00
- Good Day \*K. \*P. \$8.00  
*egg salad, lettuce, tomato*  
Enhancer:    Organic Bacon   +\$3.50  
                  Avocado           +\$2.00
- Breakfast Sandwhich \*K. \*P. \$8.00  
*egg patty, lettuce, tomato, avocado mayo*  
Enhancer:    Organic Bacon   +\$3.50  
                  Avocado           +\$2.00
- By the Sea \*K. \*P. \$8.00  
*tuna salad, lettuce, tomato, cucumber*  
Enhancer:    Organic Bacon   +\$3.50  
                  Avocado           +\$2.00
- Green Goddess \*K. \*P. V. \$7.50  
*avocado, cucumber, sea salt*  
Enhancer:    Organic Bacon   +\$3.50  
                  Hemp Hearts    +\$2.00  
                  Hard Boiled Egg +\$2.00
- Almond Power \*P. V. \$7.00  
*almond butter, banana, cinnamon*  
Enhancer:    Hemp Hearts    +\$2.00
- Keep it Light V. \$6.00  
*hummus or almond butter*

## HOLISTIC PIZZA

Grain-free keto/vegan pizza with coconut cheese and tomato sauce \$16.50

### 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. \$4.00
- 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