

## ABOUT KAIROS JAX

Kairos is a Greek word that means perfect time. The vision of Kairos Jax was inspired by the owner's father who was diagnosed with diabetes. The diagnosis moved her to take action and change her future, her kids' future and the future of those around her by providing access to fast, fresh, delicious, and healthy meal options. Kairos Jax offers a better way to eat and nourish your body. When she started to change the foods she ate, she realized that God provides everything we need in nature, and it is available for us to consume and enjoy.

## TRY OUR NEW SuperFOOD ADDONS IN YOUR SMOOTHIE OR ACAI BOWL

### COLOSTRUM

Supports tissue repair and muscle growth. Contains antibodies and immune-boosting compounds. Helps with digestive issues.

### LOTUS POLLEN

Contains a variety of vitamins, minerals, amino acids and antioxidants. Boosts energy and help reduce inflammation in the body.

### CACAO NIBS

Combats oxidative stress & inflammation. Boosts mood & energy levels. Can improve heart health by reducing blood pressure & improving blood flow.

### COLLAGEN

Improves skin elasticity, hydration & reduces wrinkles. Supports joint health. Helps maintain bone density and strength.

### MCT

Quick source of energy. Boosts metabolism. Enhances brain function and clarity.

*We Cater!*

SCAN QR CODE  
FOR MORE INFORMATION



## SMOOTHIES

12oz: \$8 / 16oz: \$9 / 20oz: \$10

*Add protein or superfoods + 3 ea.  
Vanilla grass-fed whey, Chocolate grass-fed whey, Vanilla  
vegan or Chocolate vegan*

*Probiotics, flax seed, spirulina, chia, collagen*

### SUPER ALMOND

Organic almond butter, dates, banana & almond milk.

### FRESH STRAWBERRY

Strawberries, banana, greek yogurt, choice of almond or regular milk.

### VERY BERRY

Blueberries, banana, strawberry, greek yogurt, choice of almond or regular milk.

### MEGA ORANGE

Strawberries, pineapple, banana, yogurt & orange juice.

### PINA COLADA

Pineapple, pure coconut water & coconut cream.

### TUTTI FRUTTI

Strawberries, mango, banana & apple juice.

## GREEN SMOOTHIES

### GREEN CARIBBEAN

Mango, pineapple, banana, pure coconut water & spinach.

### TROPICAL GREEN

Kale, spinach, green apple, pineapple, & pure coconut water.

### DOUBLE GREEN

Kale, spinach, banana, mango, & coconut water.

### PINA KALE-LADA

Pineapple, kale, pure coconut water & coconut cream.

## SUPERFOOD SMOOTHIES

20oz only \$12

### MOCHA ALMOND

Double shot of espresso, banana, almond milk, organic almond butter, cacao nibs, dates & vanilla grass-fed whey.

### SUPER MATCHA

Matcha, mango, apple, spinach, lemon, spirulina & coconut water.

### PB-NUT

Peanut butter, banana, almond milk, chocolate grass-fed whey.

### BLUE ENERGY (Pre-Workout)

Coconut water, banana, pineapple, mango, coconut flakes, spirulina and hemp protein.

### POST WORKOUT

Blueberry, banana, spinach, almond butter, almond milk and vegan vanilla protein.

### BERRY BEAUTY +\$2.00

Strawberry, blueberry, raspberry, blackberry, collagen +, organic almond butter, dates, vegan vanilla protein & almond milk

## FRESH JUICES

12oz: \$8 / 16oz: \$9 / 20oz: \$10

### KAIROS GREEN JUICE

Spinach, kale, celery, cucumber, green apple, pineapple & orange.

### MORNING ENERGIZER JUICE

Carrots, beets, ginger, green apple & orange.

### SPICY LEMONADE JUICE

Lemon, ginger & green apple.

### GO GREEN JUICE

Kale, green apple, celery & cucumber.

### VUELVE A LA VIDA JUICE

Carrot, orange juice & beets.

### ORANGE JUICE

Freshly squeezed oranges.

### PURE COCONUT WATER

Organic coconut water.

## WELLNESS SHOTS

\$8

### FLU SHOT

Ginger, turmeric, lemon & apple.

### DESINFLAMMATORY SHOT

Ginger & pineapple.

## THE CLEANSE

### #1 DETOX GREEN JUICE

Pineapple, cucumber, celery, spinach, ginger & lemon.

### #2 CASHEW MILK

Raw cashews, dates & cinnamon.

### #3 RED INFUSION JUICE

Beets, cucumber, red apple & celery.

### #4 GO GREEN JUICE

Kale, cucumber, green apple & celery.

### #5 GLOW JUICE

Carrots, orange, apple, lemon, ginger & turmeric.

## RENEW, RESTORE, REVIVE

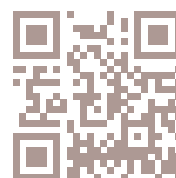
**1 DAY** (5 Juices)

**3 DAY** (15 Juices)

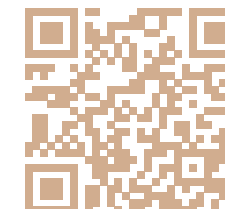
**5 DAY** (25 Juices)

**7 DAY** (35 Juices)

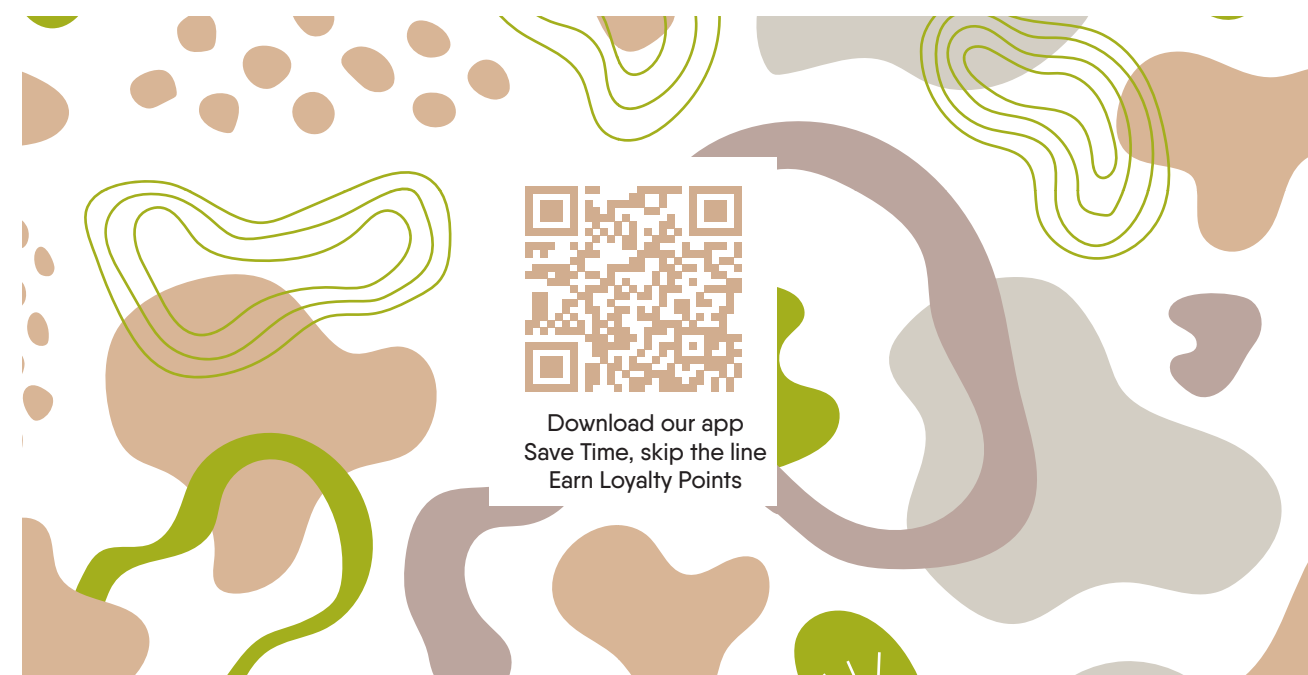
SCAN QR CODE  
FOR MORE INFORMATION



*1 Cor 10:31*



Download our app  
Save Time, skip the line  
Earn Loyalty Points



## ALL DAY BREAKFAST

- ENERGY BOWL .....\$11**  
Greek yogurt topped with coconut flakes, granola & your choice of 3 fresh fruits (banana, mango, pineapple, strawberries or blueberries) topped with chia & honey.
- VIVA SANDWICH .....\$11**  
The French Pantry multigrain bread, spinach, cheddar cheese, guacamole & a fried egg. Served with a cup of fruit.
- BURRITO MEXICANO .....\$12**  
Flour tortilla, pinto beans, avocado, scrambled eggs, tomatoes, onions, bell peppers, sour cream & mozzarella cheese. 🌿 GF Tortilla + \$3
- BREAKFAST TACOS .....\$12**  
3 GF corn tortillas, pinto beans, tomatoes, onions, bell peppers, scrambled eggs, guacamole & Mexican cheese. Served with a cup of fruit.
- ALMOND TOAST .....\$11**  
The French Pantry multigrain thin bread, organic almond butter topped with strawberry, blueberries, banana, granola, coconut flakes and drizzled with honey. 🌿 GF Bread + \$3
- AVOCADO TOAST .....\$12**  
The French Pantry sourdough toasted topped with fresh smashed avocado served with sunny side up fried eggs sprinkled with everything seasoning. Served with a cup of fruit.
- POWER EGG BOWL (OR WRAP) .....\$13**  
Spinach tortilla, brown rice, avocado (guacamole), black beans (pinto beans), quinoa, boiled egg, yam, red peppers & green onions. Chili mango sauce on the side.
- 🔥 KAIROS OMELETTE .....\$14**  
Cage free eggs, spinach, red peppers, mozzarella cheese. Topped with avocado slices, drizzled with avocado sauce, buffalo sauce & sour cream. Served with a cup of fruit, house potatoes or multigrain toast.
- CREPE .....\$13**  
Skinny pancake topped with strawberry, banana, syrup and powdered sugar. Choice of spread: nutella, almond butter, dulce de leche or strawberry jelly.
- 🌿 GF PANCAKES .....\$13**  
3 GF pancakes made with beet juice, vegan protein topped with strawberries & blueberries and sprinkled with powdered sugar. Syrup on side.

## COFFEE & TEA

- Espresso .....\$3**  
Double shot of Espresso locally roasted
- Honey Oat Shaken Espresso .....\$6**  
Double shot of Espresso, honey and oat milk over ice
- Americano (Hot or Iced) .....\$4**
- Traditional Macchiato .....\$4**
- Cappuccino .....\$5**
- Latte (Hot or Iced) .....\$6**
- Chai Latte (Hot or Iced) .....\$6**
- Matcha Latte .....\$6**  
Organic (unsweet) Matcha & milk.
- Turmeric Latte .....\$6**  
Organic Turmeric, blend of spices & honey
- Beet Latte (Hot or Iced) .....\$6**  
Beet juice & milk. Sweetened with honey. *\*Add double shot of espresso +\$3*
- London Fog (Hot) .....\$5**
- Hot Chocolate .....\$5**
- Hot Herbal Tea .....\$4**
- Lemonade .....\$4**
- Sweet & Unsweet Tea .....\$4**
- \*Add Syrup +\$1: Vanilla, Caramel, Hazelnut, Chocolate, Honey Ask about seasonal flavors. Sugar free syrups available. **\*Alternative Milks +\$1: Almond or Oat milk.***

## CREATE YOUR OWN BOWL / WRAP \$10

WRAP OPTIONS:  
WHEAT, TOMATO, SPINACH OR FLOUR TORTILLA.  
🌿 GF TORTILLA +\$3

### \*ADD PROTEIN

Hard Boiled Egg .....\$3	Lamb .....\$6
Bacon .....\$3	Salmon .....\$7
Grilled Chicken .....\$5	Shrimp .....\$6
Steak .....\$6	Mahi Mahi .....\$7
Chimichurri Steak .....\$7	Tempeh .....\$5
Barbacoa .....\$5	Tofu .....\$5

### CHOOSE ONE GREEN

Spinach	Kale
Caesar Salad	Spring mix

### CHOOSE ONE GRAIN

Brown rice	Black beans
Cilantro rice	Quinoa
Pinto beans	Lentils

### CHOOSE TWO VEGGIES

Roasted corn	Brussel sprouts
Roasted broccoli	Mashed potatoes
Grilled zucchini	Roasted cauliflower
Sweet potatoes	🔥 Buffalo cauliflower
Roasted peppers	Grilled mushrooms
Roasted onions	Parmesan broccoli
Green beans	Extra Veggie +\$3 ea.

### CHOOSE A SAUCE

🌿🌿 BBQ	🌿🌿 Green Avocado
🌿🌿 Berry Dressing	🌿🌿🔥 Green Tomatillo
🌿🌿🔥 Cherry Tomato	🌿🌿🔥 Homemade Ranch
🌿🌿🔥 Chili Mango	🌿🌿🔥 Kale Dressing
🌿🌿🔥 Chimichurri	🌿🌿🔥 Peach Dressing
🌿🌿🔥 Chipotle	🌿🌿🔥 Pico de Gallo
🌿🌿🔥 Cilantro Aioli	🌿🌿🔥🔥 Red Spicy
🌿🌿🔥 Cilantro Ranch	

### EXTRAS \$3 ea.

Avocado
Bean & corn salsa
Feta cheese
Mexican cheese
Pesto tomatoes
Guacamole
Mozzarella cheese

## BOWLS

- ULTIMATE BURGER BOWL .....\$13**  
Burger Bun, Grass fed ground beef, lettuce, tomato, avocado slices, pepper jack cheese, grilled onions, grilled pineapple & our homemade pink sauce.
- FAJITA BOWL .....\$12**  
Cilantro rice, pinto beans, roasted onions, roasted peppers & lettuce topped with pico de gallo, guacamole, sour cream, mozzarella cheese & GF corn chips.  
*\*Add your favorite protein\**
- SUPER FOOD BOWL .....\$14**  
Kale, quinoa, sprouts, pumpkin seeds, goji berries, avocado, sweet potatoes & kale dressing. *\*Add your favorite protein\**
- TINGA NACHOS BOWL .....\$13**  
🌿 GF Corn chips, shredded chicken topped with chipotle sauce, beans, sour cream, cheese dip, guacamole, cabbage, radish & Mexican cheese.
- GRAIN BOWL .....\$13**  
Steak or Chicken over cilantro rice, black beans, cherry tomato sauce & brussel sprouts topped with chimichurri sauce.

*\*Add Egg \$3 / Bacon \$3 / Tempeh \$5 / Chicken \$5 / Tofu \$5 / Steak \$6 / Shrimp \$6 / Salmon \$7 / Barbacoa \$5 / Lamb \$6 / Mahi-Mahi \$7*

## WRAPS, SANDWICHES, QUESADILLAS & TACOS

- SALMON TACOS .....\$16**  
3 GF corn tortillas, grilled salmon, chipotle sauce, cabbage, pico de gallo, avocado slices. Served with a side of black beans topped with mexican cheese & pico de gallo.
- TACOS AL PASTOR .....\$13**  
3 GF corn tortillas, grilled pork meat & pineapple topped with onions, radish & micro cilantro.
- 🔥 BURRITO COLORADO .....\$16**  
Tomato tortilla, chicken, steak, chorizo, brown rice, pinto beans, pico de gallo, lettuce, sour cream, guacamole, mozzarella cheese, topped with cheese dip & drizzled with chipotle sauce.
- KAIROS BURRITO .....\$10**  
Cilantro rice, pinto beans, lettuce, guacamole, mozzarella cheese, sour cream & pico de gallo.  
*\*Add your favorite protein\**
- 🔥 KAIROS QUESADILLA .....\$14**  
Flour tortilla, mozzarella cheese, chicken, chorizo, poblano peppers, roasted onions, mushrooms, creamy sauce, served with a side salad, lettuce, pico de gallo & sour cream.
- ORIGINAL QUESADILLA .....\$11**  
Mozzarella cheese, brown rice & black beans.  
*\*Add your favorite protein\**

- KAIROS SANDWICH .....\$10**  
The French Pantry multigrain bread, lettuce, tomato, guacamole & grilled mozzarella cheese. Served with a cup of fruit.  
*\*Add your favorite protein\**
- TUNA SANDWICH .....\$13**  
The French Pantry multigrain bread, tuna salad, chopped veggies, tomatoes, topped with sprouts. Served with a cup of fruit.
- PESTO CHICKEN SANDWICH .....\$14**  
The French Pantry multigrain bread or Ciabatta bread, Free-range grilled chicken, tomato, zucchini, spinach, pepperjack cheese & pesto sauce. Served with a cup of fruit.
- GREEN CHICKEN WRAP .....\$14**  
Free-range grilled chicken, cilantro rice, guacamole, kale, roasted peppers and onions, mozzarella cheese in a spinach tortilla. Choice of sauce on the side.

*\*Add Egg \$3 / Tempeh \$5 / Chicken \$5 / Tofu \$5 / Steak \$6 / Shrimp \$6 / Salmon \$7 / Barbacoa \$5 / Lamb \$6 / Mahi-Mahi \$7*

## PLATES

- Served with Kairos, Berry or Caesar salad on the side.*
- FREE RANGE CHICKEN .....\$20**  
Grilled Chicken over a bed of romesco\* sauce and wild rice. Served with finger potatoes & asparagus. Topped with tomato relish sauce.
- CHIMICHURRI STEAK .....\$21**  
Topped with chimichurri sauce, wild or cilantro rice, asparagus & grilled mushrooms.
- OVEN ROASTED SALMON .....\$23**  
Wild caught salmon over a bed of romesco\* sauce, wild or cilantro rice, asparagus & finger potatoes. Topped with tomato relish sauce.
- \*Romesco Sauce Contains Almonds*
- \*Add Egg \$3 / Bacon \$3 / Tempeh \$5 / Chicken \$5 / Tofu \$5 / Steak \$6 / Shrimp \$6 / Salmon \$7 / Barbacoa \$5 / Lamb \$6 / Mahi-Mahi \$7*

## SALADS

- KAIROS SALAD .....\$14**  
Kale, spinach, spring mix, oranges, cucumber slices, cherry tomatoes, shredded carrots, cilantro, sunflower seeds, quinoa & peach dressing.
- BERRY SALAD .....\$13**  
Spring mix, feta cheese, berries, caramelized walnuts & berry dressing.
- CAESAR SALAD .....\$11**  
Romaine lettuce, croutons, parmesan cheese & caesar dressing.
- AVOCADO SALAD .....\$14**  
Kale, spring mix, corn, bacon, avocado, cherry tomatoes, radish & pineapple dressing.

*\*Add Egg \$3 / Bacon \$3 / Tempeh \$5 / Chicken \$5 / Tofu \$5 / Steak \$6 / Shrimp \$6 / Salmon \$7 / Barbacoa \$5 / Lamb \$6 / Mahi-Mahi \$7*

## SOUPS

- CHICKEN NOODLE SOUP .....\$12**
- 🌿 GF KAIROS LENTILS SOUP .....\$10**  
Mixed vegetables. *\*Add your favorite protein\**

*\*Add Egg \$3 / Bacon \$3 / Tempeh \$5 / Chicken \$5 / Tofu \$5 / Steak \$6 / Shrimp \$6 / Salmon \$7 / Barbacoa \$5 / Lamb \$6 / Mahi-Mahi \$7*

## SHARE

- 🌿 GF KAIROS GUACAMOLE ..... \$11**  
Smashed avocados with tomato, onions, cilantro, jalapenos & lime. Served with GF chips.
- CHEESE DIP & CHIPS ..... \$11**
- (V) HERB HUMMUS ..... \$11**  
Served with pita chips, cucumbers & carrots.
- EMPANADA .....\$4**  
Beef, Chicken or Spinach & cheese.

## ACAI BOWL

**\$14**

*ACAI base\* topped with coconut, granola, honey, chia seeds, and 3 fruit options.*

*\* Contains Almond milk.*

*Add your favorite protein. GF granola available + \$2*

**CHOOSE 3 TOPPINGS:**

STRAWBERRIES	MANGO	BLUEBERRIES
BANANA	PINEAPPLE	GREEN APPLE

**EXTRAS**

Goji berries .....\$3	MCT .....\$3
Almond butter ....\$3	Collagen .....\$3
Peanut butter.....\$2	Cacao Nibs ..\$3
Chocolate chips \$2	Lotus Pollen . \$3
Nutella .....\$2	Colostrum ....\$3

## HEALTHY KIDS

**\$10**

*Served with juice box & a side of fruit.*

### CHEESE SANDWICH

The French Pantry multigrain bread & melted cheddar cheese.

### KIDS BOWL

Chicken or steak, brown rice, black beans & broccoli or green beans.

### KIDS BURRITO

Flour tortilla filled with brown rice & beans, mozzarella cheese, lettuce, chicken or steak.

### PEANUT BUTTER SANDWICH

The French Pantry multigrain bread with organic Peanut Butter. (Strawberry jelly upon request)

### KIDS QUESADILLA

Mozzarella cheese with chicken or steak.

### MAC & CHEESE

## SMOOTHIES

**8oz \$5**

### FRESH STRAWBERRY

Strawberries, banana, greek yogurt, choice of almond or regular milk

### TUTTI FRUTTI

Strawberries, mango, banana & apple juice

### PB

Peanut butter, banana, chocolate, choice of almond or regular milk.



Gluten Free



Dairy free



Spicy

### CONSUMER ADVISORY

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. -Section 3-603.11, FDA food Code