

## Create your own bowl / wrap \$12 (Vegan options available)

*WRAP OPTIONS: WHEAT, TOMATO, SPINACH, OR FLOUR TORTILLA*  
*GF TORTILLA +\$2*

### ADD PROTEIN

Hard Boiled Egg	\$3	Lamb	\$7
Grilled Chicken / Blackened	\$5	Salmon	\$7
Ribeye Steak	\$6	Shrimp	\$6
Chimichurri Steak	\$6	Mahi Mahi	\$7
Barbacoa	\$5	TempEh	\$5
Black Bean Patty	\$4	Tofu	\$5
Falafel	\$4		

### CHOOSE ONE GREEN

Spinach	Kale
Caesar Salad	Spring mix
Arugula	

### CHOOSE ONE GRAIN

Brown rice	Crisp rice
Cilantro rice	Black beans
Pinto beans	Quinoa
Wild rice +\$1.00	Lentils

### CHOOSE TWO VEGGIES

Roasted corn	Brussel sprouts
Roasted broccoli	Mashed potatoes
Grilled zucchini	Roasted cauliflower
Sweet potatoes	Grilled mushrooms
Roasted peppers	Parmesan broccoli
Roasted onions	Extra Veggie +\$2.00 ca.
Green beans	

### CHOOSE A SAUCE

GF BBQ	GF Green avocado
GF Berry dressing	GF Green tomatillo
GF Cherry tomato	Homemade ranch
GF Chili mango	GF Kale dressing
GF Chimichurri	GF Peach dressing
GF Chipotle	GF Pico de gallo
Cilantro aioli	GF Red Spicy
Cilantro ranch	

### EXTRAS \$2.00 Ea.

Avocado  
 Bean & corn salsa  
 Feta cheese  
 Mexican cheese  
 Pesto tomato  
 Guacamole  
 Mozzarella cheese  
 Pita bread  
 Sourdough bread

## Bowl

### TINGA NACHOS BOWL \$14

GF Corn chips, shredded chicken topped with chipotle sauce, beans, sour cream, cheese dip, guacamole, cabbage, radish & mexican cheese.

### GRAIN BOWL \$14

Cilantro rice, black beans, cherry tomato sauce & brussels sprouts topped with chimichurri sauce.  
*\*Add your favorite protein*

### ULTIMATE BURGER BOWL \$16

Grass fed ground beef, lettuce, tomato, avocado slices, pepper jack cheese, grilled onions, grilled pineapple, homemade pink sauce. Brioche bun on the side.

### FAJITA BOWL \$14

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*

### GF SUPER FOOD BOWL \$14

Kale, quinoa, sprouts, pumpkin seed, goji berries, avocado, sweet potatoes, & kale dressing.

*\*Add your favorite protein*

*\*Add: Egg \$3 / Bacon \$3 / Tempeh \$5 / Chicken \$5 / Tofu \$5 / Steak \$6 / Shrimp \$6 / Salmon \$7 / Barbacoa \$5 / Lamb \$7 / Mahi-Mahi \$7 / Tofu \$5 / Black Bean Patty \$4 / Falafel \$4*

## Plates

### CHIMICHURRI STEAK \$21

Topped with chimichurri sauce, wild or cilantro rice, asparagus, grilled mushrooms.

### ROMESCO 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 contain almonds.*

## Salad

### BERRY SALAD \$14

Spring mix, feta cheese, berries, caramelized walnuts, & berry dressing.

### CAESAR SALAD \$11

Romaine lettuce, croutons, parmesan cheese & caesar dressing.

### GF AVOCADO SALAD \$14

Kale, spring mix, 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 \$7 / Mahi-Mahi \$7 / Tofu \$5 / Black Bean Patty \$4 / Falafel \$4*

## 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 and pico de gallo.

### GF 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 \$12

Cilantro rice, pinto beans, lettuce, guacamole, mozzarella cheese, sour cream and pico de gallo.  
*\*Add your favotite protein.*

### GF KAIROS QUESADILLA \$14

Flour tortilla, mozzarella cheese, chicken, chorizo, poblano peppers, roasted onion, mushrooms, creamy sauce, served with a side salad, lettuce, pico de gallo and sour cream.

### ORIGINAL QUESADILLA \$11

Mozzarella cheese, brown rice, black beans, with side salad.

*\*Add your favorite protein*

### KAIROS SANDWICH \$12

Multigrain bread, lettuce, tomato, guacamole, grilled mozzarella cheese, served with a cup or fruit.

*\*Add your favorite protein*

### TUNA SANDWICH \$13

Multigrain bread, tuna salad with chopped veggies, seasoned with olive oil. Served over arugula, tomatoes and sprouts.

*GF bread + \$2.00*

### PESTO CHICKEN SANDWICH \$14

Multigrain or ciabatta bread, free-range grilled chicken, tomato, zucchini, spinach, pepper jack cheese, pesto sauce, served with a cup of fruit.

### GREEN CHICKEN WRAP \$14

Free-range grilled chicken, cilantro rice, guacamole, kale, roasted peppers, onions, mozzarella cheese in a spinach tortilla. Choice of sauce on the side.

*\*Add: Egg \$3 / Bacon \$3 / Tempeh \$5 / Chicken \$5 / Tofu \$5 / Steak \$6 / Shrimp \$6 / Salmon \$7 / Barbacoa \$5 / Lamb \$7 / Mahi-Mahi \$7 / Tofu \$5 / Black Bean Patty \$4 / Falafel \$4*

## Soups

### CHICKEN NOODLE SOUP \$12

### GF KAIROS LENTILS SOUP \$10

*Mixed vegetables.*

## Share

### GF KAIROS GUACAMOLE \$12

Smashed avocados with tomato, onions, cilantro, jalapeños & lime. Served with GF chips.

### CHEESE DIP & CHIPS \$12

### GF HERB HUMMUS \$12

Served with pita bread, cucumbre & carrots.



## All Day Breakfast

**🌿 AVOCADO TOAST** \$16  
Sourdough bread, cherry tomatoes, feta, radish, dill, everything seasoning, beet cured salmon, poached egg.

**🍷 VIVA SANDWICH** \$12  
Multigrain bread, spinach, cheddar cheese, guacamole, fried egg.  
*Served with a cup of fruit.*

**GRANOLA & GREEK YOGURT** \$14  
Strawberry, blueberry, raspberry, homemade granola, honey.

**FRUIT HEAVEN** \$12  
Seasonal fresh fruit, mint with mango yogurt.

**🌿 RICOTTA PANCAKES** \$16  
Served with fresh berries and maple coconut cream.

**🌿 COCONUT FRENCH TOAST** \$16  
Brioche dipped in coconut milk, topped with apple, banana, tahitian vanilla coulis and pecans.

**🌿 CHIA SEED PUDDING** \$13  
Coconut, berries, almonds, granola clusters with buckwheat groats.

**SHAKSHOUKA BOWL** \$16  
Fried eggs in a stew of tomato, braised chicken tinga, onion, sweet peppers, avocado, pita bread.

**🌿 EGG POWER BOWL** \$17  
Green chickpeas, quinoa, wild rice mix, avocado slices, poached egg, arugula, radish, roasted sweet potato, chimichurri, lemon tahini.

**TURKEY BURRITO** \$13  
Turkey chorizo, egg white, spinach, pico de gallo, queso fresco, multigrain tortilla.

**AHI BENEDICT** \$12  
Ahi tuna, seared with togarashi, poached egg, lava citrus hollandaise, english muffin.

**KAIROS OMELETTE** \$14  
Cage free eggs, spinach, red peppers, mozzarella cheese, topped with avocado slices, drizzled with avocado sauce, buffalo sauce and sour cream. Served with a cup of fruit, house potatoes, or multigrain toast.  
*\*Add your favorite protein.*

**AMERICAN BREAKFAST** \$15  
Two eggs your way, house potatoes with smoked paprika and herb, grilled tomato, choice of bread.

**EGG WHITE OMELETTE** \$16  
Egg white omelet with roasted tomatoes, spinach, peppers, feta, avocado, salsa rojo and choice of bread.

**BURRITO MEXICANO** \$14  
Scrambled eggs, peppers, onions, tomatoes, avocado, pinto beans, mozzarella cheese, sour cream, flour tortilla.

**BREAKFAST TACOS** \$14  
Chorizo, scrambled eggs, avocado, pico de gallo, chipotle, sour cream, queso fresco, salsa rojo.

**ROCK SHRIMP BOWL** \$17  
Crispy fried rice, coconut curry, arugula, cherry tomatoes, fried eggs.

*Choise of bread: Sourdough / Multigrain / Brioche / English muffin*

## Coffee & Tea

**ESPRESSO** \$3  
Double shot of Espresso locally roasted.

**HONEY OAT SHAKEN ESPRESSO** \$6  
Double shot of Espresso, honey and milk over ice.

**AMERICANO (Hot or Iced)** \$4

**TRADICIONAL MACCHIATO** \$4

**CAPPUCCINO** \$5

**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 juices & milk. Sweetened with honey.  
• *Add double shot of espresso +\$3*

**HOT CHOCOLATE** \$5

**HOT HERBAL TEA** \$4

**LEMONADE** \$4

**COFFEE NUT BOTTLED** \$9

**SWEET / UNSWEETENED TEA** \$4

*Add-ons: + \$1.00 Vanilla, Caramel, Hazelnut, Chocolate, or Honey. Ask about seasonal flavors. Sugar free syrups available. •Alternative milks +\$1.00: Almond or Oat milk.*

## Cold Press Juices

12oz: \$9

**KAIROS GREEN**  
Spinach, kale, celery, cucumber, green apple, pineapple & orange.

**MORNING ENERGIZER**  
Carrots, beets, ginger, green apple & orange.

**SPICY LEMONADE**  
Lemon, beets, ginger, & green apple.

**GO GREEN**  
Kale, green apple, celery & cucumber.

**VUELVE A LA VIDA**  
Carrots, orange juice & beets.

**ORANGE JUICE**  
Freshly squeezed oranges.

**PURE COCONUT WATER**  
Organic coconut water.

**Smoothies**  
20oz: \$10

**SUPER ALMOND**  
Organic almond butter, dates, banana and almond milk.

**FRESH STRAWBERRY**  
Strawberry, banana, greek, yogurt, almond or regular milk.

**VERY BERRY**  
Blueberries, banana, strawberry, greek, yogurt, almond or regular milk.

**MEGA ORANGE**  
Strawberries, pineapple, banana, greek, yogurt and orange juice.

**PIÑA COLADA**  
Pineapple, pure coconut water and coconut cream.

**TUTTI FRUTTI**  
Strawberries, mango, banana and apple juice.

**GREEN CARIBBEAN**  
Pure coconut water, spinach, mango, banana and pineapple.

**TROPICAL GREEN**  
Pure coconut water, apple, spinach and pineapple.

**DOUBLE GREEN**  
Pure coconut water, spinach, kale, mango and banana.

*Add protein: hemp, vegan vanilla, grass-fed organic whey, probiotics, flax seed, &/or any of super food add-ons + \$2.00*

## Try our new super food add-ons in your smoothie or acai bowl

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

**LOTUS POLLEN**  
Contains a variety of vitamins, minerals, amino acids, & antioxidants. Boosts energy & helps reduce inflammation in the body.

**CACAO NIBS**  
Combats oxidative stress & inflammation. Boosts mood & energy levels. Could improve heart health by reducing blood pressure & improving blood flow.

**COLLAGEN**  
Improves skin elasticity, hydration, & helps reduce wrinkles. Supports joint health. Helps maintain bone density & strength.

**MCT**  
Quick source of energy. Boosts metabolism. Enhances brain function & clarity.

**Super food smoothies**  
20oz: \$12

**MOCHA ALMOND**  
Double shot of espresso, banana, almond milk, almond butter, cacao nibs, dates, vanilla grass-fed whey protein.

**SUPER MATCHA**  
Matcha, mango, apple, spinach, lemon, spirulina and coconut water.

**PB-NUT**  
Peanut butter, banana, almond milk, chocolate grass-fed whey protein.

**BLUE ENERGY (Pre-Workout)**  
Pure 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**  
All berries, collagen, organic almond butter, dates, vegan vanilla protein and almond milk.

*Add protein: hemp, vegan vanilla, grass-fed organic whey, probiotics, flax seed, &/or any of the super food add-ons + \$2.00*

## The Cleanse Renew, Restore, Revive

**#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.

1 DAY (5JUICES) 3 DAY (15 JUICES)

5 DAY (25JUICES) 7 DAY (35 JUICES)

Scan QR code  
for more information.



**Wellness shots**  
4oz: \$8

**FLU SHOT**  
Ginger, turmeric, lemon & apple.

**ANTI-INFLAMMATORY SHOT**  
Ginger & pineapple.

**Acai Bowl** \$14

*ACAI base \*topped with coconut, granola, honey, chia seeds, & 3 fruit options. Add your favorite protein. GF granola available +\$2.00*

**CHOOSE 3 TOPPINGS**  
Strawberries, mango, blueberries, banana, pineapple green apple.

## Extras +\$2

Goji berries	MCT
Almond butter	Collagen
Peanuts butter	Cacao nibs
Chocolate chips	Lotus Pollen
Colostrum	Nutella



## 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.

## WE CATER

