

# greenbar

& KITCHEN

1075 SE 17th St., Ft. Lauderdale, FL 33316 | 954.533.7507 | greenbarkitchen.com

## BURGERS

### GBK DELUXE BURGER \$9.95

roasted vegetable patty, lettuce, tomato, red onion, avocado, chipotle mayo

### GBK SMOKEHOUSE BURGER \$11

roasted vegetable patty, lettuce, tomato, melted cheeze, grilled onions, BBQ sauce, sweet potato crisps

### COCONUT BURGER\* \$12.75

vegetable protein patty breaded in toasted coconut panko, lettuce, tomato, red onion, chipotle mayo, mango salsa

### IMPOSSIBLE BURGER 2.0 \$14.75

vegetable + soy protein patty, lettuce, tomato, red onion, cheeze, ketchup, mayo, pickles

### GBK DELUXE COMBO \$18.50

GBK burger + juice + fries

### IMPOSSIBLE COMBO \$18.50

Impossible Burger + root beer, iced tea or lemonade + fries

## SANDWICHES

### BUFFALO TEMPEH \$7.75

sprouted tempeh baked in marinade + buffalo sauce, lettuce, tomato, garlic aioli, on bun

### CHICK'N SALAD SANDWICH\* \$7.50

house made chick'n salad, topped with tomato, lettuce, vegenaïse, on bun

## BOWLS

### ROASTED VEGGIE BOWL \$8.75

brown rice, quinoa, cauliflower, broccoli, sweet potato, zucchini, yellow squash, portobello, garlic aioli, Santa Fe dressing, scallion

### GLASS NOODLE BOWL \$9.50

glass noodles, baby bok choy, portobello, onion, diced bell peppers, broccoli, cilantro, firecracker dressing

**\*CONTAINS GLUTEN**

*Subject to Change, Based on Availability*

## SALADS

### POWER SALAD \$12

salad medley, cabbage, goji berries, pickled onions, almonds, toasted sunflower seeds, quinoa, chickpeas, hemp seeds, cashew truffle dressing

### TACO SALAD \$12

salad medley, walnut meat, onion, tomato, avocado, jalapeño, chips, sunflower cheeze, cashew cheddar cheeze, santa fe dressing

### VERA CRUZ SALAD \$12

salad medley, street corn, spiced sweet potatoes, crispy black beans, charred walnuts, pumpkin cotija, avocado ranch dressing

### KALE CAESAR SALAD \$9.85

almost raw caesar salad, green leaf hearts, baby kale, pickled blueberries, crispy spiced chick peas, hemp + cashew caesar dressing, pumpkin parm

## SIDES

### BLACKENED CHICK'N TACOS \$9.99

blackened chick'n strips, chipotle mayo, shredded cabbage, black bean salsa

### AVOCADO TOAST \$7.75

avocado, cashew truffle dressing, sprouts + pink peppercorns on gluten free toast

### FRIES \$4.75

regular + sweet potato

### MAKE 'EM LOADED\* \$7.75

melted cheeze, sausage crumble, garlic aioli + scallion

### CHICK'N NUGGETS\* \$5.75

pea soy protein nuggets + 1/2 order of fries

### BRUSSELS SPROUTS \$7.25

fried sprouts, lemon, creeper dressing, agave, rice crispies

### MAC + CHEEZE\* \$5.50

macaroni with house veggie cheeze sauce, herbed bread crumbs, garlic aioli + tempeh bacon crumble

### COLESLAW \$4

### SIDE SALAD \$4

lettuce, tomato, onion, carrot, cucumber, with house lemon dressing

### SOUP \$4 cup / \$8 bowl

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## BREAKFAST BOWLS

### AÇAÍ BOWL \$9.95

açaí, banana, house made granola, blueberries, strawberries, coconut shavings, agave + chia seeds

### PB AÇAÍ BOWL \$10.95

açaí, banana, house made granola, blueberries, strawberries, peanut butter, agave, coconut shavings + chia seeds

### DRAGON BOWL \$9.95

pitaya, banana, house made granola, blueberries, strawberries, coconut shavings, agave + chia seeds

## SMOOTHIES

### FITNESS FUEL \$8.75

almond milk, banana, Vega protein, almond butter, cinnamon, salt, GF oats

### AZTEC DREAM \$8.75

almond milk, cacao powder, banana, maca, coconut oil, cinnamon, cayenne, clove, dates

### IMMUNITY \$8.50

ginger, orange juice, coconut water, berries, camu camu, banana, cinnamon

### HAPPY HIPPIE \$8.50

coconut water, spinach, spirulina, pineapple, banana, coconut oil

### GINGER SHOT (2 oz.) \$4

### TURMERIC SHOT (2 oz.) \$6

## JUICES

### SPICE UP YOUR LIFE \$10

orange juice, lemon, ginger, cayenne

### 24 CARROT MAGIC \$10

pineapple, orange, carrot, turmeric

### G BEET K \$10

beet, apple, carrot

### HARDER THAN GREEN \$10

spinach, kale, celery, cucumber, parsley, lemon

### SWEET GREENS ARE MADE OF THESE \$10

celery, cucumber, pineapple, green apple

## JUICE CLEANSSES

### MINI CLEANSE \$40

4 juices + 2 ginger shots

### 1 DAY CLEANSE \$60

6 juices + 2 ginger shots

### 3 DAY CLEANSE \$180

18 juices + 6 ginger shots

### 7 DAY CLEANSE \$420

42 juices + 14 ginger shots

## BEVERAGES

### KOMBUCHA ON TAP \$6.50

### WATER \$3+

Coconut, Evamore, San Pellegrino, Hydrogen

### TEA \$3

### BEER + WINE \$6+

local breweries + house wines by glass or bottle

### BOTTOMLESS MIMOSAS \$25/person

SINGLE MIMOSA \$8

### PANTHER COFFEE \$3+

espresso, latte, cappuccino

### ADD FULL SPECTRUM HEMP OIL TO ANY DRINK \$3+

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## BRUNCH

ONLY AVAILABLE ON SUNDAYS

### CHIA PANCAKES \$12

our famous chia pancakes, maple syrup, choice of seasonal fruit or chocolate chips

### FRENCH TOAST\* \$11

challah french toast sticks, topped with powdered sugar + GBK house granola, maple syrup

### TOFU SCRAMBLE \$12.50

sprouted tofu, broccoli, spinach, avocado, santa fe vinaigrette, with house made gluten-free toast + breakfast potatoes

**add sausage crumble\* \$1.25**

### B.A.D. BURGER\* \$16

maple glazed Seattle burger, Just egg, Chao cheeze, tempeh bacon, grilled hash brown, chipotle mayo, on a toasted croissant

### BREAKFAST BURRITO\* \$9.50

sprouted tofu, bell peppers, onions, sausage, cheeze, wrapped in a flour tortilla, side of breakfast potatoes

### AÇAÍ BOWL \$9.95

açaí, banana, house made granola, blueberries, strawberries, coconut shavings, agave + chia seeds

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