

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, vegenaise, 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

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

SIDES

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

***CONTAINS GLUTEN**

Subject to Change, Based on Availability

greenbar

& KITCHEN

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

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+

greenbar

& KITCHEN

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

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

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

***CONTAINS GLUTEN**

Subject to Change, Based on Availability