

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, Chao 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, Chao cheeze, ketchup, mayo, pickles

BEYOND BURGER \$14.75

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

MAKE IT A COMBO WITH FRIES + A DRINK +\$4

GF + HIPPY STYLE AVAILABLE!

SANDWICHES

BUFFALO TEMPEH \$8.75

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

CHICK'N SALAD SANDWICH* \$8.75

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

VEGGIE UNWRAPPED \$9.75

roasted cauliflower, broccoli, sweet potato, yellow squash, portobello, grilled onions, arugula, aioli dressing, on a gluten free lavash

BOWLS

VEGGIE BOWL \$9.75

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, goji berries, pickled onions, almonds, toasted 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

VERACRUZ SALAD \$12

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

SMALL BITES

AVOCADO TOAST \$9

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

CHICK'N NUGGETS* \$5.75

pea soy protein nuggets + 1/2 order of fries

SIDES

FRIES \$4.75

regular + sweet potato

MAKE 'EM LOADED* \$7.75

melted cheeze, sausage crumble, garlic aioli + scallion

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 + shiitake bacon

SLAW + PICKLE \$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 base, house made granola, blueberries, strawberries, coconut shavings, agave + chia seeds

PB AÇAÍ BOWL \$10.95

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

DRAGON BOWL \$9.95

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

SMOOTHIES

FITNESS FUEL \$9

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

AZTEC DREAM \$9

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

IMMUNITY \$9

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

HAPPY HIPPIE \$9

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+

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

CO-CO COOLER \$6.50

coconut water, cucumber, lime, mint, agave

BLUEBERRY MOJITO \$6.50

blueberries, mint, lime, agave

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

PB AÇAÍ BOWL \$10.95

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

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