

# greenbar

& KITCHEN

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

## BURGERS

### GBK DELUXE BURGER \$9.75

roasted veggie patty, lettuce, tomato, red onion, avocado + chipotle mayo

### GBK SMOKEHOUSE BURGER \$11

roasted veggie patty, lettuce, tomato, Chao cheeze, grilled onions, BBQ sauce + sweet potato crisps

### COCONUT BURGER\* \$12.75

wheat protein patty, toasted coconut panko, lettuce, tomato, red onion, chipotle mayo + mango salsa

### IMPOSSIBLE BURGER \$11.99

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

### BEYOND BURGER \$10.99

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

### BACKYARD BBQ BURGER \$13.50

Impossible patty, smoky tempeh bacon, bbq sauce, onion rings, lettuce, tomato, cole slaw + pickles

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

*GF + HIPPIY STYLE AVAILABLE!*

### ADD ONS

TEMPEH BACON +3 | PORTOBELLO +2

CHICK'N SALAD +5 | AVOCADO +2

GRILLED ONION +1.5

## SALADS

### HARVEST SALAD \$12

artisan greens, roasted butternut, granny smith apple, candied pecan, shredded mozzarella, pomegranate seeds + sherry vinaigrette

### TACO SALAD \$12

artisan greens, walnut meat, onion, tomato, avocado, jalapeño, corn tortilla chips, sunflower cheeze, cashew cheeze + santa fe dressing

### POWER SALAD \$12

artisan greens, goji berries, quinoa, pickled red onions, hemp seeds, toasted almonds + cashew truffle dressing

## SANDWICHES

### BREAKFAST TACOS \$11

JUST egg scramble, sausage crumble, shredded cheddar, pico de gallo + avocado, on corn tortillas

### FRIED CHICK'N SANDWICH \$12

soy protein cutlet, cabbage slaw, chipotle aioli + pickles, on bun

### GBK BLT \$11

smoky tempeh bacon, lettuce, tomato + garlic aioli, on gluten free bread

### BUFFALO TEMPEH \$11

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

### CHICK'N SALAD SANDWICH \$8.75

house made soy protein chick'n salad, tomato, lettuce + vegenaize, on bun

### VEGGIE UNWRAPPED \$9.75

cauliflower, broccoli, sweet potato, yellow squash, portobello, grilled onions, salad medley + garlic aioli, on a gluten free lavash

## BOWLS

### VEGGIE BOWL \$9.75

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

### GLASS NOODLE BOWL \$9.50

sweet potato glass noodles, baby bok choy, portobello, onion, bell peppers, broccoli + firecracker dressing

### AÇAI BOWL \$9.75

açai + banana base, granola, agave, blueberries, strawberries, coconut shavings + chia seeds

ADD PEANUT BUTTER +1.20

### DRAGON BOWL \$9.75

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

**\*CONTAINS GLUTEN**

*Subject to Change, Based on Availability*

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## SIDES

### FRIES \$4.75

regular + sweet potato

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

melted cheeze, sausage crumble, garlic aioli, scallion

### AVOCADO TOAST \$9

cashew truffle dressing + pink peppercorn, on gf toast

### CHICK'N NUGGETS \$5.75

pea soy protein + 1/2 order of fries

### BRUSSELS SPROUTS \$7.25

fried sprouts, lemon, creeper dressing + agave

### MAC + CHEEZE\* \$5.50

elbow pasta + cheeze sauce, herbed bread crumbs, garlic aioli, shiitake bacon

### SIDE SALAD \$4

artisan greens, tomato, carrot, cucumber + house lemon dressing

SLAW + PICKLE \$4 | SOUP \$4 cup / \$8 bowl

## BEVERAGES

### KOMBUCHA ON TAP \$6.50

### COCONUT WATER \$3

### TEA \$3

### BEER + WINE \$6+

local breweries + house wines by glass or bottle

### BOTTOMLESS MIMOSAS \$14/person

SINGLE MIMOSA \$8

### PANTHER COFFEE \$4+

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+**

## 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.) \$5.50

### TURMERIC SHOT (2 oz.) \$5.50

## 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

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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

ADD PEANUT BUTTER +1.20

### DRAGON BOWL \$9.95

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

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