

# 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

### 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

### IMPOSSIBLE CHILI BURGER \$12.99

Impossible stack with tempeh chili, melted cheeze, onion straws, lettuce, tomato, garlic aioli + Santa Fe dressing

*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

**\*CONTAINS GLUTEN**

*Subject to Change, Based on Availability*

## SANDWICHES

### 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

### VEGGIE UNWRAPPED\* \$9.75

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

### CHICK'N SALAD SANDWICH \$8.75

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

## 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

## BREAKFAST ALL DAY

### BREAKFAST TACOS \$11

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

### OVERNIGHT OATS \$5.99

oats, banana, fresh berries, granola, chia seeds, coconut flakes

*add peanut/almond butter +\$1*

### TOFU SCRAMBLE\* \$12.50

sprouted tofu, broccoli, spinach, avocado, Santa Fe dressing with gluten-free toast + breakfast potatoes

### CHIA PANCAKES \$12

famous GBK pancakes, choice of berries or chocolate chips

### BREAKFAST BAGEL \$11

JUST egg, Chao cheeze, Impossible sausage or tempeh bacon, firecracker dressing, on a plain bagel

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## SIDES

### FRIES \$4.75

regular + sweet potato

### MAKE 'EM LOADED\* +\$3

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

COCONUT WATER \$3 | TEA \$3

### VIENNA COFFEE

espresso, latte, cappuccino

KOMBUCHA ON TAP \$6.50

### BEER + WINE \$6+

local breweries + house wines by glass or bottle

BOTTOMLESS MIMOSAS \$14/person

SINGLE MIMOSA \$8

### COCKTAILS

ALSO AVAILABLE AS NON-ALCOHOLIC "MOCKTAILS" \$5

### STRAWBERRY FIELDS \$7

strawberries, pineapple, agave, TRULY pineapple hard seltzer

### BLUEBERRY MOJITO \$7

blueberries, mint, lime, agave, champagne

### KIWI SUNSET \$7

lime, orange juice, kiwi, agave, mint, champagne

### WILD MULE \$7

blueberries, ginger syrup, lime, mint, TRULY mixed berry hard seltzer

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

## SMOOTHIES

### FITNESS FUEL \$9

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

### AZTEC DREAM \$9

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

### IMMUNITY \$9

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

### HAPPY HIPPIE \$9

coconut water, pineapple, banana, spinach, spirulina, hemp seeds

### MANGO BLISS \$9

coconut water, orange juice, banana, mango, dates, pineapple, pecan, cinnamon

## 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

### ONE IN A MELON \$10

watermelon juice

GINGER SHOT \$5.50 | TURMERIC SHOT \$5.50

## 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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## ACAI BOWLS

### ACAI BOWL \$9.75

acai + banana base, granola, blueberries, strawberries, coconut flake, chia seeds, agave

### DRAGON BOWL \$9.75

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

### PEANUT BUTTER BLISS BOWL \$10.75

acai, peanut butter, banana, strawberries, coconut flake, cocoa nibs, chia seeds, granola

### TROPICAL DELITE BOWL \$9.75

acai, agave, banana, granola, coconut flake, chia seed, kiwi, pineapple



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## BRUNCH

ONLY AVAILABLE ON SUNDAYS

### FLAX SEED PANCAKES \$12

our famous GBK pancakes with choice of seasonal fruit or chocolate chips

### TOFU SCRAMBLE\* \$12.50

sprouted tofu, broccoli, spinach, avocado, Santa Fe vinaigrette, with  
gluten-free toast + breakfast potatoes

*add sausage crumble\* \$1.25*

### BREAKFAST BAGEL \$10.99

JUST egg, Chao cheese, pico de gallo, Santa Fe dressing, with choice of tempeh bacon  
or Impossible sausage patty, on a plain bagel

### BREAKFAST TACOS \$11

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

### OVERNIGHT OATS \$5.99

oats, banana, fresh berries, granola, chia seeds,  
coconut flakes

*add peanut/almond butter +\$1*

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