

greenbar

& KITCHEN

BURGERS

GBK DELUXE BURGER \$9.99

pea protein patty, LTO, Chao cheeze, pickle, ketchup + mayo

IMPOSSIBLE BURGER \$11.99

soy protein patty, LTO, Chao cheeze, pickle, ketchup + mayo

★ COCONUT BURGER* \$12.75

breaded wheat protein patty, LTO, mango salsa + chipotle mayo

BBQ BACON CHEEZE BURGER \$14.99

Impossible or Beyond patty, tempeh bacon, American Cheeze, onion straws, cBBQ Sauce + jalapeno ranch

MUSHROOM ONION + SWISS BURGER \$14.50

Impossible or Beyond patty, swiss cheeze, roasted portabella, grilled onion, artisan greens, tomato + arugula pesto

★ CALI MAC ATTACK BURGER \$14.50

Impossible or Beyond patty, Mac n chez, American cheeze, Pico De Gallo, Avocado + Garlic Aioli

ADD ONS \$2:

Tempeh Bacon, Roasted Portabella, Avocado, Grilled Onion, Chili

GF + HIPPIY STYLE AVAILABLE!

GET LOADED

ALL LOADED ITEMS COME WITH MELTED CHEEZE, GARLIC AIOLI + SCALLION + 1 ADDITIONAL TOPPING:

Chipotle Sausage Crumble, Walnut Meat, Chili, Black Beans, Or Broccoli /Cauliflower Confetti

HOUSE CUT FRIES \$7.75

SWEET POTATO WAFFLE FRIES \$7.75

★ ELBOW MACARONI \$7.75

JUMBO BAKED POTATO \$7.75

NACHOS + PICO DE GALLO \$7.75

***CONTAINS GLUTEN**

Subject to Change, Based on Availability

SANDWICHES

★ FRIED CHICKEN SANDWICH \$11.99

breaded soy protein cutlet, cabbage slaw, pickle + chipotle aioli

BUFFALO TEMPEH SANDWICH \$11.99

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

★ GYRO \$9.75

seitan gyro meat, cucumber, lettuce, tomato, shaved onion + tzatziki sauce, warm pita

ROASTED VEGGIE WRAP \$10.25

zucchini, squash, bell pepper, mushroom, eggplant, green leaf, santa fe dressing + hummus spread, sun dried tomato tortilla

BLACKENED CHICKEN CAESAR WRAP \$12.50

soy protein pieces, romaine, tomato, nut + seed Parmesan, Caesar dressing, sun dried tomato tortilla

★ MEATBALL PANINI \$12.75

soy protein meatballs, provolone, marinara + basil, ciabatta bread

★ EGGPLANT PARMESAN PANINI \$12.75

Fried eggplant, provolone, marinara + basil, ciabatta bread

SIDES

★ AVOCADO TOAST \$8.99

arugula, crispy chickpea, watermelon radish, truffle cashew dressing

BRUSSEL SPROUTS \$6.99

fried sprouts, lemon + creeper dressing

★ CHICK'N NUGGETS \$5.75

pea protein + 1/2 order of fries

★ MAC + CHEEZE* \$5.50

elbow pasta + cheeze sauce, bread crumb, shiitake bacon

FRIES \$4.75

house cut Idaho or sweet potato waffle

SIDE SALAD \$4.50

artisan green dinner salad or Caesar

SLAW & PICKLE \$3.99

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BOWLS

SWEET POTATO GLASS NOODLE \$9.99

baby bok choy, portabella, onion, bell pepper, broccoli + firecracker dressing

BAJA BOWL \$9.99

cilantro rice, corn succotash, black bean, red cabbage slaw, avocado, chipotle aioli + roasted tomatillo salsa, corn tortilla strips

"FRIED RICE" \$9.99

quinoa, just egg, edamame, carrot, broccoli, mung beans, firecracker + creeper dressing

BRUNCH

ONLY AVAILABLE SUNDAY

BREAKFAST TACOS \$11

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

TOFU SCRAMBLE* \$12.50

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

add sausage crumble* \$1.25

CHIA PANCAKES \$12

our famous GBK pancakes, choice of berries, or chocolate chip

BREAKFAST BAGEL \$11

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

TOASTED BAGEL \$3.50

with a side of butter or cream cheese

SALAD

★ CARIBBEAN CAESAR SALAD \$11.99

chopped romaine, kale, nut + seed parmesan, mango, tomato, banana bread crouton + Caesar dressing

ULTIMATE CHOPPED SALAD \$12.25

kale, cauliflower, cabbage, carrot, golden raisin, sweet potato, farro, sunflower seeds + sherry maple vinaigrette

TACO SALAD \$12.25

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

POWER SALAD \$12.25

artisan greens, quinoa, pickled red onion, hemp seed, toasted almonds, goji berries + cashew truffle dressing

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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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

WELLNESS SHOT \$5.50

JUICE CLEANSSES

MINI CLEANSE \$32 | 4 juices + 2 shots

1 DAY CLEANSE \$48 | 6 juices + 2 shots

3 DAY CLEANSE \$144 | 18 juices + 6 shots

5 DAY CLEANSE \$240 | 30 juices + 10 shots

7 DAY CLEANSE \$336 | 42 juices + 14 shots

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

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

MARGARITA \$7

wine based tequila, agave, + lime

1/2 OFF ON TACO TUES

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