

SMOOTHIES 16 oz.

*ADD-ONS (for any smoothies & Acaí Bowl):

\$0.50 for non-GMO pea protein, chia seeds, avocado, almond butter, Matcha, raw cacao, 1/2 oz. green juice

\$0.25 for more banana, flaxseeds, spirulina, chocolate, peanut butter, 1/2 oz. beet + ginger juice, oats, spinach

Acaí Berry - TOP SELLER! \$7.95

Banana, strawberry, blueberry blended with organic acaí (pronounced ah-sah-yeé) juice. *Can substitute almond milk for acaí at no extra charge. Goes well w/ **pea protein**, chia seeds, peanut butter, organic spinach.* See *ADD-ONS.

Protein Cacao Peanut Butter Bomb \$8.25

Non-GMO pea protein, banana, Medjool date, organic peanut butter, organic flaxseeds, organic raw cacao blended with pH 8.5 alkaline water. *Can substitute alkaline water with cold brew coffee for \$0.75 extra. Make it a meal with organic spinach, spirulina & oats for \$0.75 extra.* See *ADD-ONS.

Pineapple Blast \$8.95

Load of fresh pineapple blended with juiced cucumber + hints of lime, ginger & green juice

Karma Boost \$8.95

Generous apple & ginger, organic chai turmeric, spirulina blended with pomegranate green tea & tad green juice, topped w/ organic hemp seeds

TropiKal Green \$8.25

Mango & organic greens (any combo of organic kale, spinach, chard) blended w/ almond milk or organic apple juice (or a combo of the 2). *Any mix of mango, banana, pineapple, seasonal watermelon can be requested at no extra charge.*

the Fruity Jones \$8.25

Pineapple, banana, mango, blueberries, seasonal watermelon blended in almond milk or organic apple juice. *Kid-friendly & landlord's favorite!*

Chocolate Avocado Milkshake \$8.95

Avocado, raw cacao, agave nectar blended with almond milk or coconut milk

the Matcha Melon \$8.95

Cantaloupe, chia seeds, organic green tea Matcha powder, cinnamon, blended with almond milk

Watermelon Splash (seasonal) \$6.95

A refreshing slushy loaded with fresh watermelon + hints of fresh mint & lime

SPECIALTY BEVERAGES

Ginger Immunity Elixir 12 oz. \$7.50

Highly anti-inflammatory & served warm. Contains juiced ginger, apple & lemon, Bragg's apple cider vinegar, organic honey & turmeric topped with warm alkaline water – *a nice kick!*

Almond Mylk 16 oz. Special Order \$7.00

Soaked almonds blended with Medjool date, vanilla bean, vanilla extract, Himalayan pink salt, Stevia extract then strained - *creamy & delicious!*

Now selling K₂O (Karma Water)

IONIZED - ALKALIZED - FILTERED

Our Kangen™ ionizer machine produces water with pH of 8.5, 9.0, or 9.5

Join the Karma Water Club for **\$25.00/mo.** & get up to 12 1-gallon fills per month for one family or pay **\$3.00 per gallon**

HOT BEVERAGES 12 oz.

Hot Tea: Loose Leaf & Local \$3.25

6 organic, fair trade herbal tea blends formulated by: www.N-Equilibrium.com:

Detox Chai Spice (\$3.65 per cup), Get Well Soon, Happy Tummy, Lavender White tea, Lemon Ginger Black tea, Peppermint Green tea

Hot Coffee

* Organic Peruvian Medium Roast \$2.25

Grab n' Go

* Bulletproof™ Coffee zipped w/ \$4.50

grass-fed butter & tsp. Brain Octane Oil

Made to order

Hot Cacao Chocolate \$3.50

Organic raw cacao, 60% bittersweet chocolate, cinnamon, organic agave nectar, Himalayan pink salt in half & half or almond milk

Hot Apple Cider \$2.75

Vegetable Detox Tea \$2.50

Made in-house using our vegetable & fruit juice pulp then dehydrated with hints of citrus extract & ginger

VEGETARIAN BOWLS & WRAPS

V = vegan, GF = gluten-free

the Acaí Bowl - POPULAR! \$9.00

V, GF – Organic acaí juice & pulp blended with ice, banana, agave nectar & topped with organic granola, coconut flakes, banana, strawberries, blueberries. See *ADD-ONS for more toppings.

For the following, choose your DRESSING / SAUCE:

* House Thai Peanut * Balsamic Citrus Vinaigrette

* Lemon & Extra Virgin Olive Oil * Lime Tahini

Cauliflower Rice Bowl \$7.50

V, GF – Brown rice, “riced” raw cauliflower, shredded carrot & red cabbage, scallions, cilantro, sprouts – best with *Thai Peanut!*

Veggie Wrap or Salad \$7.95

V – Organic super greens, shredded carrot & red cabbage, scallion, cilantro, sprouts topped with our house Thai peanut sauce on a spinach herb wrap. *Add kettle chips or veggie flax crackers for \$0.50.*

GF if made with gluten-free wrap for \$1.00 extra or if ordered without the wrap as a salad

Chickpea Buddha Bowl \$8.95

V, GF – Chickpeas, walnuts, shredded carrot & beet, sprouts, scallion & dehydrated veggie flakes over organic baby spinach & greens

Add avocado, tomato & cucumber for \$0.75. You may also specify which veggies to exclude.

MORE PROTEIN, PLEASE

Egg Salad Sandwich \$7.25

Local cage-free eggs & real mayo with romaine lettuce on a spinach herb wrap with choice of gluten-free kettle chips or cucumber slices

No extra charge for multi-grain bread. Gluten-free bread available for \$0.50 extra.

Pesto Organic Chicken Wrap \$8.75

Organic chicken salad made with no-cheese pesto mayo, bed of organic greens on spinach herb wrap

SOUP 12 oz.

Local Leeks & Potato Soup w/ Curry & Coconut Milk \$4.95

Hearty soup made w/ turmeric + Ayurvedic spices *Add organic spinach & brown rice for \$1.00 extra*

LIGHTER FARE

Kettle Chips & house Thai Peanut Sauce \$2.95

GF – A savory comfort food snack!

Veggie Platter & Flax Crackers w/ Hummus or House Thai Peanut Sauce \$6.95

V, GF – Medley of organic celery, cucumber, carrots along with gluten-free veggie flax wafers made from all our juiced vegetable & apple pulp dehydrated below 115° so live enzymes remain intact – a raw vegan food also sold by the 3 oz. bag for \$3.50 in store

Avocado Toast with Flaxseeds & Hard-Boiled Egg \$5.95

V, GF - 2 slices toasted gluten-free or regular multi-grain topped with virgin coconut oil, fresh avocado spread, ground flaxseeds + Himalayan pink salt and a sliced hard-boiled egg

Organic Peanut Butter & Jelly Sandwich \$4.25

On gluten-free white bread or multi-grain bread

Granola Bowl \$4.95

Organic granola, chopped almonds, cinnamon, banana, blueberries, flaxseeds w/ almond milk

Spanikopita (Spinach Pie) \$4.95

Locally handmade from A-1 Deli in MA. Includes 3 imported cheeses: romano, ricotta & feta

Sprouts from Aiki Farms \$4.00

V, GF - Choose from 3 oz. packs of sunflower, garbanzo, wheatberries, mung & adzuki beans. *Grab-and-go from our storefront cooler.*

Karma Superfood Truffles

4 for \$5.00 (total weight 4 oz.) or \$1.50 each

WINNER of Most Savory Use of Chocolate award at Fairview's 2017 Art of Chocolate fundraiser!

the Amazing INGREDIENTS: Medjool dates, 60% cacao bittersweet chocolate chips, green lentils, almonds, GF organic oats, walnuts, organic extra virgin coconut oil, alkaline water, organic flaxseeds, organic chia seeds, organic raw cacao, cinnamon, maca, Himalayan pink salt, vanilla extract, Stevia extract, coconut flakes

Grab-and-go from our storefront cooler.

COLD-PRESSED JUICES *

USUALLY AVAILABLE IN COOLER TO GRAB + GO

Green Medley

9 oz. \$5.95 • 16 oz. \$9.75
cucumber, organic kale, organic chard, organic collard greens &/or romaine, apple, lime, ginger
\$0.25 ADD-ON for parsley + cilantro

Feel the Beet

9 oz. \$5.50 • 16 oz. \$9.00
beet, carrot, apple, lime ginger

the Green Beet

9 oz. \$5.75 • 16 oz. \$9.50
beet, carrot, spinach/kale, romaine

What's Up Doc?

9 oz. \$5.50 • 16 oz. \$9.00
carrot, apple, lemon

Orange Juice fresh-squeezed 9 oz. \$5.50

Acai Green Juice 9 oz. \$5.95

4 oz. organic acai juice w/ juiced cucumber & kale

Ginger Immunity Elixir 12 oz. \$7.50

See description inside – middle panel.

* More juice flavors & cleanse packages are available for online ordering at:

www.MyKarmaCleanse.com

JUICE SHOTS 1 oz.

Wheatgrass from Aiki Farms, Ledyard \$3.25

Ginger Shot \$3.25

LEMONADES

Pink Lemonade

9 oz. \$3.95 • 16 oz. \$6.50
Whole organic lemon juiced, organic agave nectar, pH 8.5 alkaline water

Wakeup Call Lemonade

9 oz. \$3.75 • 16 oz. \$6.00
Whole organic lemon juiced, Stevia extract, tiny pinch cayenne pepper, pH 8.5 alkaline water

Cranberry Mango 16 oz. \$6.95

Lemonade Slushy Avail. April – Nov.
Whole organic lemon juiced and blended with ice & organic cranberry mango lemonade

karma  kitchen
MYSTIC

& JUICERY

MENU

WINTER 2017



karmacleanse

Juices, Teas & Elixirs

Also check out our extensive smoothie menu, lemonades, plant-based meals & treats - grab n' go or eat in. Relax on our back patio facing the Mystic River. We feature food, art & specialty items by local vendors & sell alkalized, ionized water by the gallon. Healthy never tasted so good!

Open daily 9 – 6. Closed Tuesdays.

Karma Kitchen Mystic

15 Holmes St. Mystic CT 06355

Downtown across from Engine Room

860-536-7233

www.KarmaKitchenMystic.com

WE LIKE CALL-AHEAD ORDERING!

