

SMOOTHIES 16 oz.

Açaí Berry \$7.95
fresh banana, strawberry, blueberry blended with organic açai (pronounced ah-sah-yeé) juice

ADD-ON SUGGESTIONS: Goes well w/ *pea protein, peanut butter, chia seeds, organic spinach* - see ***ADD-ONS**.

❖ Can substitute açai juice with *almond milk* for FREE

Chocolate Avocado Milkshake \$8.95
avocado, organic raw cacao, organic agave nectar blended w/ almond milk. **Make it a SMOOTHIE BOWL.***

the Fruity Jones \$7.95
banana, pineapple, mango, strawberry, blueberry blended in choice of almond milk, organic apple juice, or a combo... **KID-FRIENDLY + LANDLORD'S FAVORITE!**

Karma Boost \$8.95
generous apple & ginger, organic chai turmeric & organic spirulina blended with pomegranate green tea & green juice cubes, topped w/ organic hemp seeds

Moca jAvácado 12 oz. \$7.95
cold brew coffee blended w/ avocado, organic: raw cacao, raw maca, agave nectar + pinch cinnamon
ADD-ON SUGGESTION: Cream-ify w/ a spoonful of **V, GF** cashew milk "ice cream" for +\$1.00 - INQUIRE on flavors.

Peanut Butter Protein Bomb \$8.45
non-GMO pea protein, organic peanut butter, banana, Medjool date, organic flaxseeds, organic raw cacao blended w/ pH 7.0 Kangen™ water ***SMOOTHIE BOWL***
❖ Can subst. water w/ **cold brew coffee** for +\$0.75
❖ Make it a meal option: Add *organic spinach, spirulina & oats (yes all 3!)* for +\$0.75

Pineapple Blast \$8.95
Load of fresh pineapple blended w/ cucumber, hints of lime + ginger

TropiKale Green \$8.45
mango, banana & organic kale blended in choice of almond milk, organic apple juice, or a combo. *Pineapple can be added for no extra charge.* ***SMOOTHIE BOWL***

***ADD-ONS for SMOOTHIES: \$0.25 - 1.00, INQUIRE.**

almonds, avocado, **almond butter**, 60% bittersweet chocolate chips, **raw cacao**, **chia seeds**, cinnamon, **coconut oil**, **flax seeds**, ginger, GF granola, **hemp seeds**, **kale**, **Matcha**, **raw maca**, **oats**, **non-GMO pea protein**, **peanut butter**, whey protein = **ORGANIC**

* SMOOTHIE BOWLS

Açaí Bowl - POPULAR! \$8.95
organic açai juice, banana, served sorbet style then topped with organic granola, coconut flakes, banana, strawberries, blueberries. Add mango &/or pineapple for +\$0.50 - see ***ADD-ONS**.

*Following SMOOTHIES made into bowls are topped with banana, organic granola, organic hemp seeds, sliced almonds - see ***ADD-ONS** for more options.

Chocolate Avocado \$10.95

Peanut Butter Protein Bomb \$10.45

TropiKale Green \$10.45

COLD-PRESSED JUICES + SHOTS

There is a \$2.00 refundable deposit for glass bottles.

Extra charge applies for ingredient ADD-ONS, INQUIRE.

Green Medley 9 oz. \$5.95 • 16 oz. \$9.50
cucumber, organic kale + chard, apple, hint lime + ginger

Feel the Beet 9 oz. \$5.50 • 16 oz. \$8.95
beet, carrot, apple, hint of lime + ginger

the Green Beet 9 oz. \$5.75 • 16 oz. \$9.25
cucumber, beet, carrot, kale, chard, apple, hint of ginger

What's Up Doc? 9 oz. \$5.50 • 16 oz. \$8.95
carrot, apple, lemon

Acai Green 9 oz. \$5.50 • 12 oz. \$6.95
half organic açai juice & half Green Medley juice

Pink Lemonade 9 oz. \$3.95 • 12 oz. \$6.50
Juiced organic lemons, splash beet juice + sweetened with organic agave nectar

Orange Juice 9 oz. \$4.95 • 12 oz. \$6.25

Ginger Shot 1 oz. \$2.75 • 2 oz. \$4.95

Elderberry Extract +\$1.00

Under the weather & need an **immunity booster**? Add 10 organic herbal drops to any smoothie, juice, or elixir.

*** Now selling Karma Water ***
by the gallon with **pH levels of 7.0, 8.5, 9.0, or 9.5**
IONIZED - ALKALIZED - FILTERED

WARM JUICE ELIXIRS 12 oz.

Ginger Immunity Elixir \$7.50
POPULAR anti-inflammatory elixir served HOT or COLD.
Contains: pH 7.0 Kangen™ water, juiced ginger, apple & a splash organic lemon, Bragg's apple cider vinegar, organic honey, organic turmeric, pinch black pepper

Lemon Alkalini-Tea \$5.95
juiced organic lemon + pH 8.5 Kangen™ water, splash Bragg's apple cider vinegar - your choice of sweetener or none. Ask for cayenne pepper if you want a little kick!

Fall Spice SEASONAL \$6.95
hot apple cider topped w/ juiced carrot, butternut squash + a tad ginger, maple syrup, pinch pumpkin spice

HOT BEVERAGES 12 oz.

Hot Tea - loose leaf, local, organic \$3.25
Fair trade herbal tea blends formulated by: www.N-Equilibrium.com. See menu of choices on side wall.

Hot Coffee \$2.50
organic Peruvian medium roast

Bulletproof™ Hot Coffee \$4.50
Bulletproof™ Coffee zipped with grass-fed butter & Brain Octane Oil (from coconut oil) - MADE TO ORDER

Hot Apple Cider \$2.95

Hot Cacao Chocolate \$3.95
made with organic raw cacao + bittersweet chocolate chips, agave nectar, almond milk

HOT SOUPS 12 oz. \$5.95

Ask which soups are available for the day. All veggies in soups are sauteed w/ coconut oil & olive oil, made in house + **V, GF**.

Potato + Leek Curry w/ Coconut Milk
topped with organic baby spinach, turmeric added!
Really hungry? Add a dollop of brown rice for +\$0.35

Butternut Squash - clean + creamy!
creamed butternut squash, celery, carrot, apple, onion, a dash of pumpkin spice, garlic, hint of ginger

Tomato Lentil + Kale

Join the *Karma Water Club* for **\$25.00/mo.** to get 12 1-gallon fills or pay **\$3.00 per gallon**. Bring your own glass jug or buy one of ours...

WARM BOWLS

V = vegan, GF = gluten-free

Mex Bowl \$8.95

Warm brown rice + black beans, sauteed in Mexy + Ayurvedic spices, organic kale, tomato, onion, garlic, topped with fresh tomato, cilantro, lentil + mung bean sprouts, avocado, lime (V, GF)

❖ Make with cauliflower only (no rice) for +\$2.00

Chickpea + Mushroom Marsala \$9.95

Chickpea pasta, chickpeas, Portabella mushrooms, Marsala wine, garlic, onion, topped w/ parsley (V, GF)

COLD WRAPS + BOWLS

❖ **Kettle chips** or **cucumber slices** comes w/ all wraps.

❖ Put on a gluten-free wrap for +\$0.65.

❖ * Add avocado (& cucumber) for +\$0.75

Hummus Avocado Wrap \$8.95

Organic greens, house garlic hummus, avocado, cucumber, tomato, sprouts on spinach herb wrap (V, GF minus the wrap).

Thai Veggie Wrap * \$7.95

Organic greens, shredded carrot & red cabbage, scallion, cilantro, sprouts on a spinach herb wrap w/ house Thai peanut sauce (V, GF minus the wrap).

Cauliflower Rice Bowl * \$7.95

Brown rice, "riced" raw cauliflower, shredded carrot & red cabbage, scallion, cilantro, sprouts - best with *Thai Peanut!* (V, GF).

❖ Make with cauliflower only (no rice) for +\$2.00

Chickpea Buddha Bowl * \$8.75

Chickpeas, walnuts, shredded carrot & beet, sprouts, scallion & dehydrated veggie flakes over organic greens (V, GF). Put on spinach herb wrap for +\$0.45.

Other dressings: *Balsam. Vinaigrette, Lemon Herb EVOO*

WRAPS w/ MORE PROTEIN, PLEASE

Egg Salad Wrap \$7.25

Local cage-free eggs made w/ Dijon mayo over organic greens on a spinach herb wrap or multi-grain bread

Pesto Chicken Wrap \$8.75

Chicken salad made with house no-cheese pesto mayo over bed of organic greens on spinach herb wrap

BREAKFAST + QUICK BITES * ALL DAY *

Avocado Toast 2 slices \$5.95

w/ **Flaxseeds** 1 slice \$3.50

Toasted multi-grain bread topped with organic coconut oil, fresh avocado spread, ground flaxseeds, Himalayan pink salt, hint of cinnamon.

❖ Top with a sliced hard-boiled egg for \$1.25

❖ Get gluten-free toast for +\$0.75 for 1 slice, and +\$1.25 for 2 slices

Boiled Eggs 2 Eggs \$2.95

1 Egg \$1.75

Granola Bowl \$5.75

Organic granola, topped with banana, blueberries, almonds, flaxseeds, cinnamon - with almond milk

Organic Peanut Butter & Jelly Sandwich \$4.25

on multi-grain bread w/ kettle chips upon request.

❖ Put on gluten-free bread for +\$1.25

Fruit Cup \$4.25

fresh fruit medley of banana, pineapple, mango, strawberries, blueberries

Veggie Platter w/ house Thai Peanut Sauce or Hummus \$4.95

cucumber, carrots, celery w/ choice dip (V, GF)

HEALTHY TREATS

Peek in front cooler for local, savory goodness:

❖ **Karma Superfood Truffles**

❖ **Buckleberry Superfood Truffles**

❖ **Baklava** - handmade from A-1 Deli, MA

We thank these local merchants whose products + produce we proudly sell in our shop:

❖ Ayer Farm, Franklin, CT

❖ Fog Plain Gardens Farm, Waterford

❖ Wehpittuck Farm, Stonington

❖ Buckleberry Foods, Warren, RI

❖ Empress Alchemi, Groton, CT

❖ Elaine G. Mills, Stonington

❖ Elle's Design + Blue Heaven, Mystic

❖ farmyard botanicals, Haddam

❖ Natural Equilibrium, Groton

karma  kitchen
MYSTIC

& JUICERY

MENU

FALL 2017



karmacleanse

Juices, Teas & Elixirs

JUICE CLEANSSES, PLANT-BASED WRAPS, SALADS (GF avail.), WARM + COLD BOWLS, ACAI BOWLS, SMOOTHIES, SOUPS, HEALTHY TREATS, ALKALINE WATER by the GALLON...

NEW FALL HOURS - OPEN 7 days / week:

Monday: 8:30 AM - 4:30 PM

TUESDAY: 8:30 AM - 6:00 PM

Wednesday: 8:30 AM - 4:30 PM

THURSDAY: 8:30 AM - 6:00 PM

FRIDAY: 8:30 AM - 6:00 PM

SATURDAY: 8:30 AM - 6:00 PM

Sunday: 8:30 AM - 4:30 PM

Karma Kitchen Mystic

15 Holmes St. Downtown Mystic, CT

www.KarmaKitchenMystic.com

860-536-7233

GET YOUR ORDER FASTER BY CALLING AHEAD!

