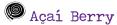
SMOOTHIES 16 oz.

All smoothies are customize-able, just ask!

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

almonds, avocado, almond butter, banana, berries, 60% bittersweet chocolate chips, raw cacao, chia seeds, cinnamon, coconut flakes, coconut oil, flax seeds, ginger, GF + reg. granola, hemp seeds, kale, Matcha, raw maca, mango, GF oats, non-GMO pea protein, peanut butter, pineapple, spinach, spirulina, turmeric, walnuts, whey protein (choc.) = ORGANIC



fresh banana, strawberry, blueberry blended with organic acaí juice (can subst. acaí with *almond milk* for FREE) ADD-ON SUGGESTIONS: Goes well w/ pea protein, peanut butter, chia seeds, organic spinach - see *ADD-ONs

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

the Fruity Jones

banana, pineapple, mango, strawberry, blueberry blended in choice of almond milk, organic apple juice, or a combo... KID-FRIENDLY + LANDLORD's FAVORITE!

Karma Boost

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

Moca jAvåcado

\$7.95

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

Peanut Butter Protein Bomb non-GMO pea protein, organic peanut butter, banana, Medjool date, organic flaxseeds, organic raw cacao blended w/ pH 7.0 filtered water *SMOOTHIE BOWL?

- ❖ Can subst. water w/ cold brew coffee for +\$0.75
- ❖ Make it a meal option: Add *organic spinach, spirulina* & oats (ves 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?

* SMOOTHIE BOWLS

Acaí Bowl - POPULAR!

\$8.95

organic açaí 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

There is a \$2.00 refundable deposit for glass bottles. Extra charge applies for ingredient ADD-ONS, INQUIRE.

SEE Ginger Immunity Elixir +

Lemon Alkalini-Tea under HOT ELIXIRS

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 12 oz. \$6.75 • 16 oz. \$7.95 half organic acaí juice & half Green Medley juice

Pink Lemonade 9 oz. \$3.95 • 12 oz. \$4.95 Juiced organic lemons, splash beet juice + sweetened with organic agave nectar

Orange Juice 12 oz. \$6.50 • 16 oz. \$8.50

NOW SELLING KARMA WATER!

FILTERED * ALKALIZED * IONIZED

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

IMMUNITY SHOTS

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

Elderberry Extract

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

HOT ELIXIRS + BEVERAGES

Ginger Immunity Elixir 12 oz. \$7.50 POPULAR anti-inflammatory elixir served HOT or COLD. Contains: pH 7.0 filtered water, juiced ginger, apple & a splash organic lemon, Bragg's apple cider vinegar, honey, organic turmeric, pinch black pepper

Lemon Alkalini-Tea 12 oz. juiced organic lemon + pH 8.5 ionized water, splash Bragg's apple cider vinegar – your choice of sweetener

Turmeric Chai Latte 10 oz.

Organic turmeric, black tea w/ house-blended chai spices + Natural Equilibrium Detox Chai Spice tea, coconut milk

❖ Make it a Golden Milk with honey for \$4.50

Bulletproof™ Hot Coffee 10 oz. \$4.50 **Bulletproof™ Coffee** zipped with grass-fed butter & Brain Octane Oil (from coconut oil) - MADE TO ORDER

Hot Cacao Chocolate 12 oz. made with organic raw cacao + bittersweet chocolate chips, organic agave nectar, almond milk, cinnamon

Hot Tea - loose leaf, local, organic

Fair trade herbal tea blends formulated by: www.N-Equilibrium.com. See menu of choices on side wall.

Detox Chai Spice is \$3.65.

Hot Coffee 12 oz. organic Peruvian medium roast

\$2.50

\$3.25

Hot Apple Cider 12 oz.

\$2.75

HOT SOUPS 14 oz.

Ask which soups are available for the day. Contains coconut oil &/or olive oil, made in house + V. GF.

Potato + Leek Curry w/ Coconut Milk

Tomato Lentil + Kale

Butternut Squash

SEE SOUP INGREDIENTS ON COUNTER.

WARM BOWLS V = vegan, GF = gluten-free

Chickpea + Mushroom Marsala \$9.95 Chickpea pasta, chickpeas, Portabella mushrooms,

Marsala wine, garlic, onion, topped w/ parsley (V, GF)



\$9.25

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

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
- * Add hard-boiled egg for +\$1.25



\$8.95

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



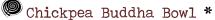
\$7.95

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



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

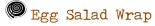
♦ Make with cauliflower only (no rice) for +\$2.00



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



\$7.25

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



\$8.75

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

BREAKFAST + SMALL BITES * ALL DAY *

GF Live Bagel – RAW VEGAN

2 halves made of SPROUTED Buckwheat lightly toasted + topped w/ coconut oil upon request.

Avocado Toast	2 slices	1 slice
- Multi-grain	\$5•95	\$ 3. 50
- Gluten-free	\$7.25	\$4 .2 5

On GF Live Bagel \$10.00 \$5.00 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

Boiled Eggs

2 / \$2.95

\$6.00

Granola Bowl

\$5.75

Organic granola, topped with banana, blueberries, sliced 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

Spanikopita - handmade, 1 pc.

\$4.50

\$4.95

TO-GO 2-pack in front cooler \$6.95



Veggie Platter w/ house Thai Peanut Sauce or Hummus

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 we proudly sell in our shop:

- * Buckleberry Foods, Warren, RI
- * Right Path Organic Café, New London
- ❖ Empress Alchemi, Groton, CT
- ❖ Elle's Design + Blue Heaven, Mystic
- ❖ Natural Equilibrium, Groton ❖ farmyard botanicals, Haddam
- * Elaine G. Mills, Stonington



& JUICERY

MENU

WINTER 2017/2018





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

WINTER HOURS - OPEN 7 days / week:

8:30 AM - 4:30 PM Monday: 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!



