

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**

☉ **Açaí Berry** \$7.95

fresh banana, strawberry, blueberry blended with organic açai juice (can subst. açai 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** \$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 jAvâcado** \$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** \$8.45

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* (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?

* 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

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 açai 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

your own glass jug or buy one of ours...

IMMUNITY SHOTS

☉ **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

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. \$5.95

juiced organic lemon + pH 8.5 ionized water, splash Bragg's apple cider vinegar - your choice of sweetener

☉ **Turmeric Chai Latte** 10 oz. \$4.95

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. \$3.95

made with organic raw cacao + bittersweet chocolate chips, organic agave nectar, almond milk, cinnamon

☉ **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.

❖ Detox Chai Spice is \$3.65.

☉ **Hot Coffee** 12 oz. \$2.50

organic Peruvian medium roast

☉ **Hot Apple Cider** 12 oz. \$2.75

HOT SOUPS 14 oz. \$5.95

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)

☉ **Mex Bowl** \$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

☉ **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 with choice of side

BREAKFAST + SMALL BITES * ALL DAY *

☉ GF Live Bagel - RAW VEGAN \$6.00

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 \$4.25

- 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** **1 / \$1.75**

☉ **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

❖ TO-GO 2-pack in front cooler \$6.95

☉ **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 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

karma  kitchen
MYSTIC

& JUICERY

MENU

WINTER 2017/2018



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...

WINTER 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!

