

SMOOTHIES 16 oz. *Customize-able, just ask!*

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

almonds, avocado, **almond butter**, banana, berries, 60% bittersweet chocolate chips, **cacao nibs**, **raw cacao powder**, **chia seeds**, cinnamon, coconut flakes, **coconut oil**, **flax seeds**, ginger, **granola**, **granola GF (+\$2.00)**, **hemp seeds**, **kale**, **Matcha**, **raw maca**, mango, **oats - GF, non-GMO pea protein**, **peanut butter**, pineapple, **spinach**, **spirulina**, **turmeric**, walnuts, whey protein = **ORGANIC**

☉ **Açaí Berry** 7.95

fresh banana + strawberries, wild Maine blueberries blended in organic açaí juice (can subst. acai with *almond milk* or ½ acai / ½ 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 in almond milk. - **OR *SMOOTHIE BOWL IT!** →

☉ **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 local spirulina, green juice cubes blended in pomegranate green tea, topped w/ organic hemp seeds

☉ **Moca jAvacado** 7.95

cold brew coffee blended w/ ¼ avocado, organic raw cacao + raw maca, cinnamon, organic agave nectar

ADD-ON SUGGESTION: Cream-ify w/ a hefty scoop of **V, GF** cashew "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 + raw cacao blended w/ pH 7.0 filtered water - **OR *SMOOTHIE BOWL IT!** →

❖ 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**

☉ **Piña Kolada** 8.95

the real deal virgin version! fresh pineapple, creamy coconut milk, coconut flakes, organic agave nectar

-- OR opt for the amped, less sweet Pineapple Blast ↓ --

☉ **Pineapple Blast** 8.95

loads of fresh pineapple blended w/ cucumber, hints of lime + ginger

☉ **Triple Berry Garden PBJ** 8.95

organic mix of strawberries, blackberries, raspberries, organic peanut butter, GF organic oats, organic kale, organic agave nectar blended w/ almond milk

☉ **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 free* - **OR *SMOOTHIE BOWL IT!** ↓

☉ **Watermelon Splash IS BACK!** 6.95

loads of fresh watermelon, mint - slightly "slush-ified"

* **SMOOTHIE BOWLS**

ALL 9.95

☉ **Açaí Bowl - POPULAR!**

organic açaí served sorbet style topped w/ banana, bottom + top layered organic granola, coconut flakes, strawberries, blueberries. Top w/ mango for **+\$0.50** &/or pineapple for **+\$0.35** - see ***ADD-ONS**.

contain same ingredients as their SMOOTHIE versions (*see list to the left*) but are thicker & topped with:

banana, bottom + top layered organic granola, organic hemp seeds, sliced almonds, spirulina - see ***ADD-ONS**.

☉ **Chocolate Avocado Bowl**

☉ **Peanut Butter Protein Bomb Bowl**

☉ **TropiKale Green Bowl**

COLD-PRESSED JUICES + SHOTS

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

+ celery, parsley, cilantro &/or xtra ginger for **+\$0.25 ea.**

☉ **Açaí Green** 12 oz. / 6.75 16 oz. / 7.95

half organic açaí juice, half Green Medley juice

☉ **Feel the Beet** 9 oz. / 5.50 16 oz. / 8.95

beet, carrot, apple, lime + ginger

☉ **Ginger Immunity Elixir** 16 oz. / 7.75

POPULAR anti-inflammatory elixir served COLD over ice or hot. **CONTAINS:** pH 7.0 filtered water, juiced ginger + apple, honey, organic turmeric, pinch black pepper, Bragg's apple cider vinegar, splash organic lemon

☉ **Ginger Shot** 1 oz. / 2.75 2 oz. / 4.95

☉ **the Green Beet** 9 oz. / 5.75 16 oz. / 9.25

cucumber, beet, carrot, organic Lacinato kale + collard, apple, hint of lime + ginger

☉ **Green Medley** 9 oz. / 5.95 16 oz. / 9.50

cucumber, organic Lacinato kale + chard, apple, hint of lime + ginger

☉ **Orange Juice** 9 oz. / 5.50 16 oz. / 8.95

oranges peeled and put right through the juicer!

☉ **Watermelon Cooler** 9 oz. / 5.00 16 oz. / 8.50

lots of watermelon, pineapple, fresh mint, a few leaves of local organic Lacinato kale / chard, hint of ginger

☉ **What's Up Doc?** 9 oz. / 5.50 16 oz. / 8.95

carrot, apple, hint of organic lemon

ADD-ON BOOSTERS TO ANY SMOOTHIE OR JUICE

☉ **Elderberry Syrup** + 1.00

Add ½ tsp. of this wonderful immune booster made by local co. Whole Harmony

☉ **Bulletproof™ Brain Octane Oil** + 1.00

LEMONADES made with pH 7.0 filtered water

☉ **Lavender White Tea Lemonade**

juiced organic lemons in organic lavender 12 oz. 5.75

white tea by Natural Equilibrium Tea Co., 16 oz. 6.95

lightly sweetened w/ organic agave nectar

☉ **Pink Lemonade** 12 oz. 4.75

juiced organic lemons, splash beet juice, 16 oz. 5.95

organic agave nectar

☉ **Wakeup Call Lemonade** 12 oz. 4.75

juiced organic lemons, organic Stevia, 16 oz. 5.95

hint of cayenne pepper

SPECIALTY BEVERAGES 16 oz.

☉ **Bulletproof* Hot Coffee** 12 oz. 4.50

Bulletproof™ Coffee blended with grass-fed butter & Brain Octane Oil (from coconut oil) - MADE TO ORDER

☉ **Cold Brew Coffee** 3.25

black, with almond milk or half n' half - over ice

☉ **Hot Coffee** 12 oz. 2.25

organic Peruvian medium roast

☉ **Iced Turmeric Chai Latte** 5.95

house-blended chai spices, organic turmeric, black tea + Natural Equilibrium Chai Spice tea, coconut milk, organic cane sugar - lightly blended

Iced Tea ON BACK SIDE

Iced Tea 2.50
unsweetened black or pomegranate green tea

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 sautee, topped with fresh tomato, cilantro, lentil + mung bean sprouts, avocado, lime (V, GF)
❖ Make with cauliflower only (no rice) for +2.50

COLD WRAPS + BOWLS

❖ Kettle chips comes w/ all wraps. If you want cucumber slices instead, please specify.
❖ Put on a gluten-free wrap for +0.65.
❖ * Add avocado (& cucumber) for +0.75
❖ * Add local, free range hard-boiled egg for +1.50
❖ Ask about additional add-ons

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 * 8.50
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 +1.50

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 +0.50

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 + SMALL BITES * ALL DAY *

GF Live Bagel * - RAW VEGAN 7.00
2 thick, filling halves made of dehydrated, SPROUTED Buckwheat (lightly toasted upon request)
* Made by Right Path Organic Café, New London

Avocado Toast	2 slices	1 slice
- sprouted multi-grain	5.95	3.50
- gluten-free	7.25	4.25
- GF Live Bagel*	10.00	5.50

topped with organic coconut oil, fresh avocado spread, ground flaxseeds, Himalayan pink salt, hint of cinnamon.
❖ Top w/ local cage free hard-boiled egg +1.50

Boiled Eggs 2 / 2.95 1 / 1.75

Granola Bowl 5.75
organic granola, topped with banana, blueberries, sliced almonds, flaxseeds, cinnamon - comes with almond milk

Organic Peanut Butter & Jelly Sandwich 4.25
on sprouted multi-grain bread w/ kettle chips upon request. Put on gluten-free bread for +1.25

Fruit Cup 12 oz. 4.75
fresh fruit medley of banana, pineapple, mango, strawberries, blueberries

Veggie Platter w/ house Thai Peanut Sauce or Hummus (V, GF) 5.95
cucumber, carrots, celery w/ choice dip - **both 6.95**

HEALTHY TREATS V, GF - Peek in front cooler

** SEE INGREDIENTS IN COOLER **

❖ **Karma Superfood Truffles** MADE IN HOUSE
by the piece / 1.35 3.8 oz. box of 5 pieces / 6.00

❖ **Spirulina Key Lime Tart** MADE IN HOUSE
each pc. is 2.25 oz. 3.50 / pc.

❖ **Buckleberry Superfood Truffles** 5.99

❖ **Baklava** handmade by A-1 Deli 1 pc. 2.95
NOT GF/V 3-pack 7.95

karma  kitchen
MYSTIC

& JUICERY

SUMMER MENU



karmacleanse

Juices, Teas & Elixirs

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

HOURS July 1 - Sept. 21

OPEN EVERYDAY

Monday: 8:30 AM - 6:30 PM
TUESDAY: 8:30 AM - 6:30 PM
Wednesday: 8:30 AM - 6:30 PM
THURSDAY: 8:30 AM - 6:30 PM
Friday: 8:30 AM - 6:30 PM
SATURDAY: 8:30 AM - 6:30 PM
Sunday: 8:30 AM - 5:00 PM

Karma Kitchen Mystic
15 Holmes St. Downtown Mystic, CT
www.KarmaKitchenMystic.com

860-536-7233

GET YOUR ORDER FASTER BY CALLING AHEAD!





Help yourself to our seasonal

Fall Spice -

a warm beverage topped with fresh pressed juice:

mulled hot apple cider with the following concoction added separately: juiced carrot, butternut squash + a tad ginger, maple syrup, pumpkin spice + cinnamon

* * * * *

HOW TO MAKE: Fill your cup 3/4 with some warm apple cider from the crock pot then top off with some of the orange liquid in the large mason jar next to it – ENJOY!

We thank these fine local merchants for their products:

- ❖ Empress Alchemi
- ❖ Natural Equilibrium
- ❖ farmyard botanicals
- ❖ Blue Heaven
- ❖ Elle’s Design
- ❖ Elaine G. Mills
- ❖ Firefly Farms
- ❖ Right Path Organic Café
- ❖ Buckleberry Foods
- ❖ SunFresh Proteins
- ❖ Daigle Farm
- ❖ Wehpettituck Farm



Golden Milk

4.50

almond milk, honey, turmeric w/ a hint of black pepper



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**.

Medjool dates, GF/V chocolate chips, almonds, organic green lentils, walnuts, organic GF oats, organic flax seeds, organic chia seeds, organic coconut oil, alkaline water, organic raw cacao, cinnamon, organic raw maca, organic Stevia, Himalayan pink salt

NOW SELLING KARMA WATER!

FILTERED * ALKALIZED * IONIZED

Join the *Karma Water Club* for **\$25.00/mo.** to get **10 1-gallon fills** or pay **\$3.00 / gallon**. BYOGallon