

# kaia cafe 100% organic foods & juices

**vegan & gluten free options:** Most of our items either are or can be made both vegan and / or gluten free. Simply ask our staff to customize any of our menu items. Kaia cafe supports local farms and producers whenever possible. All juices and food are 100% organic and all of our packaging is made of corn and is 100% compostable.

## breakfast & simple snacks

any of the below on toast, sprouted grain bagel or rice cakes

- \* butter, cinnamon and sugar ..... 2.75
- \* chocolate hazelnut spread and banana ..... 4.50
- \* peanut butter, banana and honey (sub almond butter \$1) ..... 4.50
- \* tahini, honey, cinnamon and butter ..... 4.50
- \* cream cheese ..... 3.25
- \* cream cheese and tomato ..... 3.75
- \* avocado and tomato ..... 4.50

morning glory muffin (upon availability) ..... 2.75

apple cranberry muffin (upon availability) ..... 2.75

chocolate hazelnut cookie ..... 1.75

lemon blueberry cookie (nut-free) ..... 1.75

maple pecan cookie ..... 1.75

bliss bars ..... 3.25

yogurt ..... 3.75

- \* with granola ..... .50
- \* with fruit ..... .50

## salads

kaia antioxidant salad ..... 7.50

- \* mixed greens, dried blueberries, dried cranberries, walnuts, sprouts and balsamic vinaigrette

kaia tossed salad ..... 6.99

- \* mixed greens, goat feta, chickpeas, cucumber, tomato

kaia sprout salad ..... 6.99

- \* mixed greens, cucumber, carrots, sprouts, avocado

add ons to any salad

- \* roasted vegetable medley, asian three bean salad, hummus, ..... 1.50  
goji berry tabouli, spicy almond pate, tempeh bacon, cous cous
- \* sliced apple, dried blueberries, salsa, avocado, guacamole (seasonal) ..... 1.00

pick your own salad ..... 6.99

- \* pick your green: mixed greens or spinach
- \* tell us what you like in it (pick 3 items - \$.50 each additional item)...  
chickpeas, beets, shredded carrot, sliced cucumber, raisins,  
goat feta, tomatoes, red onion, olives, sunflower seeds, sprouts
- \* dressings: lemon mustard, balsamic, carrot ginger, green goddess,  
miso citrus, honey mustard apple cider vinegar, lemon herb, roasted fire cider

ask about the soups of the day (seasonal)

- \* 8 oz. .... 3.95
- \* 16 oz. .... 6.95
- \* 32 oz. .... 12.95

ardha combo ..... 7.50

- \* your choice of two: ½ panini, 8 oz. soup, ½ salad

## wraps, paninis & quesadillas

**wraps**

hummus wrap ..... 6.50

- \* hummus, sprouts, carrots and cucumbers

classic avocado wrap ..... 7.50

- \* avocado, carrots, cucumbers, mixed greens

kaia wrap ..... 7.50

- \* avocado, roasted red pepper, spinach, sprouts, miso citrus dressing

black bean wrap ..... 6.50

- \* black bean salad, carrots, cucumber, goat feta

greek wrap ..... 6.50

- \* spinach, kalamata olives, goat feta, cucumber tossed in balsamic dressing

freestyle wrap ..... 6.50

- \* choose any 4 of the following ingredients: carrots, cucumbers, goat feta, tomatoes, chickpeas, beets, olives, spinach, mixed greens, sprouts, onions

add ons to any wrap

- \* roasted vegetable medley, asian three bean salad, hummus, ..... 1.50  
goji berry tabouli, spicy almond pate, tempeh bacon, cous cous
- \* sliced apple, dried blueberries, salsa, avocado, guacamole (seasonal) ..... 1.00

spicy almond nori roll ..... 5.50

- \* almond pate, carrot, cucumber, avocado, sprouts, nori

pb & j ..... 3.99

- \* organic peanut butter, strawberry jam  
(almond or sunflower butter available for \$1)

wrap & juice combo ..... 11.99

- \* wrap of choice & 12 oz. juice

## paninis

classic grilled cheese ..... 3.99

- \* with cheddar cheese on sprouted grain bread (add tomato \$.50)

premium grilled cheese ..... 6.50

- \* brie, green apple, honey mustard apple cider vinegar dressing

caprese ..... 6.50

- \* fresh mozzarella, tomato, basil, balsamic dressing

tit ..... 7.50

- \* tempeh, lettuce, tomato, vegan mayo

roasted vegetable ..... 7.50

- \* eggplant, roasted pepper, zucchini, carrot, brussels sprouts and miso walnut spread

mock tuna melt ..... 7.25

- \* mock tuna, cheddar cheese, tomato, sprouts

moroccan burrito ..... 7.25

- \* black beans, cous cous, fresh salsa, cheddar in a whole wheat wrap

## quesadillas

cheese quesadilla with a side of salsa ..... 4.50

- \* cheddar cheese in a whole wheat wrap  
add black beans, tempeh, roasted vegetables ..... 1.50 each  
add avocado ..... 1.00

## dessert quesadillas

hanuman quesadilla ..... 4.99

- \* chocolate hazelnut spread, peanut butter, banana on a whole wheat wrap

bhakti quesadilla ..... 3.50

- \* strawberry preserves and cream cheese on a whole wheat wrap

## juices & smoothies

**juices**

12 oz. .... 6.00

16 oz. .... 8.00

cold cure \* green apple, double ginger, cayenne, lemon (served hot or cold)

daily greens \* kale, parsley, celery, cucumber (add 1 oz. wheatgrass for \$1)

even chelle \* green cabbage, lemon, green apple

heart chakra boost \* purple cabbage, red apple, celery, spinach, ginger

immune boost \* carrot, ginger, apple, vitamin c powder, echinacea, goldenseal

karma \* kale, spinach, parsley, pineapple, cucumber

liquid lozenge \* orange, lemon, ginger, honey

prana boost \* carrot, beet, kale, apple, celery

raja \* lemon, beet, red apple, ginger, carrot

tummy tuner \* carrot, apple, ginger, probiotic, aloe vera

make your own juice:

12 oz. .... 4.00

16 oz. .... 6.00

- \* choose base: apple, cucumber or carrot
- \* \$1 boosts: kale, spinach, pineapple, kiwi, grapefruit, apple, orange, cabbage
- \* \$.50 boosts: lemon, carrot, cucumber, celery, parsley, cilantro, beet, ginger

## smoothies

basic smoothie

12 oz ..... 5.00

16 oz ..... 7.00

- \* base, banana, you choose a fruit and a boost

signature smoothies

12 oz ..... 6.00

16 oz ..... 8.00

base options

- \* whole, skim, rice, soy, apple juice
- \* hemp milk, coconut juice, orange juice – add \$.50
- \* coconut water, almond milk – add \$1
- \* cashew milk – add \$1.50

acai colada \* acai, banana, pineapple, vanilla spirutein, coconut juice

asana \* raspberry ultima electrolyte powder, hemp oil, hemp protein, multi-vitamin powder, strawberries, banana, base\*

banana split \* bananas, peanut butter, raw cacao, whey protein powder, vanilla soy milk (add .50 cents for almond butter)

bhakti infusion \* strawberries, pineapple, lime, goji powder, aloe vera and coconut juice

goddess \* don quai, ginger, essential woman oil, banana, strawberries, blueberries, base\*

green vibrance \* blueberries, strawberries, banana, green vibrance powder, vanilla spirutein, base\*

karma \* kale, spinach, pineapple, aloe vera, flax oil, coconut water

nut berry \* blueberries, peanut butter, flax meal, banana, honey, base\* (add .50 cents for almond butter)

orange essence \* mango, strawberries, banana, orange juice

rejuvenation \* hemp or whey protein powder, 2 frozen fruits, banana, base\*

thirst quencher \* pineapple, lemon, strawberries, aloe vera, vitamin c powder, apple juice

ultimate cleanse \* banana, pineapple, aloe vera, flax oil, base\*

wheatgrass shot single / double ..... 2.50 / 4.50

e3 live shot ..... 2.50

fire cider shot ..... 2.50

## hot / iced beverages

tea

\* 12 oz. .... 2.50      16 oz. .... 3.00      20 oz. .... 3.50

coffee

\* 12 oz. .... 1.75      16 oz. .... 2.25      20 oz. .... 2.75

cappuccino

\* 12 oz. .... 3.75      16 oz. .... 4.25      20 oz. .... 4.75

latte

\* 12 oz. .... 3.75      16 oz. .... 4.25      20 oz. .... 4.75

green tea latte

\* 12 oz. .... 4.50      16 oz. .... 4.75      20 oz. .... 4.95

chai latte

\* 12 oz. .... 4.00      16 oz. .... 4.50      20 oz. .... 4.95

honey, lemon, ginger

\* 12 oz. .... 4.00      16 oz. .... 4.50      20 oz. .... 5.00

hot agni

\* 12 oz. .... 5.00      16 oz. .... 6.00      20 oz. .... 6.75

espresso

\* single ..... 2.00      double ..... 3.00

mayan hot chocolate ..... 2.99

## kids menu

### drinks: 7 oz.

green lemonade ..... 4.50

- \* kale, parsley, celery, cucumber, spinach, lemon

kids immune boost ..... 4.00

- \* carrot, orange, vitamin c and echinacea

strawberry banana smoothie ..... 4.00

- \* strawberries, banana, kids calm multi, base\*

chocolate peanut butter smoothie ..... 4.00

- \* banana, peanut butter, cacao, base\* (sub almond or sunflower butter \$1)

purple pineapple smoothie ..... 4.00

- \* pineapple, blueberries, banana, soy milk

### snacks:

pb&j (sub almond or sunflower butter \$1) ..... 3.99

grilled cheese ..... 3.99

cinnamon toast – cinnsugar and butter ..... 2.75

cheese quesadilla ..... 3.99

apples and almond butter ..... 2.50

## prepared items

hummus ..... 4.99

black bean salad ..... 4.99

marinated kale salad ..... 4.99

spicy almond pate ..... 5.99

greek salad ..... 5.99

goji berry tabouli ..... 5.99

mock tuna ..... 5.99

mango cashew medley ..... 6.50