



Krayvings Menu

Fresh Juice 6.99 / 10.99 / 13.99

16 ounces 24 ounces 32 ounces

Add Chia seeds or Protein Powder 2.49

Pineapple Mojito

Pineapple, mint, apple, ginger

Immune Plus

Orange, carrot, ginger, lemon

Daily Detox

Beet, orange, apple, lemon, ginger

Mellow Melon

Watermelon, pineapple, apple, lemon, mint

B12 Boost

Apple, orange, lime, ginger, kale

Green Zen

Apple, cucumber, celery, lemon, ginger, kale

Get Skinny

Strawberry, kiwi, pear, orange, apple, lemon, mint

Orange Delight

Vanilla almond milk, strawberry, pineapple, orange, lime

House Made Lemonade.

Lemonade- (16 ounce 2.49)- (24 ounce 3.49)- (32 4.99)

Strawberry Lemonade (16 ounce 2.99)- (24 ounce 3.99)- (32 5.99)

Smoothies 6.99 / 10.99 / 13.99

16 ounces 24 ounces 32 ounces

Add Chia seeds or Protein Powder 2.49

Get Green

Apple, spinach, kale, avocado, apple juice

Susan's PB&J

Peanut butter, Nutella, banana, strawberry, chocolate almond milk

Banana Split

Nutella, banana, strawberry, chocolate almond milk, strawberry kefir (yogurt)

Guilt Free Chocolate

Chocolate almond milk, Nutella, almond butter, yogurt.

Berry Good

Blueberry, strawberry, banana, strawberry kefir (yogurt)

Matcha Madness

Matcha green tea, apple, vanilla almond milk, spinach, kale, banana

Breakfast *served all day*

Gluten friendly swap 2.99.

Steak & Egg Protein Plate 12.99

Grilled steak, poached eggs, quinoa, chimichurri and mixed vegetables, mushrooms

Turkey Sausage Breakfast Plate 10.99

Turkey sausage, poached eggs, quinoa, chimichurri and mixed vegetables, red onion.

Body Builder Breakfast 10.99

Two 6 ounce turkey burger patties, 4 egg whites, ¼ avocado, toast, tomato

Build your own Omelet 8.99

This starts with three eggs and then you choose three items.

Cheese: Feta, Fontina, Provolone, American

Veg: Spinach, Tomatoes, Onions, Red Peppers, Serrano Chilies, Mushrooms, Broccoli,

Additional Items with an upcharge: Bacon, Turkey Sausage, Steak, Chicken, Avocado.

All American Breakfast 8.99

Two eggs- any style, 2 bacon, 2 turkey sausage with whole wheat toast

Waffle Sandwich 7.99

Egg whites, ham, fontina cheese tomato, waffle. Served with syrup.

Bacon Egg & Cheese Sandwich 7.99

Egg whites, bacon, fontina cheese, tomato, whole wheat naan

On The Go- Breakfast Wrap 7.99

Egg whites, tomato, sweet potato hash, cream cheese, avocado, chimichurri.

Salsa Verde Breakfast Wrap 7.99

Scrambled eggs, steak, potato's, red onion, feta cheese, house made salsa.

Yogurt Fruit Parfait 5.99

Yogurt, strawberry, blueberry, granola

Egg and Avocado 4.99

Poached egg in a half of an avocado

Protein Plates

Choose brown rice or Quinoa/ Served on mixed veggies with red onions.

Steak 12.99

Mushroom sauce and mushrooms

Salmon 12.99

BBQ and Ranch dressing

Glazed Salmon 12.99

Orange ginger glaze, mandarin oranges and pineapple pico

Chicken 11.99

Sesame teriyaki, green onions

Shrimp 12.99

Thai chili coconut sauce, peanuts

Tofu 10.99

Sesame teriyaki, green onions

Burgers

Made on a fresh brioche bun w/side salad. Gluten friendly swap 2.99.

Turkey Burger 10.99

House blend herbs and fresh ground turkey, chipotle aioli, lettuce, tomato, avocado and fontina cheese.

Veggie Burger 9.99

House made veggie patty, grilled zucchini, hummus, tomato and fontina cheese

Bison Burger 12.99

Grilled bison patty, caramelized onions, tomato, and lettuce.

Salmon Burger 12.99

Grilled salmon filet, chipotle aioli, cucumber, pineapple pico, lettuce

Fresh Salads

Add egg .99/ Add tofu 1.99/ Add chicken 3.99/Add steak 4.99/Add Salmon or Shrimp 5.99

BBQ Chicken Salad 10.99

Grilled chicken, house greens, black beans, corn, avocado, cilantro, tomato, serrano chili, crispy fried onion, Honey BBR Ranch dressing.

BLT Salad 9.99

Crisp romaine, smoked bacon, avocado, tomato, cucumber, corn, Ranch Dressing.

Sesame Chicken Salad 10.99

Grilled Chicken, crisp greens, bok choy, shredded carrots, cucumber, green onion, mandarin orange, almonds, crispy noodles, low-fat Sesame Ginger Dressing

Beet & Walnut Baby Kale Salad 9.99

Baby Kale, roasted beets, green apple, crushed walnuts, shredded carrots, house made White Vinaigrette.

Strawberry Chicken Salad 12.99

House greens, grilled chicken tossed in our house made chimichurri sauce, fresh strawberries, candied walnuts, sweet basil, feta cheese, house made Balsamic Vinaigrette

Chicken Caesar Salad 11.99

Grilled Chicken with crisp romaine, house made croutons, aged parmesan and creamy Caesar Dressing

Steak Caesar Salad 11.99

Grilled Steak with crisp romaine, house made croutons, aged parmesan and creamy Caesar Dressing

Krayvings Raw House Salad 8.99

Crisp romaine, red radish, green apple, cucumber, shredded carrots, corn, tomato, green onions in our house made Lemon Mint Vinaigrette,

Baby Kale Shrimp & Sweet Potato Salad. 12.99

Baby kale, steamed shrimp, roasted red peppers, feta cheese, shredded carrots, tomato, garbanzo beans in our hose made White Vinaigrette

Greek Salad 11.99

Crisp romaine, grilled chicken, Kalamata olives, pickled banana peppers, cucumbers, feta cheese with our house made spicy Tzatziki Dressing.

Buffalo Grilled Chicken Salad 11.99

Crisp romaine, grilled chicken tossed in buffalo sauce, corn, feta cheese, crispy fried onions in Ranch Dressing.

Wraps

Made with a whole wheat tortilla and comes with a small side salad. Gluten friendly upgrade 2.99

BBQ Chicken Wrap 11.99

Grilled chicken, house greens, black beans, corn, avocado, cilantro, tomato, serrano chili, crispy fried onion, Honey BBR Ranch dressing.

BLT Wrap 10.99

Crisp romaine, smoked bacon, avocado, tomato, cucumber, corn, Ranch Dressing.

Sesame Chicken Wrap 11.99

Grilled Chicken, crisp greens, bok choy, shredded carrots, cucumber, green onion, mandarin orange, almonds, crispy noodles, low-fat Sesame Ginger Dressing

Beet & Walnut Baby Kale Wrap 10.99

Baby Kale, roasted beets, green apple, crushed walnuts, shredded carrots, house made White Vinaigrette.

Chicken Caesar Wrap 11.99

Grilled Chicken with crisp romaine, house made croutons, aged parmesan and creamy Caesar Dressing

Steak Caesar Wrap 11.99

Grilled Steak with crisp romaine, house made croutons, aged parmesan and creamy Caesar Dressing

Baby Kale & Sweet Potato Wrap 10.99

Baby kale, roasted red peppers, feta cheese, shredded carrots, tomato, garbanzo beans in our house made White Vinaigrette

Krayvings Raw House Wrap 9.99

Crisp romaine, red radish, green apple, cucumber, shredded carrots, corn, tomato, green onions in our house made Lemon Mint Vinaigrette,

Greek Wrap 12.99

Crisp romaine, grilled chicken, Kalamata olives, pickled banana peppers, cucumbers, feta cheese with our house made spicy Tzatziki Dressing.

Buffalo Grilled Chicken Wrap 12.99

Crisp romaine, grilled chicken tossed in buffalo sauce, corn, feta cheese, crispy fried onions in Ranch Dressing.

Soups & Chili

Gluten friendly Spicy Chicken Noodle Soup. 12 oz. 5.99 / 16 oz. 6.99

Served with serrano chili and lime wedge

Tomato Soup- 12oz. 5.99 / 16oz. 5.99

Served with saltine crackers.

Spicy Turkey Chili- 12 oz. 5.99 / 16 oz. 6.99

Served with saltine crackers.

Vegan Chili- 12 oz. 5.99 / 16 oz. 6.99

Served with saltine crackers.

Grilled Cheese and Tomato Soup 10.99

Multi-Grain bread grilled with Velveeta Cheese served with 12 ounce tomato soup.

Sandwiches

Most made on whole wheat bread and served with a side salad.

Grilled Steak Sandwich 11.99

Grilled steak, fontina cheese, caramelized onions, green apples, chimichurri sauce, tomato, lettuce.

Mediterranean Turkey Sandwich 10.99

Thinly sliced turkey breast, roasted red peppers, grapes, lettuce, cucumber, house made Yogurt Sauce.

Tuscan Grilled Chicken & Prosciutto Sandwich 11.99

Grilled Chicken, prosciutto, provolone cheese, roasted red pepper, house made olive tapenade, lettuce and Dijonnaise.

Krayvings Club 10.99

Thinly sliced turkey breast, crisp bacon, tomato, lettuce, green apple and Dijonnaise

Italian Cold Cut 11.99

Salami, Ham, turkey, prosciutto, provolone, red onion, banana peppers, green apple, roasted red peppers, and lettuce with our house made Olive Tapenade

Pulled Chipotle Chicken Sandwich 10.99

Pulled chicken in our tangy house made chipotle bbq sauce, sliced tomatoes, red onions and lettuce with our Chipotle Aioli

Desserts & Sweets

House Made Chocolate Chip Cookie .99

Half Dozen House Made Chocolate Chip Cookie 3.99

House Made Gluten Friendly Peanut Butter Cookie .99

Half Dozen House Made Gluten Friendly Peanut Butter Cookie 3.99

Blueberry Muffins 2.99

Udi's Gluten friendly Muffin 2.99

Gluten Friendly Rice Crispy Treat 3.99

Chips & Snacks

Terra Chips/Sweets & Beets 5.49

Metro Chips/ BBQ or Salt and Vinegar 2.49

Metro White Cheddar popcorn 2.49

Sun Chips 2.49

Kids

Turkey Pinwheel 5.99

Sliced turkey and cream cheese in a whole wheat wrap. Served with sliced apples

Grilled Chicken Plate 5.99

Grilled chicken, raw broccoli and raw carrots served with Ranch dressing.

Grilled Cheese 5.99

Whole grain bread toasted with fontina and provolone. Served with sliced apples

Mac & Cheese 5.99

Whole wheat rotini pasta with Velveeta cheese. Served with sliced apples

Pizza 6.99

This is a 12 inch pizza.

Turkey Burger 5.99

Three ounce turkey burger patty on a brioche bun with fontina cheese, tomato and lettuce. Served with sliced apples

Bison Burger 7.99

Three ounce bison patty on a brioche bun with tomato and lettuce. Served with sliced apples

Kids Pancakes 5.99

Wheat pancakes topped with fruit and powdered sugar. Served with butter and syrup.

Kids Waffles 5.99

Wheat waffles topped with fruit and powdered sugar. Served with butter and syrup.

Beverages

Smart Water 20 ounce 2.99

Vitamin Water 2.99

Aqua Panna 2.99

San Pellegrino Sparkling Water 2.99

Fountain Beverage 2.99

Dr. Browns Cream Soda 2.99

Cock and Bull Ginger Beer 2.99 Non Alcoholic

San Pellegrino Sparkling Water 2.99

Mexican Style Sodas. 2.99 /Coke or Sprite

Dark Roast Coffee *Lavazza* 2.49

Hot Organic Tea Selection 2.49

Espresso Shot 2.49

Cappuccino 3.50

Latte 3.50

Ginger Shot 2.99

Iced Tea or Iced Coffee 2.99

Sides

Apple Wedges with Peanut Butter and Nutella 5.99

Sweet Potato Hash 3.99

Quinoa Salad 3.99

Side Salad (mixed greens) 2.99

Brown Rice 2.99

Grilled Steak 4oz 5.99

Grilled Chicken 4oz 4.99

Grilled Salmon 4oz 7.99

Steamed Shrimp 7.99

Side Steamed Broccoli 3.99

Side Steamed Mixed Vegetables 3.99

Side Turkey Burger Patty 4.99

Side Bacon 2.99

Side Turkey Breakfast Sausage 3.99

Side Eggs (2) 2.99

Breakfast Combo's 11.99

On The Go Breakfast Wrap and any Juice or Smoothie

Salsa Verde Breakfast Wrap and any Juice or Smoothie

Bacon Egg & Cheese Sandwich and any Juice or Smoothie

Lunch Combo's 14.99

Turkey Burger and any Juice or Smoothie

Chopped BLT Salad and any Juice or Smoothie

Roasted Beet & Walnut Salad and any Juice or Smoothie