

KITAVA

100% free of gluten, dairy, corn, soy, peanuts, refined sugar, & seed oils

AIP = no nightshades, eggs, grains, legumes, nuts, or seeds

BOWLS

General Tso's Chicken - 14 AIP*

with chicken, crispy cassava flour breading, sweet & savory coconut amino hoisin sauce, roasted broccoli, green onion, sesame seeds, white rice

cauliflower rice substitution +2

*ask for no sesame seeds

SALADS

Roasted Brassica Salad - 12 V AIP °

spinach, arugula, kale, roasted broccoli, brussels sprouts, cauliflower, & orange basil vinaigrette with extra virgin olive oil

add pastured chicken +4 ⊕

add wild-caught salmon +7 °

SIPPING BROTH

Chicken Bone Broth - 5 AIP

chicken bones simmered for 24 hours, with herbs & sea salt

add turmeric & ginger immunity boost +1 ⊕

what makes our proteins different?

CHICKEN pasture-raised

PORK heritage breed, pasture-raised

BEEF 100% grass-fed, pasture-raised

SALMON wild, line-caught Alaskan

BEANS soaked overnight, mayocoba-red

MIX & MATCH

Served with cilantro-garlic mojo sauce on the side °

Choose 1 Protein AIP

Salmon - 19 °

Roasted Chicken - 15 ⊕

Choose 2 Sides (Included) AIP

Crispy Brussels Sprouts V

Steamed Broccoli V

Plantains V

Zucchini Noodles V

Cauliflower Rice V

Roasted Sweet Potatoes V ⊕

Turmeric-Spiced Cauliflower V ⊕

COLD DRINKS V AIP

Ginger Lemongrass Kombucha - 5

probiotic-rich, from Marin Kombucha

Coconut-Milk Elixirs - 5

superherb-powered, in 3 flavors, from REBBL

Maca Mocha | Turmeric Milk | Cold-Brew Coffee

Chilled Green Tea - 3

pure, smooth & unsweetened, from Teas' Tea

Sparkling Mineral Water - 3

330mL, from Gerolsteiner

HOT DRINKS

Coffee - 3.50

Andytown Coffee, Regular/Decaf

Bulletproof Coffee (with Grass-Fed Butter) +1.50

Tea - 2.75

Herbal | Green | Black

SMALL PLATES

Avocado Mash - 7 V AIP

with crunchy yuca root chips

Plantains - 5 V AIP*

naturally sweet, with chipotle aioli

*ask for no chipotle aioli

Crispy Brussels Sprouts - 8 V AIP*

with chipotle aioli

*ask for no chipotle aioli

Avocado Salad - 6 V AIP*

with arugula, cilantro, pico de gallo, lime, extra virgin olive oil

*ask for no pico de gallo

SWEETS

Sweet & Salty Date Bites - 5 V

2 dates with almond butter, 100% cacao dark chocolate, & sea salt

*contains nuts (almond) & chocolate

Dark Chocolate Brownie - 4 V

rich & fudgy brownie made with cassava & coconut flour, pastured eggs, & coconut sugar

*contains nuts (almond) & chocolate

Cookie with Caramel Drizzle - 3 V

soft & chewy almond flour cookie with a coconut-sugar caramel drizzle

*contains nuts (almond)

Vanilla Bean Gelato - 6 V

cold & creamy ice cream made with cashew milk & maple syrup

*contains nuts (cashew)

★ Ice Cream Sandwich - 8 V

creamy vanilla bean gelato made with cashew milk & maple syrup, between 2 almond flour cookies

*contains nuts (almond, cashew)