

KITAVA

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

BOWLS

Substitutions

turmeric cauliflower rice for jasmine rice +2
extra kale slaw for beans **free**
other substitutions **subject to mo' money**

Baja Bowl 11

jasmine rice, beans, avocado mash, kale slaw, poblano peppers, pico de gallo, salsa verde **V** **vegan**

add adobo chicken +4

Zoodles & Meatballs

spiralized zucchini noodles, marinara sauce, fresh basil

with beef meatballs 14

or king trumpet mushrooms 11 **V** **vegan**

★ Cuban Bowl 11

jasmine rice, beans, avocado, kale slaw, cilantro-garlic mojo sauce, naturally sweet plantains **V** **vegan**

add pulled pork shoulder +4

Meatloaf & Sweet Potato Mash 16

beef meatloaf, savory bone broth gravy, mashed sweet potatoes, roasted broccoli & carrots

General Tso's Chicken 14

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

Spaghetti Squash Bolognese 10

roasted spaghetti squash noodles, tomato & mushroom bolognese sauce, fresh basil **V** **vegan**

sub meat bolognese (beef & pork) +3

what makes our proteins different?

CHICKEN Mary's organic, free-range

PORK heritage breed, pasture-raised

BEEF 100% grass-fed, pasture-raised

SALMON wild, line-caught Alaskan

BEANS soaked overnight, mayocoba-red

SALADS

Pesto Chicken Cobb 15

roasted chicken, sunflower basil pesto, bacon, egg, avocado, tomatoes, spinach, dairy-free ranch dressing with extra virgin olive oil

House Salad 9 **V**

spinach, arugula, red & green cabbage, carrot, tomato, avocado, pepitas, sugar-free balsamic dressing

add chicken +4

add pork shoulder +4

add salmon +7

MIX & MATCH BOWLS

Choose 1 Protein

Roasted Chicken 15

Pulled Pork 15

Beef Meatloaf 16

Salmon 19

Cumin-Spiced Beans 10 **V**

Choose 3 Sides 12 **V**

Choose 2 Sides (Included) **V**

Kale Slaw Salad

Turmeric Cauliflower 'Rice'

Steamed Broccoli

Crispy Brussels Sprouts

Plantains

Sweet Potato Mash

Jasmine White Rice

LOCALS SPECIALS

permanent specials, priced for affordability

Pork & Plantain Bowl 7

a lighter portion of pasture-raised pork and plantains, alongside rice, beans, pico de gallo, salsa verde, and cilantro

Meera's Tikka Masala 7 **V** **vegan**

cashew cream tikka masala with roasted cauliflower over jasmine rice

add chicken +4

sub turmeric cauliflower rice +2

SMALL PLATES

Pesto Meatballs 11

grass-fed beef, sunflower basil pesto

★ Butternut Squash Hummus 7 **V**

served with crunchy taro root chips

Avocado Mash 7 **V**

served with crunchy taro root chips

Plantains 5 **V**

naturally sweet, served with chipotle aioli

★ Crispy Brussels Sprouts 8 **V**

fried in palm oil, served with chipotle aioli

Avocado Salad 6 **V**

with arugula, cilantro, red onion, jalapeño, tomato, lime, extra virgin olive oil

SIPPING BROTH

Chicken Bone Broth 5

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

Immunity Broth 6

Chicken Bone Broth + turmeric & ginger root

SWEETS

Sweet & Salty Date Bites 5 **V**

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

Dark Chocolate Brownie 4 **V**

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

Cookie with Caramel Drizzle 3 **V**

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

Vanilla Bean Gelato 6 **V**

cold & creamy ice cream made with cashew milk & maple syrup, from Vixen Kitchen

★ Ice Cream Sandwich 8 **V**

vanilla bean gelato made with cashew milk, between 2 almond flour cookies