

# KITAVA

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

## SALADS

### ★ Pesto Chicken Cobb 16

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

### House Salad 9

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

add chicken +5 add salmon +9  
add trumpet mushrooms +4

## MIX & MATCH BOWLS

### CHOOSE 2 OR MORE SIDES

each side | 4 

Kale Slaw | Plantains | Steamed Broccoli | Crispy Brussels  
Sweet Potato Mash | Zoodles | Jasmine Rice  
Turmeric Cauliflower "Rice" | Trumpet Mushrooms

### CHOOSE A PROTEIN


HERB-ROASTED CHICKEN | Mary's free-range organic | 5

PULLED PORK SHOULDER | Pasture-raised | 5

BEEF MEATLOAF | 100% grass-fed | 6

BEEF MEATBALLS | 100% grass-fed | 6

SALMON | Wild-caught Alaskan | 9

BEANS | Cumin-spiced | 4 

## SIGNATURE BOWLS

### Substitutions

Turmeric Cauliflower Rice for Jasmine Rice +2

Extra Kale Slaw for Beans **free**

Other Substitutions **subject to extra charge**

### Baja Bowl 10

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

add adobo chicken +5

### ★ Cuban Bowl 10

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

add pulled pork shoulder +5

### Meatloaf & Sweet Potato Mash 16

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

### General Tso's Chicken 14

chicken in cassava flour breading, coconut amino hoisin sauce, broccoli, green onion, sesame seeds, jasmine rice

## LOCALS SPECIALS

permanent specials, priced for affordability

### Pork & Plantain Bowl 7

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

### Meera's Tikka Masala 7

dairy-free tikka masala, cauliflower, and jasmine rice

add chicken +5

sub turmeric cauliflower rice +2

## SMALL PLATES

### Pesto Meatballs 11

100% grass-fed beef, sunflower basil pesto

### ★ Butternut Squash Hummus 7

bean-free hummus served with crunchy taro root chips

### Avocado Mash 7

avocado, lime, and salt, served with crunchy taro root chips

### Plantains 5

naturally sweet plantains, served with chipotle aioli

### ★ Crispy Brussels Sprouts 8

fried in sustainable palm oil, served with chipotle aioli

### Avocado Salad 6

arugula, cilantro, red onion, jalapeño, tomato, lime dressing

## ZOODLES

Spiralized zucchini noodles with choice of sauce

All sauces are dairy-free

### CHOOSE A SAUCE

Marinara 8 

Pesto 8 

Cashew Cream Alfredo 9 

Mushroom Bolognese 10 

Beef & Pork Bolognese 13

### ADD PROTEIN

Grass-Fed Beef Meatballs +6

Herb-Roasted Chicken +5

Wild Salmon Filet +9

Trumpet Mushrooms +3 

Pasture-Raised Bacon +4

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## COFFEE & TEA

### REGULAR OR DECAF COFFEE - 3.50

Andytown Coffee Roasters

### BUTTER COFFEE - 5

black coffee blended with grass-fed butter  
*coconut milk & sugar available upon request*

### ORGANIC HOT TEA - 2.75

Mighty Leaf Tea

## KOMBUCHA

### Marin Kombucha | Tap or Bottle - 5

Rotating Flavors

## SIPPING BROTH

### Chicken Bone Broth - 5

pasture-raised chicken bones simmered for  
24 hours with herbs and sea salt

### Immunity Broth - 6

Chicken Bone Broth + turmeric & ginger root

### Beef Bone Broth - 6

100% grass-fed beef bones simmered for 48  
hours with ginger, cardamom, and star anise

## DESSERTS

### Sweet & Salty Date Bites 5

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

### Dark Chocolate Brownie 4

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

### Almond Butter Cookie 3.50

soft & chewy cookie made with almond butter, coconut  
sugar, and vanilla

### Vixen Kitchen Gelato 6

dairy-free ice cream made with cashew milk & maple syrup

### ★ Ice Cream Sandwich 8

Vixen Kitchen cashew milk gelato served between 2  
almond butter cookies

## DRINKING CHOCOLATE

### CACOCO | All Flavors (3oz) - 3

Extra Dark (80%) + vanilla & himalayan salt

Mint Dark (75%) + spearmint essential oil

Spicy Dark (70%) + red reishi & habañero

Golden Dark (65%) + carob, maca, & turmeric

## COLD-PRESSED JUICE

### Happy Moose Juice

Chard Knock Life (12oz) - 7

Golden Gate Bridge Paint (12oz) - 7

Tropical Roots (12oz) - 7

Black Magic Detox (12oz) - 7

Ginger & Turmeric Elixir Shot (2oz) - 4.50

## HERBAL TONICS

### Sunwink

Detox {Ginger} - 5

De-Stress {Hibiscus} - 5

## REBBL DRINKS

Coconut Milk Elixirs - 5

## TEAS' TEA

Chilled Green Tea - 3

## TOPO CHICO

Sparkling Mineral Water

12 oz bottle - 3 | 25 oz bottle - 4.50