

# 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*

### Baja Bowl 11

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

**add** adobo chicken +4

### Zoodles & Meatballs 11

spiralized zucchini noodles, marinara sauce, fresh basil

**with** beef meatballs +3

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

### ★ Cuban Bowl 11

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

## DRINKS

### Cold Drinks **V**

Marin Kombucha - Tap or Bottle 5

REBBL Coconut Milk Elixirs 5

Chilled Green Tea 3

Sparkling Mineral Water 3

### Hot Coffee & Tea

Andytown Coffee, Regular/Decaf 3.50

Grass-Fed Butter Coffee 5

Tea - Herbal | Green | Black 2.75

## SMALL PLATES

### Pesto Meatballs 11

grass-fed beef, sunflower basil pesto

### ★ Butternut Squash Hummus 7 **V**

served with crunchy yuca root chips

### Avocado Mash 7 **V**

served with crunchy yuca 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