



DINE-IN,  
TAKE-OUT  
+ DELIVERY

GET BACK TO HUMAN®

BREAKFAST. LUNCH. DINNER. SNACKS. MARKET.

UNION SQUARE LOCATION:

212.510.8919

78 5TH AVE @ 14TH STREET

WEEKDAYS 7AM-10PM

WEEKENDS 9AM-9PM

**FOOD ALLERGIES?**

Please share with us first.

MENU IS ENTIRELY GLUTEN-FREE.  
DAIRY/GRAIN-FREE UNLESS NOTED.  
NO CANOLA OIL. NO VEGETABLE OILS.

hukitchen.com

# { BREAKFAST }

## PARFAITS + OATMEAL

<b>NO-YO MATCHA PARFAIT</b>	7.99
org coconut milk, taro root, banana, housemade almond butter, org matcha, pure maple syrup, grain-free granola	
<b>NO-YO PRIMAL PARFAIT</b>	7.99
org vanilla chia pudding, org seasonal berries, grain-free granola	
<b>NO-YO PUMPKIN PARFAIT</b>	7.99
org coconut milk, pumpkin, taro root, org maca, almond butter granola	
<b>NUTBERRY OATMEAL (CONTAINS GRAINS)</b>	7.99
gluten-free steel-cut oats, org vanilla, maple walnut, org market berries	

## BREAKFAST MEALS

<b>JORDY CAKES</b>	10.99
banana, almond, org egg, org coconut, unfiltered raw honey, org seasonal berries (OPTIONAL: pure maple syrup, cashew cream)	
<b>BREAKFAST BURRITO</b>	10.99
1. paleo wrap, org egg, org pulled chicken, org mushroom, carrot, org celery, onion, housemade hot sauce (contains jalapeño pepper, onion, garlic) 2. paleo wrap, org egg white, sweet potato hash, market veggie medley	
<b>AVOCADO "TOAST"</b>	10.99
org egg, org black bean, org pico de gallo, avocado, "fauxcaccia" (contains nuts), dairy-free "ranch"	
<b>FIFTH AVENUE FRITTATA</b>	9.99
org egg, 100% grass-fed beef, wild elk, berkshire pork, carrot, broccoli, org red pepper, onion (served with choice of side)	
<b>ORGANIC CHICKEN SAUSAGE, EGG AND "CHEESE"</b>	7.99
org. chicken sausage (contains maple syrup), org. egg, zucchini "cheese," grain-free bagel (CONTAINS NUTS)	
<b>2 EGGS ANY STYLE WITH 2 SIDES + TOASTED HUB BISCUIT</b>	9.99
org eggs, choice of 2 sides and paleo/grain-free HUB biscuit	
<b>HOT BREAKFAST BOWL</b>	One Size 8.99
root vegetable mash <b>OR</b> org quinoa <b>OR</b> cauliflower purée, topped with veggie medley and org egg (scrambled <b>OR</b> sunny-side up)	
<b>PALEO SEASONAL FRENCH TOAST WEEKENDS ONLY</b>	14.99

## BREAKFAST SIDES

<b>BREAKFAST VEGGIE MEDLEY</b>	org kale, org swiss chard, org escarole, bok choy, carrot, ginger, garlic
<b>SWEET POTATO HASH</b>	onion
<b>ROOT VEGETABLE MASH</b>	sweet potato, squash, parsnip, carrot
<b>ORGANIC CHICKEN SAUSAGE</b>	pure maple syrup, carrot, sage, onion, cayenne
<b>BERKSHIRE PORK BACON (NO SUGAR, SEA SALT ONLY)</b>	
<b>BERKSHIRE BREAKFAST SAUSAGE</b>	
<b>CAULIFLOWER PURÉE</b>	garlic, shallot
<b>VEGGIE STIR NO-FRY</b>	broccoli, carrot, onion, org red pepper, garlic, rosemary, thyme
<b>CARAMELIZED PINEAPPLE</b>	cinnamon + served with cashew cream (cashew, pure maple syrup)

## MUFFINS + BAKED GOODS GRAIN/DAIRY-FREE

<b>MUFFINS:</b>	4.99
Org Espresso / Banana Nut / Org Seasonal Berries Org Apple Cinnamon / Straight Up	
<b>BERRY SCONE</b>	2.99
<b>APPLE CINNAMON BREAKFAST BAR</b>	2.99
<b>SEASONAL BREAD</b>	3.50
<b>PALEO BAGEL</b>	3.99
<b>CUPCAKES</b>	4.99

# { mashbar™ }

Served all-day.  
One Size 5.99

<b>ORGANIC BERRY CONCOCTION</b>	org vanilla chia pudding, org seasonal berries, cashew cream
<b>BANANA CASHEW CREAM</b>	grain-free granola, banana, cashew cream, org berries
<b>THE BONITO</b>	housemade almond butter, grain-free granola, cashew cream, org strawberry
<b>CHOCOLATE CHIA</b>	org chocolate chia pudding, housemade paleo bites, maple walnut, cashew cream
<b>TARO TROUBLE NO-YO</b>	grain-free granola, taro pudding, org seasonal berries, mango, org puffed quinoa

# { JUICES }

9.99 (unless otherwise noted)

<b>GREEN MEANS GO</b>	org kale, org cucumber, org apple, pineapple, lime
<b>ORGANIC GREEN GUARDIAN</b>	org kale, org romaine, org cucumber, org celery, org spinach
<b>ORGANIC DEMI VERT</b>	org kale, org cucumber, org apple, org celery, lime
<b>TURM ME ON</b>	carrot, turmeric root, orange, sweet potato, lime
<b>PINE &amp; DANDY</b>	org cucumber, pineapple, dandelion, lemon, radish
<b>BEET OFF</b>	beet, orange, dandelion, turmeric root, ginger, lime, lemon
<b>100% ORANGE JUICE</b>	8 oz. 2.99 / 16 oz. 5.99

# { SMOOTHIES }

16 oz. 9.99

<b>ALMOND BANANA</b>	banana, housemade almond butter, housemade almond milk
<b>STR-APPLE ON</b>	grapefruit, org apple, banana, org spinach
<b>HUBERRY</b>	org seasonal berry, banana, 100% OJ, fresh lime
<b>ORGANIC GREEN NEBULA</b>	org kale, org apple, cashew cream, org coconut water
<b>ORGANIC MATCHA ME CRAZY</b>	avocado, org matcha, org coconut water, org coconut milk, 5x ultra-filtered water, org vanilla bean
<b>THE WRATH OF ROSENBERG</b>	org kale, housemade almond butter, banana, org seasonal berry, org maple water, org maca root
<b>MIA'S PITAYA</b>	org pitaya (dragonfruit), org maple water, banana, org strawberry, mango, org spinach
<b>EXCITED BANANA</b>	almond, banana, org espresso, org cocoa powder

# { ORG COFFEE ETC. }

## ORGANIC COFFEE + HOT DRINKS

NON-DAIRY MILKS + DAIRY OPTIONS:

ORGANIC COCONUT MILK, HOUSEMADE ALMOND MILK,  
ORGANIC: SKIM, WHOLE, HALF + HALF

<b>ORGANIC DRIP</b>	12 oz. 2.50 / 16 oz. 2.99
<b>ORGANIC ESPRESSO</b>	Double 3.49
<b>ORGANIC MACCHIATO</b>	Double 3.49
<b>ORGANIC AMERICANO</b>	Double 4.00
<b>ORGANIC CAPPUCCINO</b>	12 oz. 4.49 / 16 oz. 4.79
<b>ORGANIC LATTE</b>	12 oz. 4.49 / 16 oz. 4.79
<b>ORGANIC CAFÉ AU LAIT</b>	12 oz. 4.49 / 16 oz. 4.79
<b>ORGANIC CHAI LATTE</b>	12 oz. 4.49 / 16 oz. 4.79
<b>ORGANIC ICED COFFEE</b>	16 oz. 3.49 / 24 oz. 3.79
<b>ORGANIC ICED LATTE</b>	16 oz. 4.49 / 24 oz. 4.79
<b>ORGANIC HOT HUB CHOCOLATE</b>	12 oz. 4.49 / 16 oz. 4.79
<b>ORGANIC CRACK COFFEE (contains dairy)</b>	12 oz. 3.49 / 16 oz. 3.99
org sumatra coffee, org coconut oil, org grass-fed butter	
<b>PACKAGED HUB ORGANIC COFFEE</b>	12 oz.
Regular Coffee / Espresso 14.99	
<b>ORGANIC ICED COCONUT COFFEE</b>	16 oz. 4.49
org sumatra coffee, org coconut milk, unfiltered raw honey	
<b>ORGANIC ICED COCONUT CHAI LATTE</b>	16 oz. 4.99
org iced chai tea, org coconut milk, 5X ultra-filtered water, pure maple syrup, cinnamon	

## ORGANIC TEA

<b>GINGER, HONEY, LEMON (HOT)</b>	16 oz. 4.99
<b>ORGANIC MATCHA</b>	16 oz. 5.99
<b>ORGANIC HOT</b>	16 oz. 2.79 / 2X BAG 16 oz. 3.50
BREAKFAST BLEND / EARL GREY CHINA GREEN / PEPPERMINT (CF) / JASMINE CHAMOMILE (CF) / CHAI WALLA	
<b>ORGANIC ICED</b>	16 oz. 3.99
CHINA GREEN / REALLY RASPBERRY (CF) / EARL GREY (CF) = CAFFEINE-FREE	
<b>ORGANIC ICED COCONUT MATCHA LATTE</b>	16 oz. 5.99
org coconut milk, org matcha, 5x ultra-filtered water	
<b>ORGANIC UNSWEETENED ARNOLD PALMER</b>	16 oz. 4.49
org black tea, org lemon, 5x ultra-filtered water	

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PLEASE SEE OUR CATERING MENU FOR PACKAGES AND PLATTERS

WE CATER ANYWHERE IN NYC

ORGANIC WINE AVAILABLE FOR DINING-IN ONLY

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# { LUNCH + DINNER }

Entrée 9.99 / + 1 side 12.99 / + 2 sides 14.99  
(unless otherwise noted)

**GRANDMASTER VEG** (GRAIN/DAIRY-FREE LASAGNA)  
carrot, green cabbage, cashew, org housemade marinara  
(contains garlic, onion), garlic, chili flake

**WILD MEATLOAF**  
100% grass-fed ground beef, wild elk, Berkshire pork, org egg, onion,  
garlic, parsley, cumin, org housemade BBQ sauce (contains dried chili,  
paprika, garlic, onion), cayenne pepper

**¼ ORGANIC ROTISSERIE CHICKEN**  
unrefined org coconut sugar + sea salt brine

**THE DIESEL PARKER** 14.99  
one slice Grandmaster Veg topped with 100% grass-fed **HÜ** Joe

**SIDES MATTER** (CHOICE OF 3 SIDES) 10.99

**½ ORGANIC ROTISSERIE CHICKEN**  
17.99 / + 1 side 20.99 / + 2 sides 22.99

**ORGANIC WHOLE ROTISSERIE CHICKEN** 29.99  
**PLEASE INQUIRE ABOUT OUR DAILY SPECIALS** 14.99

**SIDES** 3.99 / ea. (unless part of meal above or otherwise noted)

**ASSORTED MARKET VEGETABLES** org kale, org swiss chard,  
org escarole, bok choy, carrot, ginger, garlic

**CHARRED BROCCOLI** turmeric, paprika, garlic, onion powder

**CARAMELIZED PINEAPPLE**  
cinnamon + served with cashew cream (cashew, pure maple syrup)

**ROOT VEGETABLE MASH** sweet potato, squash, parsnip, carrot

**CAULIFLOWER PURÉE** garlic, shallot

**VEGGIE STIR NO-FRY** broccoli, carrot, onion, org red pepper, garlic  
rosemary, thyme

**ORGANIC QUINOA**

**ROASTED SWEET POTATOES** fennel, cumin,  
unsweetened org cocoa powder, paprika, coriander, cinnamon

**GRAIN-FREE HÜ BREAD** Large \$2.5 / 3 for \$4.99

# { BOWLS }

**Comes with a small grain-free “fauxcaccia”** (CONTAINS NUTS)  
One Size 10.99

**CHOOSE A BASE (OR A COMBINATION):**

- **SUMMER SLAW**
- **ORGANIC QUINOA**
- **ROOT VEGETABLE MASH**
- **RAW VEGETABLE MEDLEY**
- **CAULIFLOWER PURÉE**

**CHOOSE A TOPPING (OR A COMBINATION):**

- **ORGANIC VEGETARIAN WHITE BEAN CHILI**  
turnip, parsnip, carrot, sweet potato,  
onion, org red bell pepper, jalapeño
- **HÜ JOE** (100% GRASS-FED GROUND BEEF)  
org tomato, carrot, garlic, onion, paprika, chili flake
- **ORGANIC GREEN CURRY CHICKEN**  
housemade green curry paste, org. coconut milk

# { SOUP }

**Comes with a small grain-free “fauxcaccia”** (CONTAINS NUTS)  
One Size 7.19

**ORGANIC CHICKEN SOUP**  
org chicken stock (onion, carrot, org celery),  
scallion, garlic, parsley, thyme, bay leaf

**VEGETARIAN WHITE BEAN CHILI**  
organic beans, turnip, parsnip, carrot,  
sweet potato, onion, org red bell pepper, jalapeño

**PEA AND MINT SOUP**  
organic pea, organic celery, watercress, housemade vegetable stock,  
organic coconut milk, mint

# { PREPARED FOOD }

**Served cold. All items seasoned with extra virgin olive oil,  
sea salt and black pepper and are dairy/grain-free unless  
noted.**

**ORGANIC VEGETARIAN COBB SALAD** 16.76 / lb.  
org kale, org romaine, org cucumber, org tomato, red onion,  
avocado, radish, org egg, housemade primal dressing  
(org apple cider vinegar, org mustard, garlic, shallot)

**ORGANIC ALMOND CRUSTED CHICKEN TENDERS** 25.16 / lb.  
almond, org egg, smoked paprika (BAKED & GRAIN-FREE)

**WILD FISH STICKS** (GRAIN-FREE) 25.96 / lb.  
wild hake, org egg, red + green cabbage, carrot, shallot,  
org coconut flour, arrowroot, turmeric, parsley, sea salt, org lemon,  
housemade hot sauce (jalapeño, onion, garlic, org white wine vinegar)

**WILD SALMON CAKES** (GRAIN-FREE) 26.36 / lb.  
org egg, org bell pepper, shallot, parsley, dill, garlic,  
housemade hot sauce (jalapeño, onion, garlic, org white wine vinegar),  
org mustard, **HÜ**-ton crumbs (org celery, org kale, carrot, sunflower seed,  
flax seed, org egg, onion, garlic)

**ORGANIC “BUNLESS” TURKEY TERIYAKI SLIDERS** 19.96 / lb.  
org mushroom, onion, cabbage, bok choy, ginger, garlic,  
cilantro, scallion, date-sweetened teriyaki (org coconut amino,  
org lemon, orange, date, arrowroot), orange,

**ITALIAN BERKSHIRE PORK MEATBALLS** (GRAIN-FREE) 19.16 / lb.  
org egg, org celery, carrot, onion, garlic, basil, parsley,  
org marinara (org tomato, onion, garlic, basil, oregano)

**ORGANIC SPICY CHICKEN WINGS** 13.16 / lb.  
paprika, garlic, onion, cayenne pepper, oregano, thyme

**ORGANIC CHICKEN SALAD\*** 25.16 / ea.  
org apple, org pear, sunflower seed, aioli (org egg, garlic),  
sofrito (org bell pepper, cilantro, garlic)

**WILD LINE-CAUGHT TUNA SALAD\*** 20.76 / lb.  
org cucumber, org celery, org bell pepper,  
red onion, housemade aioli (contains org egg, garlic),  
org red wine vinegar, org dijon, dill, mint, parsley, lemon zest

**ORGANIC GRAIN-FREE CAESAR SALAD\*** 16.76 / lb.  
org kale, caesar dressing (org egg, org lemon, mustard powder),  
grain-free **HÜ**-tons (org celery, org kale, carrot, sunflower/flax seed,  
org egg, onion, garlic)

**ORGANIC MEDITERRANEAN SALAD** 16.76 / lb.  
org tomato, org cucumber, red onion, housemade dairy-free tzatziki  
(cashew, org cucumber, org lime, garlic, cilantro, dill), parsley

**SUMMER SLAW** 13.16 / lb.  
red + green cabbage, carrot, org bell pepper, cilantro, housemade  
primal dressing (org apple cider vinegar, garlic, shallot, org dijon)

**ROASTED CAULIFLOWER SALAD** 14.36 / lb.  
org raisin, org bell pepper, parsley, org red wine vinegar, orange zest

**ORGANIC CORN SALAD** (CONTAINS GRAINS) 13.16 / lb.  
org tomato, onion, smoked paprika, cilantro, org lime

**ROASTED BRUSSELS SPROUTS** 15.16 / lb.

**CAULIFLOWER HUMMUS** 13.16 / lb.  
roasted garlic, org lemon, sunflower seed butter,  
paprika, cumin, parsley

**STUFFED PORTOBELLO** 13.16 / lb.  
org portobello mushroom, sweet potato,  
walnut, date, org egg, parsley

**STUFFED SQUASH** 11.16 / lb.  
org kale, carrot, parsnip, sweet potato, leek, org coconut milk,  
onion, garlic, parsley, thyme, bay leaf, arrowroot

**VEGETARIAN STUFFED PEPPER + ORG KALE PESTO** 14.36 / lb.  
org bell pepper, org white bean, carrot, turnip, parsnip,  
sweet potato, org quinoa, org egg, onion, jalapeño,  
org pesto (org kale, org lemon, garlic, parsley, basil)

**CURRIED SWEET POTATO\*** 13.16 / lb.  
almond, onion, cilantro, cumin, cayenne, turmeric,  
garam masala, aioli (org egg, garlic)

**ORGANIC ISRAELI QUINOA + LENTIL SALAD** 13.16 / lb.  
org cucumber, org tomato, shallot, parsley,  
mint, dill, org lemon juice, org red wine vinegar

**ORGANIC FALL GREENS SALAD** 16.76 / lb.  
org roasted pear, org kale, watercress, radish, pickled onion, org  
balsamic vinegar, org lime juice, org mustard

**CHILI LIME BROCCOLI SALAD** 13.16 / lb.  
carrot, beet, housemade hot sauce, lime juice

# { MARKET }

## SUBJECT TO AVAILABILITY

### SWEETS

Walnut Fudge Brownie 4.99  
Blondie 4.99  
Chocolate Chip Cookie 1.99 / 4.99 (pack)  
Cookie Dough Truffles 5.99  
Organic Chocolate Chia Pudding 4.99  
Organic Vanilla Chia Pudding 4.99  
Crack Bar 4.99  
Mocha Whoopie Pie 4.99  
Paleo Carrot Cake 4.99  
Organic Taro Maple Crème Brûlée \$5.99

### SNACKS

Organic Sweet Kale Crunch Kale Chips (*raw, dehydrated*) 6.99  
Organic Ranch Kale Chips (*raw, dehydrated*) 6.99  
Housemade Almond Butter 8 oz. 9.99  
Dijon Crunch Crackers 7.99  
Chia Snap Crackers 7.99  
Org Raw Graham Crackers (*contains grains*) 10.49  
Org Raw Coconut Graham Crackers (*contains grains*) 10.49  
Org Baked Graham Crackers (*contains grains*) 10.49  
Org Baked Maple Graham Crackers (*contains grains*) 10.49  
Pizza Crackers (*contains grains*) 9.99  
Org Raw Fresh Herb Crackers (*contains grains*) 9.99  
Org Raw Fresh Herb Kale + Goji Crackers (*contains grains*) 9.99

### GRANOLA

Carrot Cake Granola 7.99  
Crème Brûlée Crunch Granola 7.99  
Crunchy Cacao Granola 7.99  
Org Almond Butter Chunk Granola (*contains grains*) 12.99  
Org Raw Goji Granola 12.99  
Org Cashew Crunch 12.99  
Chewy Banana 9.99  
Chewy Vanilla Espresso Bean 9.99  
Chewy Coconut 9.99

### OTHER BEVERAGES

Bottled Water 1.99  
Bottled Sparkling Water 3.49  
Pure Maple Water (*organic*) 4.59  
Harmless Harvest Coconut Water (*organic*)  
8 oz. 3.99 / 16 oz. for 6.49  
Organic Kumbucha 16 oz. 6.99  
Fruit Water *SEASONAL SELECTION* 16 oz. 3.99

# { HÜ CHOCOLATE }

**HÜ Chocolate = org fair-trade cacao, unrefined org coconut sugar,  
org fair-trade cocoa butter.  
No cane sugar. No soy. No lecithin/emulsifiers.**

Almond Butter + Puffed Quinoa Chocolate Bar 5.99  
Cashew Butter + Pure Vanilla Bean Chocolate Bar 5.99  
Hazelnut Butter Chocolate Bar 5.99  
Crunchy Banana Chocolate Bar 5.99  
Salty Chocolate Bar 5.99  
Crunchy Mint Chocolate Bar 5.99  
Crispy Quinoa Chocolate Bar 5.99  
Simple Chocolate Bar 5.99

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*WE COOK AND SEASON WITH SEA SALT + BLACK PEPPER. WE USE EXTRA VIRGIN OLIVE OIL OR ORGANIC COCONUT OIL.  
NO PROCESSED SALTS OR CANOLA OIL ANYWHERE.*

*MENU + PRICES ARE SUBJECT TO CHANGE.  
NOT ALL ITEMS AVAILABLE FOR DELIVERY.*

*\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS*

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DAIRY/GRAIN-FREE UNLESS NOTED.**

*HOUSEMADE CONDIMENTS AVAILABLE.*

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