



kitchen

DINE-IN, TAKE-OUT + DELIVERY

GET BACK TO HUMAN®

BREAKFAST. LUNCH. DINNER. SNACKS. MARKET.

UNION SQUARE LOCATION:

212.510.8919

UPPER EAST SIDE LOCATION:

212.335.2105

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

78 5TH AVE @ 14TH STREET

1536 3RD AVE @ 86TH STREET

{ BREAKFAST }

PARFAITS + OATMEAL

NO-YO MATCHA PARFAIT	7.95
org coconut milk, taro root, banana, housemade almond butter, org matcha, pure maple syrup, grain-free granola	
NO-YO PRIMAL PARFAIT	7.95
org vanilla chia pudding, org seasonal berries, grain-free granola	
NO-YO CRÈME DE BANANA PARFAIT	7.95
org coconut milk, almond, cashew cream, banana, tapioca, cinnamon, cardamom, org egg, HÜ Chocolate	
NUTBERRY OATMEAL (HOT) (contains grains)	7.95
GF steel-cut oats, maple walnut, org seasonal berries	

BREAKFAST MEALS

JORDY CAKES	8.95
banana, almond, org egg, org coconut, unfiltered raw honey, org seasonal berries (OPTIONAL: pure maple syrup, cashew cream)	
BREAKFAST BURRITO	8.95
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	
AVOCADO "TOAST"	8.95
org egg, org black bean, org pico de gallo, avocado, "fauxcaccia" (contains nuts), dairy-free "ranch"	
"TAYLOR" HÜ HAM, EGG & "CHEESE"	8.95
"taylor" HÜ ham, org egg, org kale, zucchini "cheese," grain-free bagel (CONTAINS NUTS)	
2 EGGS ANY STYLE WITH 2 SIDES + TOASTED HÜ BISCUIT	8.95
org eggs, choice of 2 sides and paleo/grain-free HÜ biscuit	
HOT BREAKFAST BOWL	One Size 8.95
root vegetable mash OR org quinoa OR cauliflower purée, topped with veggie medley and org egg (scrambled OR sunny-side up)	

BREAKFAST SIDES

BREAKFAST VEGGIE MEDLEY	org kale, org swiss chard, org escarole, bok choy, carrot, ginger, garlic	3.50 / ea.
SWEET POTATO HASH	onion	
ROOT VEGETABLE MASH	sweet potato, squash, parsnip, carrot	
ORGANIC CHICKEN SAUSAGE LINKS	pure maple syrup, carrot, sage, onion, cayenne	
BERKSHIRE PORK BACON (NO SUGAR, SEA SALT ONLY)		
SLICED "TAYLOR" HÜ HAM	house-cured Berkshire pork, pure maple syrup, garlic, paprika	
CAULIFLOWER PURÉE	garlic, shallot	
VEGGIE STIR NO-FRY	broccoli, carrot, onion, org red pepper, garlic, rosemary, thyme	
CARAMELIZED PINEAPPLE	cinnamon + served with cashew cream (cashew, pure maple syrup)	

MUFFINS + BAKED GOODS GRAIN/DAIRY-FREE

MUFFINS:	4.50
Org Espresso / Banana Nut / Org Seasonal Berries	
Org Apple Cinnamon / Straight Up	
BERRY SCONE	2.95
APPLE CINNAMON BREAKFAST BAR	2.95
BANANA BREAD	3.00
PALEO BAGEL	3.00

{ mashbar™ }

Served all-day.
One Size 5.97

ORGANIC BERRY CONCOCTION	org vanilla chia pudding, org seasonal berries, cashew cream
BANANA CASHEW CREAM	grain-free granola, banana, cashew cream, org berries
A.B.C.B	grain-free granola, crème de banana, cinnamon, org strawberry
THE BONITO	housemade almond butter, grain-free granola, cashew cream, org strawberry
CHOCOLATE CHIA	org chocolate chia pudding, housemade paleo bites, maple walnut, cashew cream
TARO TROUBLE NO-YO	grain-free granola, taro pudding, org seasonal berries, mango, org puffed quinoa

{ JUICES }

9.95 (unless otherwise noted)

GREEN MEANS GO	org kale, org cucumber, org apple, pineapple, lime
ORGANIC GREEN GUARDIAN	org kale, org romaine, org cucumber, org celery, org spinach
ORGANIC DEMI VERT	org kale, org cucumber, org apple, org celery, lime
TURM ME ON	7.95 carrot, turmeric root, orange, sweet potato, lime
PINE & DANDY	org cucumber, pineapple, dandelion, lemon, radish
100% ORANGE JUICE	8 oz. 2.95 / 16 oz. 5.95

{ SMOOTHIES }

16 oz. 8.95

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

ORGANIC DRIP	12 oz. 2.50 / 16 oz. 3.00
ORGANIC ESPRESSO	Double 3.50
ORGANIC MACCHIATO	Double 3.75
ORGANIC AMERICANO	Single 3.00 / Double 3.50
ORGANIC CAPPUCCINO	12 oz. 4.50 / 16 oz. 5.00
ORGANIC LATTE	12 oz. 4.50 / 16 oz. 5.00
ORGANIC CAFÉ AU LAIT	12 oz. 4.50 / 16 oz. 5.00
ORGANIC CHAI LATTE	12 oz. 4.50 / 16 oz. 5.00
ORGANIC ICED COFFEE	16 oz. 3.50 / 24 oz. 4.00
ORGANIC ICED LATTE	16 oz. 4.50 / 24 oz. 5.00
ORGANIC HOT HÜ CHOCOLATE	12 oz. 4.50 / 16 oz. 5.00
PACKAGED HÜ ORGANIC COFFEE	12 oz. Regular Coffee / Espresso 13.95
ORGANIC ICED COCONUT COFFEE	16 oz. 4.00 org sumatra coffee, org coconut milk, unfiltered raw honey
ORGANIC ICED COCONUT CHAI LATTE	16 oz. 5.00 org iced chai tea, org coconut milk, 5X ultra-filtered water, pure maple syrup, cinnamon
ORGANIC CRACK COFFEE (contains dairy)	12 oz. 3.50 / 16 oz. 4.00 org sumatra coffee, org coconut oil, org grass-fed butter

ORGANIC TEA

GINGER, HONEY, LEMON (HOT)	16 oz. 4.00
ORGANIC MATCHA	16 oz. 4.00
ORGANIC HOT	16 oz. 2.75 / 2X BAG 16 oz. 3.50 BREAKFAST BLEND / EARL GREY CHINA GREEN / PEPPERMINT (CF) / JASMINE CHAMOMILE (CF) / CHAI WALLA
ORGANIC ICED	16 oz. 3.50 CHINA GREEN / REALLY RASPBERRY (CF) / EARL GREY (CF) = CAFFEINE-FREE
ORGANIC ICED COCONUT MATCHA LATTE	16 oz. 5.00 org coconut milk, org matcha, 5x ultra-filtered water
ORGANIC UNSWEETENED ARNOLD PALMER	16 oz. 3.50 org black tea, org lemon, 5x ultra-filtered water

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 8.95 / + 1 side 11.50 / + 2 sides 13.95
(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 13.95
one slice Grandmaster Veg topped with 100% grass-fed **HÜ** Joe

SIDES MATTER (CHOICE OF 3 SIDES) 9.95

½ ORGANIC ROTISSERIE CHICKEN
16.95 / + 1 side 19.50 / + 2 sides 21.95

ORGANIC WHOLE ROTISSERIE CHICKEN 28.95

PLEASE INQUIRE ABOUT OUR DAILY SPECIALS 13.95

SIDES 3.50 / 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 / 3 for \$5

{ BOWLS }

Comes with a small grain-free “fauxcaccia” (CONTAINS NUTS)

One Size 10.95

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

- **ORGANIC ROASTED WILD MUSHROOMS**
org shiitake, org portobello, org button mushroom,
carrot, garlic, shallot, thyme

- **HÜ JOE** (100% GRASS-FED GROUND BEEF)
org tomato, carrot, garlic, onion, paprika, chili flake

- **ORGANIC CHICKEN “POT PIE”**
org celery, carrot, onion, sweet potato,
turnip, pea, garlic, cauliflower, thyme, rosemary, oregano

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DAIRY/GRAIN-FREE UNLESS NOTED.

HOUSEMADE CONDIMENTS AVAILABLE.

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{ SOUP }

Comes with a small grain-free “fauxcaccia” (CONTAINS NUTS)

One Size 6.95

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

BROCCOLI & “CHEDDAR” SOUP
carrot, onion, org celery, garlic, zucchini “cheese”
(zucchini, org pepper, org lemon, org coconut oil, garlic,
nutritional yeast, arrowroot), white pepper

{ 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 15.95 / 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 BAKED CHICKEN TENDERS 23.95 / lb.
almond, org egg, smoked paprika

WILD FISH STICKS (GRAIN-FREE) 25.85 / 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) 25.85 / 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 17.95 / 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) 17.95 / lb.
org egg, org celery, carrot, onion, garlic, basil, parsley,
org marinara (org tomato, onion, garlic, basil, oregano)

ORGANIC SPICY CHICKEN WINGS 10.95 / lb.
paprika, garlic, onion, cayenne pepper, oregano, thyme

ORGANIC CHICKEN SALAD* 23.95 / ea.
org apple, org pear, sunflower seed, aioli (org egg, garlic),
sofrito (org bell pepper, cilantro, garlic)

WILD LINE-CAUGHT TUNA SALAD* 23.95 / lb.
housemade aioli (contains org egg, garlic), org cucumber,
org celery, shallot, dill, lemon zest

ORGANIC BLACK BEAN SALAD 11.95 / lb.
org tomato, org cucumber, red onion, cilantro, org lime

ORGANIC GRAIN-FREE CAESAR SALAD* 15.95 / 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)

BABA GA-HÜSH 11.95 / lb.
eggplant, sunflower butter, org lemon, garlic, cumin, paprika, parsley

ORGANIC MEDITERRANEAN SALAD 15.95 / lb.
org tomato, org cucumber, red onion, housemade dairy-free tzatziki
(cashew, org cucumber, org lime, garlic, cilantro, dill), parsley

SUMMER SLAW 13.95 / lb.
red + green cabbage, carrot, org bell pepper, cilantro, housemade
primal dressing (org apple cider vinegar, garlic, shallot, org dijon)

VEGGIE SOBA PAD THAI* 18.95 / lb.
gluten-free soba noodle, snow pea, zucchini, carrot,
cabbage, date-sweetened teriyaki (org coconut amino, date,
sunflower seed butter, ginger, scallion, org egg, arrowroot)

VEGGIE “PASTA” SALAD 14.95 / lb.
carrot, squash, zucchini, pesto (basil, parsley, org kale, org lemon)

ROASTED CAULIFLOWER SALAD 13.95 / lb.
org raisin, org bell pepper, parsley, org red wine vinegar, orange zest

ORGANIC CORN SALAD (CONTAINS GRAINS) 13.95 / lb.
org tomato, onion, smoked paprika, cilantro, org lime

ROASTED BRUSSELS SPROUTS 14.95 / lb.

ORGANIC FALL GREENS SALAD 15.95 / lb.
org roasted pear, org kale, watercress, radish, pickled onion,
org balsamic vinegar, org lime juice, org mustard

STEAMED HARICOT VERT 11.95 / lb.
org lemon

CAULIFLOWER HUMMUS 11.95 / lb.
roasted garlic, org lemon, sunflower seed butter,
paprika, cumin, parsley

STUFFED PORTOBELLO 12.95 / lb.
org portobello mushroom, sweet potato,
walnut, date, org egg, parsley

STUFFED SQUASH 10.95 / lb.
org kale, carrot, parsnip, sweet potato, leek, org coconut milk,
onion, garlic, parsley, thyme, bay leaf, arrowroot

VEGETARIAN STUFFED PEPPER + ORG KALE PESTO 13.95 / 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* 12.50 / lb.
almond, onion, cilantro, cumin, cayenne, turmeric,
garam masala, aioli (org egg, garlic)

ORGANIC ISRAELI QUINOA + LENTIL SALAD 13.95 / lb.
org cucumber, org tomato, shallot, parsley,
mint, dill, org lemon juice, org red wine vinegar

{ MARKET }

SUBJECT TO AVAILABILITY

SWEETS

Berry Crumble 3.95
Walnut Fudge Brownie 3.95
Raw Nut Brownie 4.50
Blondie 3.95
Chocolate Chip Cookie 1.50 / 4.50 (pack)
Cookie Dough Truffles 5.50
Organic Chocolate Chia Pudding 5.95
Organic Vanilla Chia Pudding 5.95
Crack Bar 3.95
Carrot Cream Whoopie Pie 3.95

SNACKS

Organic Sweet Kale Crunch Kale Chips (*raw, dehydrated*) 6.95
Organic Ranch Kale Chips (*raw, dehydrated*) 6.95
Housemade Almond Butter 8 oz. 9.95
Dijon Crunch Crackers 7.95
Chia Snap Crackers 7.95
Org Raw Graham Crackers (*contains grains*) 10.45
Org Raw Coconut Graham Crackers (*contains grains*) 10.45
Org Baked Graham Crackers (*contains grains*) 10.45
Org Baked Maple Graham Crackers (*contains grains*) 10.45
Pizza Crackers (*contains grains*) 9.45
Garlic Bread Crackers (*contains grains*) 9.45
Org Raw Fresh Herb Crackers (*contains grains*) 9.45
Org Raw Fresh Herb Kale + Goji Crackers (*contains grains*) 9.45

GRANOLA

Carrot Cake Granola 7.95
Crème Brûlée Crunch Granola 7.95
Crunchy Cacao Granola 7.95
Org Almond Butter Chunk Granola (*contains grains*) 12.45
Org Raw Goji Granola 12.45
Org Cashew Crunch 12.45
Chewy Banana 9.50
Chewy Vanilla Espresso Bean 9.50
Chewy Coconut 9.50

OTHER BEVERAGES

Bottled Water 1.95
Bottled Sparkling Water 1.95
Pure Maple Water (*organic*) 4.50
Harmless Harvest Coconut Water (*organic, raw, unpasteurized*)
8 oz. 3.95 / 16 oz. for 6.50
Organic Kumbucha 16 oz. 6.75
Koa Water 6.50
Fruit Water *SEASONAL SELECTION* 16 oz. 3.50
Organic Pear Limeade *org pear, lime, 5x ultra-filtered water* 16 oz. 4.95
Organic Cucumber Mint Lemonade *org cucumber, lemon* 16 oz. 5.00

{ 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 5.97
Cashew Butter + Pure Vanilla Bean Chocolate Bar 5.97
Hazelnut Butter Chocolate Bar 5.97
Crunchy Banana Chocolate Bar 5.97
Salty Chocolate Bar 5.97
Crunchy Mint Chocolate Bar 5.97
Crunchy Fig Chocolate Bar 5.97
Simple Chocolate Bar 5.97
Chocolate Hazelnuts 3.95
Chocolate Almonds 3.95
Chocolate Figs 3.95

*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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