



SUNDAY BRUNCH

*Currently available ONLY at our Charlotte locations

TOMATICO TART

a savory tart made of sprouted almonds and filled with a cashew mascarpone crema, cherry tomatoes ("tomaticos"), shiitake mushrooms, and fresh arugula - all tossed in a basil-cilantro dressing 11

CHIA BREAKFAST BOWL

chia seeds soaked in homemade cashew milk to create a tapioca-like dish, laced with vanilla bean and orange zest - topped with fresh fruit 8

COCONUT PARFAIT

homemade cashew-coconut yogurt layered with our raw buckwheat granola and topped with fresh fruit 10

BIBLICAL BREAKFAST

warm slices of local artisanal cranberry-walnut bread served with peanut, almond and coconut butter and topped with fig preserves - garnished with fresh fruit 9.5

SWISS BIRCHER MUESLI

oats soaked in an exquisite combination of homemade almond milk, apples, oranges, raisins and spices - topped with fresh fruit 9.5

HOLA GRANOLA

buckwheat, nut and seed based granola topped with fruit and served with your choice of our homemade milks (almond, hemp or coconut) 9.5

CACAO GRANOLA

buckwheat and seed based granola combined with cacao, coconut and a dash of cayenne - topped with fruit and served with your choice of our homemade milks - this dish is nut free 9.5

SOUP OF THE DAY 6.5

SWEET POTATO SUSHI ROLL

avocado, red bell peppers, cucumbers and arugula are wrapped with sweet potato cashew rice and a nori leaf then served with a lightly spiced Thai chili sauce 9.5

PORTOBELLO FALAFEL

three Mediterranean style falafel, served with cashew yogurt tatziki and tabouli 8.5

OYSTER MUSHROOM KALE SALAD

massaged kale, roasted oyster mushrooms, walnuts, green cabbage, carrots and sliced radishes with an orange ginger dressing 11

ARUGULA HARVEST

a tangy, savory arugula salad tossed in our maple-mustard vinaigrette, topped with red cabbage, spiralized sweet potatoes, avocado, pear, caramelized pecans, and homemade cashew-basil cheese 13

LIVING BAGEL

raw, savory bagel made with almonds, flax, zucchini and rosemary - topped with cashew sour cream, tomato, onion, basil, avocado and sprouts- spice it up with jalapenos (optional) 10

AVOCADO & BASIL SANDWICH

toasted multi-grain bread piled high with fresh slices of avocado, tomato, red onion, sprouts, basil, our homemade lemon-parsley sunflower seed hummus and cashew sour cream - served with a local green or kale salad 11.5

CLASSIC VEGGIE BURGER

our gluten free quinoa-millet veggie burger dressed with lemon-parsley sunflower seed hummus, onion, tomato and guacamole on your choice of multi-grain, gluten-free sourdough or a collard leaf. served with local green salad or kale salad 11.5

COFFEE TEA & ESPRESSO

We serve Methodical coffee and espresso with your choice of homemade milk - almond, hemp or coconut

ESPRESSO

DOUBLE ESPRESSO

3.5

MACCHIATO 4

espresso with a dash of steamed nut milk

CORTADO 4.5

espresso 'cut' with 3 oz of steamed nut milk

CAPPUCCINO 5.5

double espresso with 4 oz of steamed nut milk

LATTE 6.5

double espresso with 10 oz of steamed nut milk

AMERICANO 3.5

SPECIALTY DRINKS

MATCHA MACA 4.5

matcha, maca, caramel, and your choice of nut milk

GOLDEN MILK 7

turmeric, maple syrup and spices with steamed almond and coconut milk

LAVENDER CAPPUCCINO 6.75

lavender syrup, espresso, and steamed almond milk

MOCHA LATTE 6.75

espresso, chocolate sauce and steamed nut milk

CARAMEL LATTE 6.75

espresso, caramel and steamed nut milk

HOT CHOCOLATE 6.50

chocolate sauce with steamed nut milk

TEA

CEREMONIAL CUP 4

premium ceremonial grade matcha

MATCHA LATTE 6.5

matcha with your choice of steamed nut milk

CHAI LATTE 6.5

spice blend, black tea and your choice of steamed milk

DIRTY CHAI LATTE 6.75

espresso, cinnamon, ginger, black peppercorns, steamed milk

LOOSE LEAF TEAS 3.5

Before placing your order, please kindly inform us if you or a person in your party has a food allergy. Thank you!

SMOOTHIES

POPEYE PUNCH

spinach, pineapple, banana, hemp protein, apple juice

THE FLYING LUCY

spinach, pineapple, banana, ginger, spirulina, lemonade

CHARLIE BROWN

banana, berries, peanut butter, peanuts, apple juice

AVOCOLADA

avocado, pineapple, coconut, vanilla, apple juice

PINA COLADA

pineapple, banana, coconut milk

INCAN WARRIOR

maca, cinnamon, cacao, banana, hemp milk

PURPLE PORPOISE MAGIC

berries, banana, hemp milk

MANGO TANGO

mango, orange, banana, cayenne, maple syrup, coconut milk

EL LUCHADOR

banana, peanuts, raw cacao, agave, hemp milk

MINT TO BE

banana, fresh mint, cacao nibs, almond milk

CACAO CACAO

banana, cacao nibs, cacao powder, almond milk

THE OGRE

banana, cacao nibs, cacao powder, almond milk with a kick of coffee

PINKO DRINKO

orange, berries, banana, acai, ginger, lemonade

GREY HULK

berries, banana, spirulina, maca, hemp protein, hemp milk

YO LA MANGO

mango, banana, matcha green tea powder, spinach, hemp milk

YOU'RE KALEIN' ME

kale, spinach, cucumber, pineapple, cilantro, kale lemonade

16 oz 8.5

SHOTS AND ELIXIRS

THE PROTECTOR 1 oz 4

orange, lemon, oil of oregano, cayenne, Himalayan pink salt

MY ANTIDOTE 1 oz 4

fresh turmeric root, lemon, ginger, orange, Himalayan pink salt

WHEAT GRASS SHOT 1 oz 3

POWER PACK 4 x 1 oz shots 8

wheat grass, ginger, lemon, beet

JUICES

100% ORGANIC COLD- PRESSED JUICE

GATEWAY TO GREEN

kale, apple, orange, lemon, ginger

TREE OF LIFE

kale, spinach, parsley, celery, cucumber, lemon, ginger

EL GREENGO

kale, collards, romaine, cucumber, celery, dandelion greens, cilantro, lime, jalapeno

POWER CLEANSER

carrot, cucumber, beet, celery

ZINGER

beet, apple, orange, lemon, ginger

PURA VIDA

carrot, apple, orange, lemon

VOLCANO

orange, lemon, grapefruit, maple syrup, cayenne

PURPLE RAIN

red cabbage, pear, lemon, mint

ALMOND MILK

raw sprouted almonds, coconut palm nectar, filtered water, vanilla, Himalayan pink salt

KALE PEARADISE

kale, pear, pineapple, cucumber, fennel

MY DAILY SALAD

carrot, zucchini, tomato, cucumber, kale, celery, garlic, lemon, cayenne, Himalayan pink salt

16 oz 9.5

DRINKS

LEMONADE

made with fresh lemons and sweetened with agave 5

KALE LEMONADE

lemonade, apple juice, freshly juiced kale, spinach, parsley, celery and ginger 6

GINGER ALE

fresh ginger juice, lemonade, sparkling water and agave 5

ICED CHAI

homemade spice blend, black tea, maple syrup, ginger and almond milk 7

KOMBUCHA

naturally fermented Health-Aid kombucha – ask for available varieties 5.5

ICED THAI TEA

loose-leaf tea 3.5



We specialize in the art of living foods, serving organic, plant-based cuisine, smoothies and cold-pressed juices. Living Kitchen supports local, organic farmers, buying seasonal produce multiple times a week from farmers markets and individual, family-owned farms. By putting living food on your plate, we hope to give life to your day and energy to your body. Welcome to our family that grows, cooks and eats together.