

Protein Plates	
<b>Beef Protein Plate</b>	
Picadillo Beef	4K Cattle Co Grass Fed & Finished Ground Beef, Onion, Garlic, Tomato Paste (100% Tomato), Cilantro, Fera Fruit Oil, Cumin, Paprika, Oregano, Immunity Broth (Chicken Broth (Mary's Chicken Bones, Ginger, Celery, Onion, Carrot, Bay Leaf, Parsley Stem), Turmeric, Apple cider Vinegar, Salt)
Miso Eggplant	Eggplant, Miso Sauce (Coconut Aminos, Chickpea Miso (100% Chickpeas, Fermented Rice Koji, Salt, Water), Garlic, Ginger, Apple Cider Vingear, Lemon Juice, Basil
Roasted Fingerling Potatoes	Fingerling Potatoes, Rosemary, Olive Oil and Salt
<b>Paprika Chicken Protein Plate</b>	
Parika Chicken	Mary's Chicken Thigh, Lemon Brine (Water, Salt, Lemon, Bay Leaf, Thyme), Paprika, Onion, Garlic, Cumin, Oregano, Salt.
Charred Broccoli	Broccoli, Extra Virgin Olive Oil, Garlic, Salt
Jasmine Rice	Long-Grain Jasmine Rice, Water
Avocado Goddess Dressing	Avocado, Garlic, Ginger, Cilantro, Parsley, Jalapeno, Tahini (100% Sesame Seeds), Lime, Olive Oil, Salt
<b>Miso Salmon Protein Plate</b>	
Miso Salmon	Sustainably Farmed Salmon from Monterey Fish Market, Miso Sauce (Coconut Aminos, Chickpea Miso (100% Chickpeas, Fermented Rice Koji, Salt, Water), Garlic, Ginger, Olive Oil, Apple Cider Vingear, Lemon Juice)
Roasted Rainbow Carrots	Baby Rainbow Carrots, Thyme, Olive Oil and Salt
Jasmine Rice	Long-Grain Jasmine Rice, Water
Signature Bowls	
<b>Seasonal Citrus Salad</b>	
Farmer's Greens	Organic Lettuce Mix, Organic Arugula
Cucumber	Cucumber
Pickled Onions	Red Onion, Apple Cider Vinegar, 100% Apple Juice, Water, Bay Leaf, Salt
Citrus	Seasonal Citrus
Avocado	Avocado
Almonds	Almonds
Avocado Goddess Dressing	Avocado, Garlic, Ginger, Cilantro, Parsley, Jalapeno, Tahini (100% Sesame Seeds), Lime, Olive Oil, Salt
<b>Caesar Salad</b>	
Farmer's Greens	Organic Lettuce Mix, Organic Arugula
Radish	Radish
Pastured Egg	Pasture-Raised Egg
Avocado	Avocado
Cashew "Parmesan"	Cashews, Nutritional Yeast, Granulated Garlic, Granulated Onions, Salt
GF Croutons	Seeded Sourdough (Sourdough starter (water, organic brown rice flour), organic buckwheat flour, organic sunflower seeds, organic buckwheat groats, organic tapioca flour, organic psyllium husk, organic molasses, organic apple cider vinegar, sea salt), Garlic Oil (Garlic, Olive Oil)
Herb Ranch	Garbanzo Bean Liquid (Garbanzo Bean, Water), Apple Cider Vinegar, Garlic, Onion Powder, Parsley, Dill, Lemon Juice, Yellow Mustard, Zero Acre Oil.
<b>Chopped Chicken Salad</b>	
Farmer's Greens	Organic Lettuce Mix, Organic Arugula
Grilled Chicken Breast	Mary's Chicken Breast, Lemon Brine (Water, Salt, Lemon, Bay Leaf, Thyme), Fera Fruit Oil, Salt
Cucumber	Cucumber
Pickled Onions	Red Onion, Apple Cider Vinegar, 100% Apple Juice, Water, Bay Leaf, Salt
Avocado	Avocado

Avocado Green Goddess	Avocado, Garlic, Ginger, Cilantro, Parsley, Jalapeno, Tahini (100% Sesame Seeds), Lime, Olive Oil, Salt
<b>Guac &amp; Greens Salad</b>	
Farmers Greens	Organic Lettuce Mix, Organic Arugula
Guacamole	Avocado, Red Onion, Lime Juice, Olive Oil, Jalapeno Pepper, Salt
Red Cabbage	Red Cabbage
Corn & Black Bean Salad	Black Beans, Organic Corn, Red Onion, Cilantro, Lime Juice
Masienda Corn Chips	Masienda Organic Corn Tortillas (Organic Corn, Alkaline Water), Paprika, Onion, Garlic, Cumin, Oregano, Salt
Jalapeno Lime Dressing	Tomatillo, Cilantro, Garlic, Jalapeno, Onion, Tahini (100% Sesame Seeds), Lime Juice (100% Juice), Olive Oil and Salt
<b>Power Bowl</b>	
Wild Rice Blend	Lundberg Brown Rice, Red Rice, Wild Rice and Black Rice Blend, Water, Salt
Farmer's Greens	Organic Lettuce Mix, Organic Arugula
Chickpea Hummus	Garbanzo Beans, Water, Onion, Garlic, Cumin, Lemon Juice, Extra Virgin Olive Oil, Salt
Sweet Potatoes	Sweet Potatoes, Extra Virgin Olive Oil, Sustainably Sourced Organic Palm Oil, Salt
Avocado	Avocado
Pickled Onions	Red Onion, Apple Cider Vinegar, 100% Apple Juice, Water, Bay Leaf, Salt
Almonds	Almonds
Avocado Goddess Dressing	Avocado, Garlic, Ginger, Cilantro, Parsley, Jalapeno, Tahini (100% Sesame Seeds), Lime, Olive Oil, Salt
<b>Sesame Chicken Bowl</b>	
Jasmine Rice	Long-Grain Jasmine Rice, Water
Crispy Chicken	Pasture-Raised Chicken Breast, Lemon Brine (Water, Salt, Lemon, Bay Leaf, Thyme), Cassava Flour Breading (Cassava Flour, Coconut Flour, Tapioca Flour, Baking Soda), Water
Charred Broccoli	Broccoli, Extra Virgin Olive Oil, Garlic, Salt
Sesame Togarashi	White Sesame Seeds, Black Sesame Seeds, Nori Seaweed, Salt
Green Onions	Green Onions
Ginger Ponzu Sauce	Ginger Root, Garlic, Coconut Aminos, Tapioca Flour, Water, Apple Cider Vinegar, 100% Orange Juice, Lemon Juice, Salt, Coconut Sugar
<b>Sweet Plantain Bowl</b>	
Jasmine Rice	Long-Grain Jasmine Rice, Water
Plantains	Plantains, Sustainably Sourced Organic Palm Oil
Cumin Beans	Red Beans, Mayocoba Beans, Water, Salt, Onion, Celery, Carrot, Garlic, Cumin, Extra Virgin Olive Oil
Kale Slaw	Green Kale, Cabbage, Tomato Vinaigrette (Crushed Tomatoes (Tomatoes, Salt, Citric Acid), Apple Cider Vinegar, Garlic, Parsley, Tahini (100% Ground Hulled Sesame Seeds), Lemon Juice, Salt, Extra Virgin Olive Oil), Salt
Avocado	Avocado
Cilantro	Cilantro
Romesco Sauce	Extra Virgin Olive Oil, Sunflower Seeds, Red Bell Pepper, 100% Apple Juice, Garlic, Paprika Powder, Onion, Apple Cider Vinegar, Lemon Juice, Salt
<b>Ginger Squash Curry- Special</b>	
Jasmine Rice	Long- Grain Jasmine Rice, Water
Curry	Roasted Butternut Squash, Coconut Milk, Coconut Oil, Yellow Curry Powder (Turmeric, Cumin, Coriander and Fenugreek), Yellow Curry Paste (Garlic, Lemongrass, Shallot, Dried Red Chili, Galangal, Cumin, Cinnamon, Star Anise, Turmeric, Kaffir Lime Leaves and Coriander Seed), Ginger and 100% Lime Juice.
Roasted Squash	Butternut Squash, Salt, Extra Virgin Olive Oil
Roasted Pepper	Red Bell Pepper, Salt, Extra Virgin Olive Oil
Lime Wedge	Lime

Cilantro	Cilantro
<b>Spring Noodle Bowl- Special</b>	
Rice Noodles	Rice Noodles (Rice Noodles, Water, Salt, Apple Cider Vinegar, Extra Virgin Olive Oil)
Chimichurri Mushrooms	Chimichurri (Parsley, Oregano, Garlic, Red Wine Vinegar, Chipotle Powder, Olive Oil, Salt), Oyster Mushrooms, Cremini Mushrooms, Spinach
Pickled Onions	Red Onion, Apple Cider Vinegar, 100% Apple Juice, Water, Bay Leaf, Salt
Cucumber	Cucumber
Red Cabbage	Red Cabbage
Radish	Radish
Cashew "Parmesan"	Cashews, Nutritional Yeast, Granulated Garlic, Granulated Onions, Salt.
Mint	Mint
Cilantro	Cilantro
Green Goddess	Extra Virgin Olive Oil, Cilantro, Parsley, Garlic, Ginger Root, Jalapeño, Apple Cider Vinegar, 100% Apple Juice, Lime Juice, Tahini (100% Ground Hulled Sesame Seeds), Salt
Small Plates	
<b>Chicken Nuggets</b>	
Crispy Chicken	Pasture-Raised Chicken Breast, Lemon Brine (Water, Salt, Lemon, Bay Leaf, Thyme), Cassava Flour Breading (Cassava Flour, Coconut Flour, Tapioca Flour, Baking Soda), Water
House Ketchup	Tomato Paste, Apple Cider Vinegar, Coconut Sugar, Water, Salt, Mustard Powder, Granulated Garlic, Granulated Onions, Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spices)
<b>Crispy Brussels Sprouts</b>	
Brussels Sprouts	Brussels Sprouts, Sustainably Sourced Organic Palm Oil, Salt
Chipotle Aioli	Extra Virgin Olive Oil, Pasture-Raised Eggs, Mustard Powder, Apple Cider Vinegar, Salt, Granulated Garlic, Chipotle Powder, Frank's Red Hot Sauce (Aged Cayenne Pepper, Distilled Vinegar, Water, Salt, Garlic Powder), Honey, Lime Juice
<b>Fried Plantains</b>	
Plantains	Plantains, Sustainably Sourced Organic Palm Oil
Chipotle Aioli	Extra Virgin Olive Oil, Pasture-Raised Eggs, Mustard Powder, Apple Cider Vinegar, Salt, Granulated Garlic, Chipotle Powder, Frank's Red Hot Sauce (Aged Cayenne Pepper, Distilled Vinegar, Water, Salt, Garlic Powder), Honey, Lime Juice
<b>Za'atar Cauliflower &amp; Hummus</b>	
Za'atar Cauliflower	Cauliflower, Za'atar Spice Mix (Cumin, Coriander, Sumac, Thyme, Sesame Seeds, Salt)
Chickpea Hummus	Garbanzo Beans, Water, Onion, Garlic, Cumin, Lemon Juice, Extra Virgin Olive Oil, Salt
Avocado Goddess Dressing	Avocado, Garlic, Ginger, Cilantro, Parsley, Jalapeno, Tahini (100% Sesame Seeds), Lime, Olive Oil, Salt
Cilantro	Cilantro
<b>Cauliflower Bites with Ranch</b>	
Cauliflower Bites	Cauliflower, Batter (Cassava Flour, Garlic Powder, Granulated Onion, Paprika, Oregano, Cumin and Salt)
Herb Ranch	Garbanzo Bean Liquid (Garbanzo Bean, Water), Apple Cider Vinegar, Garlic, Onion Powder, Parsley, Dill, Lemon Juice, Yellow Mustard, Zero Acre Oil.
<b>Fries with Ketchup</b>	
Fries	Fresh Cut Potatoes (Kennebecs or Chipperbec Potatoes, Water), Sustainably Sourced Palm Oil.
Ketchup	Tomato Paste, Apple Cider Vinegar, Coconut Sugar, Water, Salt, Mustard Powder, Granulated Garlic, Granulated Onions, Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spices)
Desserts	
<b>Dark Chocolate Brownie</b>	Pasture-Raised Eggs, Sustainably Sourced Organic Palm Oil, Organic Coconut Sugar, Cacao Powder, Cassava Flour, Tapioca Starch, Coconut Flour, Vanilla Extract, Sea Salt

<b>Chocolate Chip Cookie</b>	GF Flour (Sweet White Rice Flour, Whole Grain Brown Rice Flour, Potato Starch, Whole Grain Sorghum Flour, Tapioca Flour, Xanthan Gum), Almond Flour (100% Almond), Egg, Vanilla, Guittard Chocolate (Cacao Beans, Organic Coconut Sugar, Cocoa Butter, and Vanilla Beans), Sea Salt
<b>Soft Serve, Chocolate</b>	Cashew milk (Filtered Water, Organic Cashews), Coconut Sugar, Organic Cocoa Powder, Organic Vanilla Extract, Chocolate Extract, Organic Coffee, Kosher Salt
<b>Soft Serve, Roasted Cashews</b>	Roasted Cashew Milk (Filtered Water, Roasted Cashew Butter, Coconut Sugar, Organic Vanilla Extract, Kosher Salt
<b>Soft Serve Topping- Granola</b>	GF Oats, Flax Seeds, Cinnamon, Honey, Vanilla, Salt.
A la Carte Sides	
PROTEINS	
<b>Plant Protein Patty</b>	Black Beans (Black Beans, Water, Salt), GF Oats, Almonds, Pumpkin Seeds, Flax Seeds, Chipotle Powder, Cumin, Garlic, Onion, Salt.
<b>Picadillo Beef</b>	4K Cattle Co Grass Fed & Finished Ground Beef, Onion, Garlic, Tomato Paste (100% Tomato), Cilantro, Fera Fruit Oil, Cumin, Paprika, Oregano, Immunity Broth (Chicken Broth (Mary's Chicken Bones, Ginger, Celery, Onion, Carrot, Bay Leaf, Parsley Stem), Turmeric, Apple cider Vinegar, Salt)
<b>Crispy Chicken</b>	Pasture-Raised Chicken Breast, Lemon Brine (Water, Salt, Lemon, Bay Leaf, Thyme), Cassava Flour Breading (Cassava Flour, Coconut Flour, Tapioca Flour, Baking Soda), Water
<b>Paprika Chicken</b>	Mary's Chicken Thigh, Lemon Brine (Water, Salt, Lemon, Bay Leaf, Thyme), Paprika, Onion, Garlic, Cumin, Oregano, Salt.
<b>Grilled Chicken Breast</b>	Mary's Chicken Breast, Lemon Brine (Water, Salt, Lemon, Bay Leaf, Thyme), Fera Fruit Oil, Salt.
<b>Grilled Salmon</b>	Salmon, Olive Oil & Salt.
BASES	
<b>Farmer's Greens</b>	Organic Lettuce Mix, Organic Arugula
<b>Jasmine Rice</b>	Long-Grain Jasmine Rice, Water
<b>Wild Rice Blend</b>	Lundberg Brown Rice, Red Rice, Wild Rice and Black Rice Blend, Water, Salt
<b>Turmeric Cauliflower Rice</b>	Cauliflower, Turmeric, Garlic, Olive Oil, Green Onions
<b>Rice Noodles</b>	Rice Noodles, Water, Salt, Apple Cider Vinegar, Extra Virgin Olive Oil
VEGGIES	
<b>Charred Broccoli</b>	Broccoli, Extra Virgin Olive Oil, Garlic, Salt
<b>Za'atar Cauliflower</b>	Cauliflower, Za'atar Spice Mix (Cumin, Coriander, Sumac, Thyme, Sesame Seeds, Salt)
<b>Roasted Fingerling Potatoes</b>	Fingerling Potatoes, Rosemary, Olive Oil and Salt
<b>Miso Eggplant</b>	Eggplant, Garlic, Ginger, Miso Sauce (Coconut Aminos, Chickpea Miso (100% Chickpeas, Fermented Rice Koji, Salt, Water),Olive Oil, Apple Cider Vingear, Lemon Juice, Basil
<b>Cucumbers</b>	Diced Cucumbers
<b>Brussels Sprouts</b>	Brussels Sprouts, Sustainably Sourced Organic Palm Oil, Salt
<b>Cumin Beans</b>	Red Beans, Mayocoba Beans, Water, Salt, Onion, Celery, Carrot, Garlic, Cumin, Extra Virgin Olive Oil
<b>Hummus</b>	Garbanzo Beans, Water, Onion, Garlic, Cumin, Lemon Juice, Extra Virgin Olive Oil, Salt
<b>Roasted Rainbow Carrots</b>	Baby Rainbow Carrots, Thyme, Olive Oil and Salt
<b>Kale Slaw</b>	Green Kale, Cabbage, Tomato Vinaigrette (Crushed Tomatoes (Tomatoes, Salt, Citric Acid), Apple Cider Vinegar, Garlic, Parsley, Tahini (100% Ground Hulled Sesame Seeds), Lemon Juice, Salt, Extra Virgin Olive Oil), Salt
<b>Black Bean &amp; Corn Salad</b>	Black Beans, Organic Corn, Red Onion, Cilantro, Lime Juice
<b>Plantains</b>	Plantains, Sustainably Sourced Organic Palm Oil
<b>Sweet Potatoes</b>	Sweet Potatoes, Extra Virgin Olive Oil, Sustainably Sourced Organic Palm Oil, Salt
<b>Chimichurri Mushrooms</b>	Chimichurri (Parsley, Oregano, Garlic, Red Wine Vinegar, Chipotle Powder, Olive Oil, Salt), Oyster Mushrooms, Cremini Mushrooms, Spinach
<b>Guacamole</b>	Avocado, Red Onion, Lime Juice, Olive Oil, Jalapeno Pepper, Salt
TOPPINGS	

<b>Pickled Onions</b>	Red Onion, Apple Cider Vinegar, 100% Apple Juice, Water, Bay Leaf, Salt
<b>Avocado</b>	Avocado
<b>Masienda Corn Chips</b>	Masienda Organic Corn Tortillas (Organic Corn, Alkaline Water), Paprika, Onion, Garlic, Cumin, Oregano, Salt
<b>Pastured Egg</b>	Pastured Egg, Water
<b>GF Croutons</b>	Seeded Buckwheat Sourdough (Sourdough starter (water, organic brown rice flour), organic buckwheat flour, organic sunflower seeds, organic buckwheat groats, organic tapioca flour, organic psyllium husk, organic molasses, organic apple cider vinegar, sea salt), Garlic Oil (Garlic, Oil), Salt,
<b>Green Onions</b>	Green Onions
<b>Cilantro</b>	Cilantro
<b>Cashew Parm</b>	Cashews, Nutritional Yeast, Granulated Garlic, Granulated Onions, Salt
<b>Toasted Almonds</b>	Almonds, Sliced
<b>Sesame Togarashi</b>	White Sesame Seeds, Black Sesame Seeds, Nori Seaweed, Salt
<b>Radish</b>	Radishes
<b>Red Cabbage</b>	Red Cabbage
<b>Citrus (Seasonal)</b>	Rotating Seasonal Citrus
<b>Sauces</b>	
<b>Chipotle Aioli</b>	Extra Virgin Olive Oil, Pasture-Raised Eggs, Mustard Powder, Apple Cider Vinegar, Salt, Granulated Garlic, Chipotle Powder, Frank's Red Hot Sauce (Aged Cayenne Pepper, Distilled Vinegar, Water, Salt, Garlic Powder), Honey, Lime Juice
<b>Avocado Goddess Dressing</b>	Avocado, Garlic, Ginger, Cilantro, Parsley, Jalapeno, Tahini (100% Sesame Seeds), Lime, Olive Oil, Salt
<b>House Ketchup</b>	Tomato Paste, Apple Cider Vinegar, Coconut Sugar, Water, Salt, Mustard Powder, Granulated Garlic, Granulated Onions, Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spices)
<b>Ginger Ponzu Sauce</b>	Ginger Root, Garlic, Coconut Aminos, Tapioca Flour, Water, Apple Cider Vinegar, 100% Orange Juice, Lemon Juice, Salt, Coconut Sugar
<b>Romesco Sauce</b>	Extra Virgin Olive Oil, Sunflower Seeds, Red Bell Pepper, 100% Apple Juice, Garlic, Paprika Powder, Onion, Apple Cider Vinegar, Lemon Juice, Salt
<b>Tomato Vinaigrette</b>	Crushed Tomatoes (Tomatoes, Salt, Citric Acid), Apple Cider Vinegar, Garlic, Parsley, Tahini (100% Ground Hulled Sesame Seeds)
<b>Herb Ranch</b>	Garbanzo Bean Liquid (Garbanzo Bean, Water), Apple Cider Vinegar, Garlic, Onion Powder, Parsley, Dill, Lemon Juice, Yellow Mustard, Zero Acre Oil.
<b>Jalapeno Lime Dressing</b>	Tomatillo, Cilantro, Garlic, Jalapeno, Onion, Tahini (100% Sesame Seeds), Lime Juice (100% Juice), Olive Oil and Salt
<b>Lemon Vinaigrette</b>	Lemon Juice, Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spices), Apple Cider Vinegar, Olive Oil
<b>Sipping Broth</b>	
<b>Immunity Broth</b>	Chicken Broth (Mary's Chicken Bones, Ginger, Celery, Onion, Carrot, Bay Leaf, Parsley Stem), Turmeric, Apple cider Vinegar, Salt.
<b>Drinks</b>	
<b>Green Smoothie</b>	Pineapple, Cucumber, Spinach, Coconut Milk, Banana, Ginger Root.
<b>Specials</b>	
<b>Fish &amp; Chips</b>	
Rod Cod/Cod Haddock	Wild Caught Cod, Cassava Flour Breading (Cassava Flour, Coconut Flour, Tapioca Flour, Baking Soda), Onion, Paprika, Oregano, Cumin.
Coleslaw	Red Cabbage, Pickled Carrots (Carrots,Apple Cider Vinegar, 100% Apple Juice, Water, Salt), Cilantro, Tomato Vinaigrette (Green Kale, Cabbage, Tomato Vinaigrette (Crushed Tomatoes (Tomatoes, Salt, Citric Acid), Apple Cider Vinegar, Garlic, Parsley, Tahini (100% Ground Hulled Sesame Seeds), Lemon Juice, Salt, Extra Virgin Olive Oil), Salt)
Herb Ranch	Garbanzo Bean Liquid (Garbanzo Bean, Water), Apple Cider Vinegar, Garlic, Onion Powder, Parsley, Dill, Lemon Juice, Yellow Mustard, Fera Fruit Oil.

Lemon Wedge

Lemon

Kitava Menu - Allergy Information							
	Gluten Free	Dairy Free	Soy Free	Egg Free	Fish/Shellfish Free	Nut Free	Seed Free
Protein Plates							
Beef Protein Plate	✓	✓	✓	✓	✓	✓	✓
Paprika Chicken Protein Plate	✓	✓	✓	✓	✓	✓	✓
Miso Salmon Protein Plate	✓	✓	✓	✓	✗	✓	✓
Signature Bowls							
Citrus Salad	✓	✓	✓	✓	✓	Remove Almond Garnish	✓
Evolved Caesar Salad	✓	✓	✓	✗	✓	Contains Cashew	✓
Guac & Greens Bowl	✓	✓	✓	✓	✓	✓	Sauce Contains Sesame
Chopped Chicken Salad	✓	✓	✓	✓	✓	✓	Sauce Contains Sesame
Power Bowl	✓	✓	✓	✓	✓	Remove Almond Garnish	Sauce Contains Sesame
Sesame Chicken Bowl	✓	✓	✓	✓	✓	✓	Contains Sesame Seeds in Garnish
Sweet Plantain Bowl	✓	✓	✓	✓	✓	✓	Sauce Contains Sesame and Sunflower Seeds
Spring Noodle Bowl	✓	✓	✓	✓	✓	Contains Cashew	Sauce Contains Sesame
Ginger Squash Curry	✓	✓	✓	✓	✓	✓	✓
Small Plates							
Chicken Nuggets	✓	✓	✓	✓	✓	✓	✓
Crispy Brussels Sprouts	✓	✓	✓	Sub Sauce		✓	✓
Fried Plantains	✓	✓	✓	Sub Sauce		✓	✓
Za'atar Cauliflower & Hummus	✓	✓	✓	✓	✓	✓	✗
Cauliflower Bites with Ranch	✓	✓	✓	✓	✓	✓	✓
Fries with Ketchup	✓	✓	✓	✓	✓	✓	✓

Kitava Menu - Allergy Information							
	Gluten Free	Dairy Free	Soy Free	Egg Free	Fish/Shellfish Free	Nut Free	Seed Free
<b>Desserts</b>							
Dark Chocolate Brownie	✓	✓	✓	✗	✓	✓	✓
Chocolate Chip Cookie	✓	✓	✓	✗	✓	✓	✓
Soft Serve, Chocolate	✓	✓	✓	✓	✓	✗	✓
Soft Serve, Roasted Cashews	✓	✓	✓	✓	✓	✗	✓
<b>A la Carte Sides</b>							
<b>PROTEINS</b>							
Plant Protein Patty	✓	✓	✓	✓	✓	✗	✗
Seared Salmon	✓	✓	✓	✓	✗	✓	✓
Picadillo Beef	✓	✓	✓	✓	✓	✓	✓
Crispy Chicken	✓	✓	✓	✓	✓	✓	✓
Paprika Chicken	✓	✓	✓	✓	✓	✓	✓
Grilled Chicken Breast	✓	✓	✓	✓	✓	✓	✓
<b>BASES</b>							
Wild Rice Blend	✓	✓	✓	✓	✓	✓	✓
Cauliflower Rice	✓	✓	✓	✓	✓	✓	✓
Farmer's Greens	✓	✓	✓	✓	✓	✓	✓
Jasmine Rice	✓	✓	✓	✓	✓	✓	✓
<b>VEGGIES</b>							
Chimichurri Mushrooms	✓	✓	✓	✓	✓	✓	✓
Brussels Sprouts	✓	✓	✓	✓	✓	✓	✓
Charred Broccoli	✓	✓	✓	✓	✓	✓	✓
Cumin Beans	✓	✓	✓	✓	✓	✓	✓
Hummus	✓	✓	✓	✓	✓	✓	Contains Sesame
Guacamole	✓	✓	✓	✓	✓	✓	✓
Kale Slaw	✓	✓	✓	✓	✓	✓	Contains Sesame
Sweet Potatoes	✓	✓	✓	✓	✓	✓	✓
Za'atar Cauliflower	✓	✓	✓	✓	✓	✓	Contains Sesame
Roasted Rainbow Carrots	✓	✓	✓	✓	✓	✓	✓

Kitava Menu - Allergy Information							
	Gluten Free	Dairy Free	Soy Free	Egg Free	Fish/Shellfish Free	Nut Free	Seed Free
Roasted Fingerling Potatoes	✓	✓	✓	✓	✓	✓	✓
Miso Eggplant	✓	✓	✓	✓	✓	✓	✓
Diced Cucumbers	✓	✓	✓	✓	✓	✓	✓
Black Bean & Corn Salad	✓	✓	✓	✓	✓	✓	✓
<b>Sauces</b>							
Chipotle Aioli	✓	✓	✓	✗	✓	✓	✓
Avocado Goddess Dressing	✓	✓	✓	✓	✓	✓	✗
House Ketchup	✓	✓	✓	✓	✓	✓	✓
Ginger Ponzu Sauce	✓	✓	✓	✓	✓	✓	✓
Romesco Sauce	✓	✓	✓	✓	✓	✓	✗
Tomato Vinaigrette	✓	✓	✓	✓	✓	✓	✗
Herb Ranch	✓	✓	✓	✓	✓	✓	✓
Lemon Vinaigrette	✓	✓	✓	✓	✓	✓	✓
Jalapeno Lime Dressing	✓	✓	✓	✓	✓	✓	✗
<b>Drinks</b>							
Green Smoothie	✓	✓	✓	✓	✓	✓	✓
<b>Specials</b>							
Fish & Chips	✓	✓	✓	✓	✗	✓	✓

Kitava Menu - Diet Compliance

Kitava Menu - Diet Compliance									
	Gluten-Free	Vegetarian	Vegan	Whole30	Paleo	Keto/Low-Carb	AIP	Low FODMAP	
<b>Dark Chocolate Brownie</b>	✓	✓	Contains egg	Contains coconut sugar	✓	✗	✗	✗	
<b>Chocolate Chip Cookie</b>	✓	✓	Contains egg	✗	✗	✗	✗	✗	
<b>Soft Serve, Chocolate</b>	✓	✓	✓	Contains coconut sugar	✓	✗	✗	✗	
<b>Soft Serve, Roasted Cashews</b>	✓	✓	✓	Contains coconut sugar	✓	✗	✗	✗	
<b>A la Carte Sides</b>									
<b>PROTEINS</b>									
<b>Plant Protein Patty</b>	✓	✓	✓	✗	✗	✗	✗	✗	
<b>Seared Salmon</b>	✓	✗	✗	✓	✓	✓	✗	✗	
<b>Picadillo Beef</b>	✓	✗	✗	✓	✓	✓	✗	✗	
<b>Crispy Chicken</b>	✓	✗	✗	✓	✓	✓	✗	✗	
<b>Paprika Chicken</b>	✓	✗	✗	✓	✓	✓	✗	✗	
<b>Grilled Chicken Breast</b>	✓	✗	✗	✓	✓	✓	✗	✗	
<b>BASES</b>									
<b>Wild Rice Blend</b>	✓	✓	✓	✗	✗	✗	✗	✓	
<b>Cauliflower Rice</b>	✓	✓	✓	✓	✓	✓	✗	✗	
<b>Farmer's Greens</b>	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Jasmine Rice</b>	✓	✓	✓	✗	✗	✗	✗	✓	
<b>VEGGIES</b>									
<b>Chimichurri Mushrooms</b>	✓	✓	✓	✓	✓	✓	✗	✗	
<b>Brussels Sprouts</b>	✓	✓	✓	✓	✓	✓	✓	✗	
<b>Charred Broccoli</b>	✓	✓	✓	✓	✓	✓	✓	No Garlic Oil	
<b>Cumin Beans</b>	✓	✓	✓	✗	✗	✗	✗	✗	
<b>Hummus</b>	✓	✓	✓	✗	✗	✗	✗	✗	
<b>Guacamole</b>	✓	✓	✓	✓	✓	✓	✗	✗	
<b>Kale Slaw</b>	✓	✓	✓	✓	✓	✓	✗	✗	
<b>Sweet Potatoes</b>	✓	✓	✓	✓	✓	✗	✓	✓	
<b>Za'atar Cauliflower</b>	✓	✓	✓	✓	✓	✓	✗	✗	
<b>Roasted Rainbow Carrots</b>	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Roasted Fingerling Potatoes</b>	✓	✓	✓	✓	✓	✗	✗	✓	

Kitava Menu - Diet Compliance									
	Gluten-Free	Vegetarian	Vegan	Whole30	Paleo	Keto/Low-Carb	AIP	Low FODMAP	
Miso Eggplant	✓	✓	✓	Contains Chickpea Miso	Contains Chickpea Miso	Contains Chickpea Miso	✗	✗	
Diced Cucumbers	✓	✓	✓	✓	✓	✓	✓	✓	
Black Bean & Corn Salad	✓	✓	✓	✗	✗	✗	✗	✗	
<b>Sauces</b>									
Chipotle Aioli	✓	✓	Contains egg	Contains honey	✓	✗	✗	✗	
Avocado Goddess Dressing	✓	✓	✓	✓	✓	✓	✗	✗	
House Ketchup	✓	✓	✓	Contains coconut sugar	✓	✗	✗	✗	
Ginger Ponzu Sauce	✓	✓	✓	Contains coconut sugar	✓	✗	✗	✗	
Romesco Sauce	✓	✓	✓	Contains Apple Juice	Contains Apple Juice	Contains Apple Juice	✗	✗	
Tomato Vinaigrette	✓	✓	✓	✓	✓	✓			
Herb Ranch	✓	✓	✓	Contains Aquafaba (garbanzo bean liquid)	Contains Aquafaba (garbanzo bean liquid)	Contains Aquafaba (garbanzo bean liquid)	✓	✗	
Lemon Vinaigrette	✓	✓	✓	✓	✓	✓	✓	Contains Mustard	
Jalapeno Lime Dressing	✓	✓	✓	✓	✓	✓	✗		
<b>Drinks</b>									
Green Smoothie	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Specials</b>									
Fish & Chips	✓	✗	✗	✗	✗	✗	✗	✗	

Kitava Menu - Nutrition Facts												
	Serving (g)	Calories	Protein (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Net Carbs (g)
Signature Bowls												
Evolved Caesar Salad	357.8	373.7	11.4	28.2	9.8	0	82.1	1442.2	22.2	7.8	6.9	14.4
Seasonal Citrus Salad	554	554	7	50	6.08	0	0	263.84	23	7.81	11.4	15.19
Guac & Greens Salad	277.9	353	9	26	3.66	0	0	535.66	25	9.96	3.55	15.04
Grilled Chicken Salad	478.8	795	49	49	3.95	0	89.95	1457.29	43	13.13	9.29	29.87
Power Bowl	683.1	1077	30	70	9.71	0	0	3405.37	86	20.31	17.56	65.69
Sesame Chicken Bowl	1121.9	764	43	23	5.26	0	94.07	2635.94	98.93	8.52	16.45	90.41
Spring Noodle Bowl	457.7	622.9	13.3	29.4	4.5	0	0	1993.9	77	6.3	7	70.7
Sweet Plantain Bowl	650.7	838	19	38	6.29	0	0	1182.98	118.13	13.97	29.86	104.16
Fish & Chips	752	1112.63	26	50	7.39	0	113.64	13644	143	16.64	16.6	126.36
Ginger Squash Curry Bowl	784.3	425	11	4	1.67	0	0	2227.8	91	14.84	13.31	76.16
Protein Plate												
Miso Salmon Protein Plate	411	486	35	10	2.27	0	70.17	339.22	60	3.77	7.24	56.23
Beef Protein Plate	342	619	41	27	8.5	0	116.7	1686	55	10.4	13.6	44.6
Chicken Protein Plate	255	574	52	15	3.7	0	205	302	56	4.3	15	51.7
Small Plates												
Chicken Nuggets	283.2	324.7	30.3	8.4	3.2	0	94.1	1312.8	31	1.9	9.3	29.1
Crispy Brussels Sprouts	228.8	455	7.8	42.3	8.7	0	135.9	256.1	16	6.5	4.1	9.5
Fried Plantains	283.8	645.4	5	41.1	7.9	0	135.9	125.8	73.1	3.9	40.1	69.2
Za'atar Cauliflower & Hummus	297.2	405.2	11.4	28	5.5	0	0	1297.1	31.6	10.5	7.7	21.1
Cauliflower Bites with Herb Ranch	213.4	419	3	39	7.33	0	0	288.2	17	3.74	3.63	13.26
Dessert												
Dark Chocolate Brownie	79.0	335	4	18	8.7	0	51.3	140.9	42.6	3.6	29.3	39
Chocolate Chip Cookies	56	273	5	17	8.41	0	27.99	80.53	25	2.22	12.49	22.78
Dark Chocolate Soft Serve	113	270	7	15	2.5	0	0	20	32	2	22	30
Roasted Cashew Soft Serve	113	290	6	17	3.5	0	0	45	29	1	21	28
A la Carte Sides												
PROTEINS												
Plant Protein Patty	113.4	243	11	10	1.14	0	0	915.01	30	10.98	1.47	19.02
Salmon	127.6	177	30	5	1.3	0	70.2	74	0	0	0	0
Picadillo Beef	113.4	236	24	13	4.9	0	77.8	535	4.8	1.2	1.5	3.6
Crispy Chicken	140.8	286	29.7	8.2	3.1	0	94.1	933	21.6	1.3	0.8	20.3
Paprika Chicken	113.4	215	30	9	2.32	0	13714	177.25	2	0.6	0.21	1.4
Grilled Chicken Breast	113.4	220	32	9	1.93	0	88.98	774.75	0	0	0	0
BASES												
Wild Rice Blend	142.0	398	10	2	0	0	0	0	87	7.56		
Cauliflower Rice	151.3	153.9	3	12.8	1.8	0	0	784.1	9.1	3.1	2.8	6
Farmer's Greens	52.8	7.3	0.7	0.1	0	0	0	12.9	1.2	0.5	0.3	0.7
Jasmine Rice	172.0	184.0	4	0.2	0.11	0	0	1.42	40	0.48	0	39.52
Rice Noodles	89.9	316.3	4.3	6	0.9	0	0	925.3	58.4	1.2	0.1	57.2

Kitava Menu - Nutrition Facts												
	Serving (g)	Calories	Protein (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Net Carbs (g)
<strong>VEGGIES</strong>												
Brussels Sprouts	174.8	112.9	5.7	5	2.3	0	0	139.4	15.2	6.5	3.7	8.7
Charred Broccoli	158.2	67.6	4.4	2.2	0.3	0	0	56.8	10.4	4.1	2.7	6.3
Cumin Beans	119.8	63.7	4.5	1.1	0.1	0	0	329.2	12	3.4	1.2	8.6
Chimichurri Mushrooms	114.0	162	5	13	1.69	0	0	171.07	9	3.67	2.76	5.33
Plantains	231.0	316	3	5	2.22	0	0	9.07	72.33	3.86	39.71	68.47
Hummus	208.1	449.2	10.5	30.6	4	0	0	947.5	36	9.6	7.5	26.4
Kale Slaw	160.5	182.3	4.8	14.9	2	0	0	450.5	11.5	3.9	4.5	7.6
Sweet Potatoes	221.2	251.4	3.4	7.8	2.7	0	0	149.4	42.9	6.4	8.9	36.5
Za'atar Cauliflower	155.8	109.5	3.8	7.4	2.8	0	0	404.7	10.3	4.7	2.8	5.6
Black Bean & Grill Corn Salad	140.0	134	5	3	0.4	0	0	181	23	6.6	3.5	16.4
Fries	211.0	237	3	14	6.7	0	0	923.4	27	4.08	1.96	22.92
Miso Eggplant	170.0	88	1.8	0.4	0.1	0	0	763	22	4.2	9.5	17.8
Roasted Rainbow Carrots	114.0	88	0.8	4	0.8	0	0	263	12	3.2	7.2	8.8
Roasted Fingerling Potatoes	170.0	177	3	6.7	0.7	0	0	66	28	4.4	15	23.6
<strong>Sauces</strong>												
Chipotle Aioli	56.5	355	2	39	6.13	0	146.69	126.02	1	0.03	0.43	0.97
Avocado Green Goddess	56.7	111	4	8	1.21	0	0	653.4	5	1.52	1.78	3.48
House Ketchup	57.0	60	1	0.2	0.03	0	0	587.34	15	0.84	13.28	14.16
Ginger Ponzu Sauce	57.0	139	0	0	0	0	0	2155.63	35	0.12	30.3	34.88
Romesco Sauce	56.2	132.7	2.8	11.3	1.2	0	0	387.8	7.1	1.4	4	5.7
Jalapeno Lime Dressing	57.0	209	3	21	2.99	0	0	457.93	4	1.5	1.04	2.5
Herb Ranch	61.0	231	1	26	0.92	0	0	170.53	2	0.25	0.56	1.75
Lemon Vinaigrette	56.7	300	0	34	4.66	0	0	195.05	1	0.06	0.49	0.94
<strong>Smoothie</strong>												
Green Smoothie	342.0	126.0	2.0	1.0	0.9	0	0	25.9	30.0	4.0	19.3	26.0