

Protein Plates	
Beef Protein Plate	
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 Vinegar, Lemon Juice, Basil
Roasted Fingerling Potatoes	Fingerling Potatoes, Rosemary, Olive Oil and Salt
Paprika Chicken Protein Plate	
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
Miso Salmon Protein Plate	
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 Vinegar, Lemon Juice)
Roasted Rainbow Carrots	Baby Rainbow Carrots, Thyme, Olive Oil and Salt
Jasmine Rice	Long-Grain Jasmine Rice, Water
Signature Bowls	
Seasonal Citrus Salad	
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
Caesar Salad	
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.
Chopped Chicken Salad	
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
Guac & Greens Salad	
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
Power Bowl	
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
Sesame Chicken Bowl	
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
Sweet Plantain Bowl	
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
Ginger Squash Curry- Special	
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
Spring Noodle Bowl- Special	
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	
Chicken Nuggets	
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)
Crispy Brussels Sprouts	
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
Fried Plantains	
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
Za'atar Cauliflower & Hummus	
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
Cauliflower Bites with Ranch	
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.
Fries with Ketchup	
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	
Dark Chocolate Brownie	Pasture-Raised Eggs, Sustainably Sourced Organic Palm Oil, Organic Coconut Sugar, Cacao Powder, Cassava Flour, Tapioca Starch, Coconut Flour, Vanilla Extract, Sea Salt

Chocolate Chip Cookie	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
Soft Serve, Chocolate	Cashew milk (Filtered Water, Organic Cashews), Coconut Sugar, Organic Cocoa Powder, Organic Vanilla Extract, Chocolate Extract, Organic Coffee, Kosher Salt
Soft Serve, Roasted Cashews	Roasted Cashew Milk (Filtered Water, Roasted Cashew Butter, Coconut Sugar, Organic Vanilla Extract, Kosher Salt
Soft Serve Topping- Granola	GF Oats, Flax Seeds, Cinnamon, Honey, Vanilla, Salt.
A la Carte Sides	
PROTEINS	
Plant Protein Patty	Black Beans (Black Beans, Water, Salt), GF Oats, Almonds, Pumpkin Seeds, Flax Seeds, Chipotle Powder, Cumin, Garlic, Onion, Salt.
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)
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
Paprika Chicken	Mary's Chicken Thigh, Lemon Brine (Water, Salt, Lemon, Bay Leaf, Thyme), Paprika, Onion, Garlic, Cumin, Oregano, Salt.
Grilled Chicken Breast	Mary's Chicken Breast, Lemon Brine (Water, Salt, Lemon, Bay Leaf, Thyme), Fera Fruit Oil, Salt.
Grilled Salmon	Salmon, Olive Oil & Salt.
BASES	
Farmer's Greens	Organic Lettuce Mix, Organic Arugula
Jasmine Rice	Long-Grain Jasmine Rice, Water
Wild Rice Blend	Lundberg Brown Rice, Red Rice, Wild Rice and Black Rice Blend, Water, Salt
Turmeric Cauliflower Rice	Cauliflower, Turmeric, Garlic, Olive Oil, Green Onions
Rice Noodles	Rice Noodles, Water, Salt, Apple Cider Vinegar, Extra Virgin Olive Oil
VEGGIES	
Charred Broccoli	Broccoli, Extra Virgin Olive Oil, Garlic, Salt
Za'atar Cauliflower	Cauliflower, Za'atar Spice Mix (Cumin, Coriander, Sumac, Thyme, Sesame Seeds, Salt)
Roasted Fingerling Potatoes	Fingerling Potatoes, Rosemary, Olive Oil and Salt
Miso Eggplant	Eggplant, Garlic, Ginger, Miso Sauce (Coconut Aminos, Chickpea Miso (100% Chickpeas, Fermented Rice Koji, Salt, Water), Olive Oil, Apple Cider Vinegar, Lemon Juice, Basil
Cucumbers	Diced Cucumbers
Brussels Sprouts	Brussels Sprouts, Sustainably Sourced Organic Palm Oil, Salt
Cumin Beans	Red Beans, Mayocoba Beans, Water, Salt, Onion, Celery, Carrot, Garlic, Cumin, Extra Virgin Olive Oil
Hummus	Garbanzo Beans, Water, Onion, Garlic, Cumin, Lemon Juice, Extra Virgin Olive Oil, Salt
Roasted Rainbow Carrots	Baby Rainbow Carrots, Thyme, Olive Oil and Salt
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
Black Bean & Corn Salad	Black Beans, Organic Corn, Red Onion, Cilantro, Lime Juice
Plantains	Plantains, Sustainably Sourced Organic Palm Oil
Sweet Potatoes	Sweet Potatoes, Extra Virgin Olive Oil, Sustainably Sourced Organic Palm Oil, Salt
Chimichurri Mushrooms	Chimichurri (Parsley, Oregano, Garlic, Red Wine Vinegar, Chipotle Powder, Olive Oil, Salt), Oyster Mushrooms, Cremini Mushrooms, Spinach
Guacamole	Avocado, Red Onion, Lime Juice, Olive Oil, Jalapeno Pepper, Salt
TOPPINGS	

Pickled Onions	Red Onion, Apple Cider Vinegar, 100% Apple Juice, Water, Bay Leaf, Salt
Avocado	Avocado
Masienda Corn Chips	Masienda Organic Corn Tortillas (Organic Corn, Alkaline Water), Paprika, Onion, Garlic, Cumin, Oregano, Salt
Pastured Egg	Pastured Egg, Water
GF Croutons	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,
Green Onions	Green Onions
Cilantro	Cilantro
Cashew Parm	Cashews, Nutritional Yeast, Granulated Garlic, Granulated Onions, Salt
Toasted Almonds	Almonds, Sliced
Sesame Togarashi	White Sesame Seeds, Black Sesame Seeds, Nori Seaweed, Salt
Radish	Radishes
Red Cabbage	Red Cabbage
Citrus (Seasonal)	Rotating Seasonal Citrus
Sauces	
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
Avocado Goddess Dressing	Avocado, Garlic, Ginger, Cilantro, Parsley, Jalapeno, Tahini (100% Sesame Seeds), Lime, Olive Oil, Salt
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)
Ginger Ponzu Sauce	Ginger Root, Garlic, Coconut Aminos, Tapioca Flour, Water, Apple Cider Vinegar, 100% Orange Juice, Lemon Juice, Salt, Coconut Sugar
Romesco Sauce	Extra Virgin Olive Oil, Sunflower Seeds, Red Bell Pepper, 100% Apple Juice, Garlic, Paprika Powder, Onion, Apple Cider Vinegar, Lemon Juice, Salt
Tomato Vinaigrette	Crushed Tomatoes (Tomatoes, Salt, Citric Acid), Apple Cider Vinegar, Garlic, Parsley, Tahini (100% Ground Hulled Sesame Seeds)
Herb Ranch	Garbanzo Bean Liquid (Garbanzo Bean, Water), Apple Cider Vinegar, Garlic, Onion Powder, Parsley, Dill, Lemon Juice, Yellow Mustard, Zero Acre Oil.
Jalapeno Lime Dressing	Tomatillo, Cilantro, Garlic, Jalapeno, Onion, Tahini (100% Sesame Seeds), Lime Juice (100% Juice), Olive Oil and Salt
Lemon Vinaigrette	Lemon Juice, Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spices), Apple Cider Vinegar, Olive Oil
Sipping Broth	
Immunity Broth	Chicken Broth (Mary's Chicken Bones, Ginger, Celery, Onion, Carrot, Bay Leaf, Parsley Stem), Turmeric, Apple cider Vinegar, Salt.
Drinks	
Green Smoothie	Pineapple, Cucumber, Spinach, Coconut Milk, Banana, Ginger Root.
Specials	
Fish & Chips	
Rod Cod/Cod Haddock	Wild Caught Cod, Cassava Flour Breeding (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
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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
Desserts							
Dark Chocolate Brownie	✓	✓	✓	✗	✓	✓	✓
Chocolate Chip Cookie	✓	✓	✓	✗	✓	✓	✓
Soft Serve, Chocolate	✓	✓	✓	✓	✓	✗	✓
Soft Serve, Roasted Cashews	✓	✓	✓	✓	✓	✗	✓
A la Carte Sides							
PROTEINS							
Plant Protein Patty	✓	✓	✓	✓	✓	✗	✗
Seared Salmon	✓	✓	✓	✓	✗	✓	✓
Picadillo Beef	✓	✓	✓	✓	✓	✓	✓
Crispy Chicken	✓	✓	✓	✓	✓	✓	✓
Paprika Chicken	✓	✓	✓	✓	✓	✓	✓
Grilled Chicken Breast	✓	✓	✓	✓	✓	✓	✓
BASES							
Wild Rice Blend	✓	✓	✓	✓	✓	✓	✓
Cauliflower Rice	✓	✓	✓	✓	✓	✓	✓
Farmer's Greens	✓	✓	✓	✓	✓	✓	✓
Jasmine Rice	✓	✓	✓	✓	✓	✓	✓
VEGGIES							
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	✓	✓	✓	✓	✓	✓	✓
Sauces							
Chipotle Aioli	✓	✓	✓	✗	✓	✓	✓
Avocado Goddess Dressing	✓	✓	✓	✓	✓	✓	✗
House Ketchup	✓	✓	✓	✓	✓	✓	✓
Ginger Ponzu Sauce	✓	✓	✓	✓	✓	✓	✓
Romesco Sauce	✓	✓	✓	✓	✓	✓	✗
Tomato Vinaigrette	✓	✓	✓	✓	✓	✓	✗
Herb Ranch	✓	✓	✓	✓	✓	✓	✓
Lemon Vinaigrette	✓	✓	✓	✓	✓	✓	✓
Jalapeno Lime Dressing	✓	✓	✓	✓	✓	✓	✗
Drinks							
Green Smoothie	✓	✓	✓	✓	✓	✓	✓
Specials							
Fish & Chips	✓	✓	✓	✓	✗	✓	✓

Kitava Menu - Diet Compliance

	Gluten-Free	Vegetarian	Vegan	Whole30	Paleo	Keto/Low-Carb	AIP	Low FODMAP
Protein Plates								
Beef Protein Plate	✓	✗	✗	Contains Chickpea Miso	Contains Chickpea Miso	✓	Contains Nightshades	✗
Paprika Chicken Protein Plate	✓	✗	✗	Contains Jasmine Rice	✓	Contains Jasmine Rice	✗	✗
Miso Salmon Protein Plate	✓	✗	✗	Contains Chickpea Miso	Contains Chickpea Miso	Contains Jasmine Rice	✗	✗
Signature Bowls								
Citrus Salad	✓	✓	✓	✓	✓	✓	✗	✗
Evolved Caesar Salad	✓	✓	Contains egg	No Croutons	No Croutons	No Croutons	No Egg, No Cashews, No Croutons, No Sauce	✗
Guac & Greens Bowl	✓	✓	✓	No Bean & Corn Salad, No Chips	No Bean & Corn Salad, No Chips	No Bean & Corn Salad, No Chips	✗	✗
Chopped Chicken Salad	✓	✗	✗	✓	✓	✓	✗	✗
Power Bowl	✓	✓	✓	No Grains or Hummus, Sub Rice Base	No Grains or Hummus, Sub Rice Base	No Grains or Hummus, Sub Rice Base	✗	✗
Sesame Chicken Bowl	✓	✗	✗	Sub Rice, Sub Sauce	Sub Rice, Sub Sauce	Sub Rice, Sub Sauce	No sesame seeds Sub cauli rice for white rice, Sub Sauce	✗
Sweet Plantain Bowl	✓	✓	✓	Sub Rice Base, No Beans	Sub Rice Base, No Beans	✗	✗	✗
Spring Noodle Bowl	✓	✓	✓	✗	✗	✗	✗	✗
Ginger Squash Curry	✓	✓	✓	Sub Rice Base	Sub Rice Base	Sub Rice Base	✗	✗
Small Plates								
Chicken Nuggets	✓	✗	✗	Sub Sauce	✓	✗	Sub Sauce	No Sauce
Crispy Brussels Sprouts	✓	✓	Sub Sauce	Sub Sauce	Sub Sauce	✓	Sub Sauce	✗
Fried Plantains	✓	✓	Sub Sauce	Sub Sauce	Sub Sauce	✗	Sub Sauce	No Sauce
Za'atar Cauliflower & Hummus	✓	✓	✓	✗	✗	✗	✗	✗
Cauliflower Bites with Ranch	✓	✓	✓	✗	✗	✗	✗	✗
Fries with Ketchup	✓	✓	✓	✗	✗	✗	✗	✗
Desserts								

Kitava Menu - Diet Compliance

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

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	✓	✓	✓	✗	✗	✗	✗	✗
Sauces								
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	✓	✓	✓	✓	✓	✓	✗	✗
Drinks								
Green Smoothie	✓	✓	✓	✓	✓	✓	✓	✓
Specials								
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	1.5	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	137.14	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		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)
VEGGIES												
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	1.5	23.6
Sauces												
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
Smoothie												
Green Smoothie	342.0	126.0	2.0	1.0	0.9	0	0	25.9	30.0	4.0	19.3	26.0