

# BE HAPPY EAT FK

**Menu items are seasonal and may vary depending on location and seasonal availability.**

**We update our menu and recipes frequently and our food is made from scratch in our kitchens.**

## *To our guests with allergies*

We understand your concerns about potential allergens in the foods you eat. Our primary goal is to provide accurate information on each ingredient used in each dish.

**Disclaimer:** Our food and kitchens are 100% Gluten Free and we mark our menu items that may be friendly for people with specific allergies to consume. While we take extreme cautions to minimize the risk of cross contamination, **we cannot guarantee that any of our products are safe to consume for people with specific allergies** or common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish.

**If you have a severe allergy to ingredients such as onion and garlic,** we cannot guarantee our items are safe for you to eat, as these are common ingredients used in our open kitchen.

**We also change our menu and recipes frequently, so while this document is intended to be accurate, it may not always be up to date.**

**If you have specific questions or severe allergies, please always let one of our location team members know before building your bowl!**

# BASES

*perfectly seasoned*



## CHILLED



### **Sweet Potato Noodles** **DF SF GF V** *(contains soy)*

Sweet Potato Noodles, Cilantro, Sesame Seeds, Salt & Pepper  
Apple Cider Vinegar, House Made Sriracha, Sesame Oil, Togarashi, Tamari (GF Soy Sauce), Pure Olive Oil, White Sesame, Seeds, Agave



### **Spinach Salad** **DF SF GF V**

Fresh Spinach, Carrot, Broccoli, Cauliflower, Lemon Juice, Fresh Basil, Pure Olive Oil, Balsamic Vinegar, Fresh Garlic, Salt & Pepper



### **Kale Slaw** **DF SF GF V**

Kale, Napa Cabbage, Red Cabbage, Date Mustard Vinaigrette, Mustard, Apple Cider Vinegar, Dates, Pure Olive Oil, Salt & Pepper



### **Crunchy Kale Caesar** **DF SF GF V** *(contains nuts)*

Chopped Kale, Almonds, Mustard, Fresh Garlic, Lemon Juice, Nutritional Yeast, Granulated Onion, Kosher Salt, Pure Olive Oil

**GF** Gluten Free | **DF** Non-Dairy Friendly | **SF** No Processed Sugar Added | **V** Vegan Friendly



# BASES

*perfectly seasoned*



## WARM



### **Brown Rice** **DF SF GF V**

Brown Rice, Onion, Pure Olive Oil, Salt & Pepper



### **Coconut Ginger Rice** **DF SF GF V**

White Rice, Ginger, Lime Juice, Coconut Milk, Coconut Oil, Orange Juice, Pure Olive Oil, Salt & Pepper



### **Perfect Spice Rice** **DF SF GF V**

White Rice, Red Bell Pepper, White Onion, Cilantro, Jalapeño, Corn, Cumin, Orange Juice, Lime Juice, Pure Olive Oil, Cayenne Pepper, Salt & Pepper



### **Cauliflower Spice "Rice"** **DF SF GF V**

Roasted Cauliflower Pieces, Red Bell Pepper, White Onion, Cilantro, Jalapeño, Corn, Cumin, Orange Juice, Lime Juice, Pure Olive Oil, Cayenne Pepper, Salt & Pepper



### **Cauliflower Avocado "Rice"** **DF SF GF V**

Roasted Cauliflower Pieces, Salt & Pepper, Avocado, Jalapenos, Lime Juice, Garlic, Pure Olive Oil, Fresh Cilantro



### **Cauliflower Potato Mash** **DF SF GF V**

Cauliflower, Potatoes, Coconut Milk, Roasted Garlic, Salt & Pepper

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# VEGGIES

*freshly roasted*

HAND CUT DAILY



## **Basil Mushrooms** **DF SF GF V**

Roasted Mushrooms, Salt & Pepper, Granulated Garlic, Basil, Balsamic Vinegar, Pure Olive Oil, Fresh Garlic



## **Golden Spice Chickpeas** **DF SF GF V**

Garbanzo Beans, Pure Olive Oil, White Onions, Minced Garlic, Minced Ginger, Cumin, Turmeric, Tomato Paste, Salt & Pepper, Light Chili Powder, Cayenne Pepper, Cilantro, Paprika, Red Peppers, Green Peppers



## **Lemon Garlic Broccoli** **DF SF GF V**

Roasted Broccoli, Pure Olive Oil Lemon Juice, Togarashi, Fresh Garlic, Salt & Pepper



## **Sesame Green Beans** **DF SF GF V** *(contains soy)*

Roasted Green Beans, Fresh Ginger, Sriracha, White Sesame Seeds, Salt & Pepper, Pure Olive Oil, Ginger, Garlic, Tamari, Sesame Oil, Agave, House Made Sriracha, Togarashi, Cornstarch



## **Roasted Sweet Potatoes** **DF SF GF V**

Sweet Potatoes, Maple Syrup, Pure Olive Oil, Salt & Pepper

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# COOKED WITH 100% OLIVE OIL



# PROTIENS

*grilled and roasted*

HORMONE + ANTIBIOTIC FREE



## **Grilled BBQ Chicken** **DF GF**

Marinated Chicken, Salt & Pepper, Yellow Mustard, Pure Olive Oil, Fresh Garlic, Blackening Spice, Fresh Basil, Dry Thyme, Dry Sage, Dry Rosemary, BBQ Sauce, Chipotle Peppers, Honey



## **Grilled Citrus Chicken** **DF SF GF**

Marinated Chicken, Salt & Pepper, Yellow Mustard, Pure Olive Oil, Fresh Garlic, Blackening Spice, Fresh Basil, Dry Thyme, Dry Sage, Dry Rosemary, Orange Juice, Lime Juice, Garlic Powder, Onion Powder, Cayenne Pepper, Blackening Spice, Cumin, Honey



## **Almond Baked Chicken** **DF GF** *(contains nuts)*

Marinated Chicken Tenders, Almond Crust, Olive Oil, Salt & Pepper, Yellow Mustard, Pure Olive Oil, Fresh Garlic, Blackening Spice, Fresh Basil, Dried Thyme, Dried Sage, Dried Rosemary, Eggs, Cornstarch, Gluten Free Bread-Crumbs, Toasted Almonds



## **Herb Grilled Steak (Teres Major)** **DF SF GF**

Marinated Steak, Steak Seasoning, Pure Olive Oil, Fresh Garlic, Blackening Spice, Fresh Oregano, Fresh Basil, Fresh Rosemary, Fresh Sage



## **Herb Grilled Steak (Flank)** **DF SF GF** *(contains soy)*

Marinated Steak, Steak Seasoning, Pure Olive Oil, Tamari, Line Juice, Cilantro, Ancho Paste, Paprika, Fresh Garlic



## **Roasted Salmon** **DF GF**

**Responsibly Sourced Salmon**, Basil Oil, Steak Seasoning, Lemon, Fresh Basil, Balsamic Vinegar, Pure Olive Oil, Fresh, Garlic



## **Chilled Caprese Tofu** **DF SF GF V** *(contains soy)*

**Organic Tofu**, Red Bell Peppers, Soybeans, Balsamic, Vinegar, Salt & Pepper, Minced Basil, Pure Olive Oil, Fresh Garlic

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# ADD ONS

*flavorful textures*



## **Feta Cheese** **SF GF**

Crumbled Feta Cheese



## **Parmesan Cheese** **SF GF**

Shredded Parmesan Cheese



## **Pico De Gallo** **DF SF GF V**

Roma Tomatoes, Fresh Cilantro Jalapenos, Lime Juice, White Onion, Minced Garlic, Salt & Pepper



## **Roasted Almonds** **DF SF GF V** *(contains nuts)*

Almonds, Pure Olive Oil, Granulated Garlic, and Kosher Salt



## **Kale Pesto Tomatoes** **DF SF GF V** *(contains nuts)*

Grape Tomatoes, Fresh Basil, Olive Oil, Balsamic Vinegar, Salt & Pepper, Blackening Spice, Granulated Garlic, Granulated Onion, Kale, Fresh Garlic, Balsamic Vinegar, Pure Olive Oil, Basil, Basil Oil, Almonds, Lime Juice



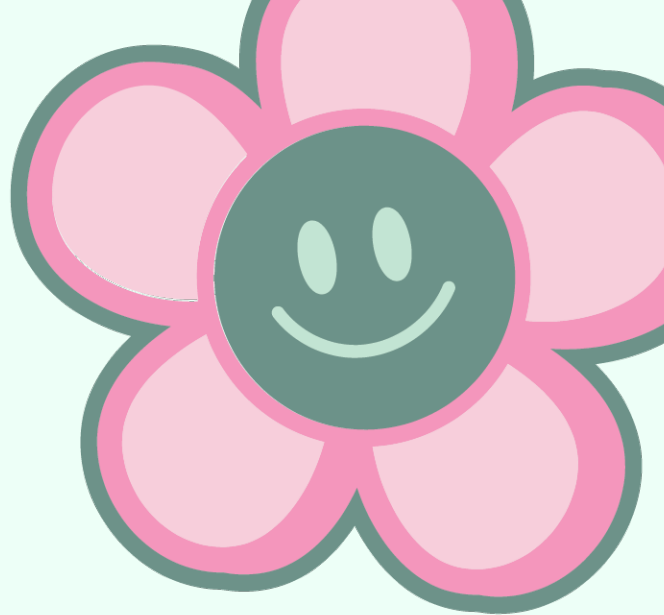
## **Citrus Avocado** **DF SF GF V**

Avocado, Lime Juice, Salt & Pepper

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# SAUCES

*house made*



## **Coconut Sriracha** **DF SF GF V** *(contains soy)*

House Made Sriracha, Tamari (GF Soy Sauce), Fresh Ginger, Mustard, Coconut Milk, Pomace/EVOO Blend, Agave, Water, Xanthan Gum, Apple Cider Vinegar

## **Holy Kale** **DF SF GF V** *(contains nuts)*

Kale, Onion Powder, Fresh Garlic, Almonds, Agave, Lime Juice, Pomace/EVOO Blend, Salt & Pepper

## **Herb Balsamic** **DF SF GF V**

Fresh Garlic, Basil, Mustard, Fresh Oregano, Balsamic, Pomace/EVOO Blend, Salt & Pepper

## **Creamy White Ginger** **DF SF GF** *(contains soy)*

Mayonnaise, Fresh Ginger, Tamari (GF Soy), Kosher Salt, Agave

## **House Made Sriracha** **DF SF GF V** *(contains soy)*

Fresno Peppers, Apple Cider Vinegar, Minced Garlic, Tomato Paste, Agave, Tamari, Salt, Water, Red Bell Peppers, Cayenne Pepper

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