

75 LEIGHTON AVENUE
RED BANK, NJ 07701

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SCAN TO



TIP

ORGANIC MENU

LUNCH

100% GLUTEN + WHEAT + DAIRY FREE

LUNCH M-TH 11AM - 3:30PM F-ST 11AM - 4PM

V VEGAN

SALADS **V**

ADD +add roasted chicken 6 +add turkey 6 +add quinoa 3 +add hummus 3.5

- RETRO K.O. SIGNATURE** finely cut kale from our garden, dried cranberries & coconut w/ our avocado-lemon vinaigrette...**14**
- BEET IT** market greens topped w/ roasted beets, cucumber, roasted cashews & coconut tossed in our lemon vinaigrette...**14**
- VEGAN CAESAR** finely cut kale tossed w/ homemade focaccia croutons & K.O.'s caesar dressing...**13**

TOASTS **V**two per serving

served on our homemade "everything seeded," bread

- K.O.'S SMASHED AVOCADO TOAST** smashed avocado, freshly shaved radish, pickled red onion, cilantro & a lime...**13**
- AVO-BEET TOAST** smashed avocado toast topped w/ pickled beets, cashew goat cheez, toasted pepitas & micro greens...**14**

BOWLS

ADD + roasted chicken 6 + grass-fed steak 12 + turkey 6 + quinoa 3 +add tofu 4

- V GARDEN PESTO ZOODLE BOWL** zucchini noodles tossed in our garden pesto mixed w/ heirloom cherry tomatoes, served w/ a side of homemade focaccia sticks for dipping...**15** +add protein
- TURKEY MEATBALLS** served w/ roasted spaghetti squash tossed in our garden pesto & marinara sauce w/ a side of homemade focaccia sticks for dipping...**18**
- V CAULI-LOVE BOWL** cauliflower fried rice made w/ seasonal vegetables & Kung KO Asian sauce...**16** +add protein

NAAN (TACOS).....two per serving

**served on our homemade Naan Taco Shells*

ADD one more taco +9

- V MEDSHROOM** locally sourced lion's mane mushrooms from *Two River Mushroom*, roasted in our mediterranean spices, sautéed market greens, K.O. classic hummus, pickled red onion w/ a side of hot sauce & cashew cream tzatziki...**19**
- CHIMICHURRI** choice of grass fed steak, roasted chicken, mushrooms **OR** tofu sautéed in our chimichurri sauce topped w/ pickled red onion, avocado, red pepper & scallions....**20**
- FIESTA** chili rubbed grass-fed steak, roasted chicken, mushrooms **OR** tofu sautéed w/ shishito peppers & red onion served w/ a roasted garlic spread & a red peppers crema....**20**

RUSSET POTATO WEDGES 6 SWEET POTATO WEDGES 6 NEW! SIGNATURE SALAD 6 VEGAN CAESAR 5
HOT HONEY BRUSSEL SPROUTS 8 HUMMUS PLATE 10 GREEK FRIES 8 AVOCADO TOAST - 1PC 3.5

K.O. SANDWICHES

SIDES

TURKEY CLUB our house roasted turkey breast paired w/ uncured bacon, avocado, strawberry mayo (contains eggs) & lettuce served on our Everything Seeded Bread w/ choice of salad or wedges...**19** +SUB turkey bacon +2 -NO SIDE -1.50

THE REAL K.O. our herb roasted chicken breast, uncured bacon, avocado, red cabbage & KO ranch dressing (contains eggs & cashews) on KO Everything Seeded Bread...**16**

HONEY MUSTARD TURKEY SANDWICH house roasted & sliced turkey breast, KITCH honey mustard dijonaise (contains eggs), lettuce, tomato, pickled red onion, choice of bread...**16** + add turkey bacon 6 +add bacon 5

CHICKEN PESTO herb roasted chicken breast tossed in KO pesto (made w/ walnuts), roasted red peppers, sun dried tomato spread served on our focaccia...**19.5** -NO SIDE -1.50

KITCH MAC grass-fed beef from *PALMERS Quality Meats* cooked w/ diced yellow onions, shreduce, house pickles and special sauce (contains eggs) served on a sesame seed KITCH pita w/ choice of side...**21** -NO SIDE -1.50

BISON BURGER ground bison folded w/ caramelized onions served w/ a radish cashew cream, lettuce & tomato on our KITCH Pita. w/ pickles & a choice of sweet potato or russet wedges.....**23** -NO SIDE -1.50

BLACKENED CHICKEN blackened chicken breast served w/ a key lime aioli, bread & butter pickles & salad greens w/ your choice of side. served on our KITCH pita....**22** -NO SIDE -1.50

V BLACKENED LIONS MANE blackened lions mane mushroom "steak" (*Two River Mushroom*) w/ a key lime aioli, bread & butter pickles & salad greens. Served on our KITCH pita w/ your choice of side....**18.5** -NO SIDE -1.50

V WHITE BEAN BURGER served on our KITCH pita w/ a vegan aioli, spicy cucumber salad w/ your choice of side...**18.5** -NO SIDE -1.50

V TOFU PESTO sliced extra firm pressed tofu w/ KO pesto (made w/ walnuts), roasted red peppers, sun dried tomato spread served on our focaccia...**18** -NO SIDE -1.50

Some of our foods may contain tree nuts. Please let us know if you have allergies or sensitivities to any of our ingredients.



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WIFI PASSWORD: KitchOrg777
ALL PRICES & MENU ITEMS ARE SUBJECT TO CHANGE