

WRAPS, SALADS, +GRAIN BOWLS

Sub shrimp or steak \$1. Sub jackfruit +1 or make it vegetarian for \$2 less.

All wraps and salads have a base of mixed greens. grain bowls served over wild rice quinoa blend.

HONEY APPLE Antibiotic free chicken, apples, strawberries, grapes, blueberries, cucumbers, almonds, granola, honey apple vinaigrette
Reg 11.00 Small 9.00 Mini Salad 7.75

BAJA CALIFORNIA Black bean corn salsa, pico de gallo, avocado, pepper jack cheese, antibiotic free chicken, chipotle lime vinaigrette
Reg 10.25 Small 8.25 Mini Salad 7.00

THE HILL Freshly sliced salami and ham, onions, parmesan, kalamata olives, banana peppers, and tomatoes, with white balsamic
Reg 9.50 Small 8.00 Mini Salad 6.75

SPICY THAI Edamame, red bell peppers, carrots, red onion, blackened shrimp, spicy sunflower seeds, served with soy chili sauce
Reg 11.00 Small 9.00 Mini Salad 7.75

SANTORINI Kalamata olives, red bell peppers, red onion, grape tomatoes, banana peppers, chick peas, cucumber, antibiotic free chicken, and feta cheese, served with white balsamic vinaigrette
Reg 11.75 Small 9.75 Mini Salad 8.50

CAESAR Parmesan cheese, antibiotic free chicken, croutons, creamy ceasar
Reg 8.50 Small 6.75 Mini Salad 5.50

COBB Onions, eggs, bacon, cucumbers, tomatoes, roasted red peppers, blue cheese crumbles, avocado, antibiotic free chicken, Greek yogurt ranch
Reg 11.00 Small 9.00 Mini Salad 7.75

BUFFALO Celery, blue cheese crumbles, tomatoes, carrots, antibiotic free chicken, UKraft wing sauce, Greek yogurt ranch
Reg 9.50 Small 9.00 Mini Salad 6.50

SMOOTHIES

THE BLACK FOREST 1st phorm chocolate protein, Frozen Cherry, Honey, Oats, Chia Seeds, Cocoa, Spinach and Almond Milk. 8.00
We suggest adding Avocado +1

CHOCOLATE PEANUT BUTTER AND BANANA 1st phorm Chocolate Protein, Peanut Butter, Banana, Oats, Cocoa and Almond Milk 8.00

THE STRAWBERRY BANANA Strawberry, Banana, Granola, and Almond Milk 7.75

THE IMMUNE BUILDER Strawberry, Mango, Blueberry, Banana, Honey, Immune Booster, Chia Seeds, Orange Juice and Almond Milk. 8.00
We suggest adding 1st Phorm Vanilla Protein +1

THE GOOD MORNING Park Avenue Espresso, 1st Phorm Vanilla Protein, Banana, Peanut Butter, and Almond Milk 8.00

HAWAII 5-0 Pineapple, Mango, Banana, 1st Phorm Vanilla Protein, Honey, Pineapple Juice, Coconut Milk 8.25

THE VEGAN DELIGHT Vegan Plant Based Protein, Spinach, Avocado, Banana, Mango, Almond Milk and Orange Juice 8.75

OR KRAFT YOUR OWN SMOOTHIE 7.25 Choose base and 3 add ons, extra add on +1, protein +2

SOUPS

Ask about our KRAFTED from scratch daily soup offerings



PICK 2 | 10.00

1/2 wrap
1/2 sandwich & 1/2 salad
1/2 grain bowl cup of Soup

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AT INFO@UKRAFTEATS.COM

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FOR SPECIAL OFFERS

BREAKFAST

WRAPS

All eggs are from Buttonwood Farms, scrambled and served in a grilled tortilla

SOUTHWEST SUNRISE

Pasture egg, turkey sausage, avocado, pepper jack and Chipotle Aioli 7.25

RAJUN CAJUN

Antibiotic Free Chicken, pasture raised egg, chipotle Aioli and pepper jack 7.50

CALI BREAKFAST

Turkey Sausage, pasture raised egg, avocado, baby organic spinach, mozzarella, and drizzled with balsamic reduction 7.50

BREAKFAST BURRITO

Pature raised egg, Turkey Sausage, pepper jack, pico de gallo, black bean corn salsa and Chipotle Aioli in a Grilled Tortilla 7.75

BACON, EGG + CHEESE

Applewood Smoked Bacon, pasture raised egg, and sharp cheddar 7.00

HAM, EGG AND CHEESE

Ham, pature raised egg and Sharp Cheddar 6.50

TURKEY SAUSAGE , EGG + CHEESE

Turkey Sausage, pasture raised egg and sharp Cheddar 7.00

EGG + CHEESE

Pasture raised egg and Sharp Cheddar 4.75

BREAKFAST SLIDERS

2.75 (ask about our 12 packs for catering)
Served on a mini brochie slider bun

EGG + CHEESE WITH YOUR CHOICE OF HAM, TURKEY SAUSAGE, OR BACON

AVO TOAST

PLAIN AVO TOAST

Multi grain and avocado 4.5

We suggest adding a pasture raised egg for 1.50

CAPRESE

Avocado spread, heirloom tomato, buffalo mozzarella, fresh basil, drizzled with balsamic reduction on Multi Grain 8.50

TEX MEX

Avocado spread, pico de gallo, black bean corn salsa, drizzled with Chipotle Lime Vinaigrette on Multi Grain 8.50

AVOBLTE

Avocado spread, Applewood smoked Bacon, Arugula, heirloom Tomato, and drizzled with Herb Aioli on Multi Grain 9.50

BISCUITS + GRAVY

1 FOR 2.25 OR 2 FOR 4.00

BISCUITS, GRAVY + EGG 2 Biscuits and Gravy topped with a pasture raised egg 5.00

TOPPED WITH BACON 7.25

TOPPED WITH TURKEY SAUSAGE 7.25

BREAKFAST SIDES

GREEK YOGURT PARFAIT blueberries, strawberries, granola, and honey 4.25

OATMEAL blueberries, strawberries, almonds, and honey 4.00

BAGEL AND CREAM CHEESE 2.50

MULTI GRAIN TOAST WITH BUTTER 2.25

LUNCH

SANDWICHES

Served on a fresh locally baked ciabatta hoagie

CHICKEN CAPRESE

Antibiotic free chicken, tomatoes, arugula, mozzarella, drizzled with balsamic reduction and herb aioli 8.50

CHIPOTLE CHICKEN

Antibiotic free chicken, avocado, tomatoes, onions, pepper jack, drizzled with chipotle aioli 8.75

SHRIMP BLT

Pesto grilled shrimp, bacon, tomatoes, and arugula, with herb aioli 9.25

BLT

Bacon, tomatoes, and arugula, with herb aioli. 9.00 Add avocado +1 Add mozzarella +1 Served on multigrain

PORTOBELLO

Vegetarian or Krafted Vegan Portobello mushroom, roasted red peppers, arugula, mozzarella, drizzled with a herb aioli 8.75

CAJUN SHRIMP

Blackened shrimp, pepper jack, arugula, tomatoes, onions, red bell peppers, drizzled with chipotle aioli 9.25

CUBAN PULLED

pork, ham, swiss, pickles, and mustard 9.00

HAM + SWISS

Ham, swiss, honey dijon, and pickles 8.00

TURKEY CLUB

Roasted turkey, bacon, tomatoes, and mozzarella, Russian sauce Served on multigrain 8.00

AVO TURKEY

Avocado, turkey, mozzarella, arugula, tomatoes, bacon, and herb aioli. Served on multigrain 9.00

THE ITALIAN

Freshly sliced salami and ham, mozzarella, pickles, onion, banana peppers, and white balsamic 8.75

4 CHEESE Mozzarella, cheddar, pepperjack, and swiss. Served on multigrain 6.75

JERK JACKFRUIT

Vegan Caribbean jerk jackfruit, cabbage, and mango slaw 8.75

UKRAFT CLUB

Club turkey, ham, bacon, cheddar, arugula, tomatoes, and our peppered bacon aioli 9.00