


KITAVA

100% free of gluten, dairy, corn, soy, peanuts, refined sugar, & seed oils


BOWLS

Baja Bowl - 15

with adobo pastured chicken
(or cumin-spiced beans - 11) 


avocado mash, kale slaw, poblano peppers,
pico de gallo, salsa verde, white rice & beans
(or cauliflower rice & sunflower risotto +2)

Zoodles & Meatballs - 13

with 100% grass-fed beef meatballs
(or king trumpet mushrooms - 10) 

spiralized zucchini noodles, marinara sauce,
fresh basil

Cuban Bowl - 14

with pastured heritage pork shoulder
(or extra plantains - 10) 

avocado, kale slaw, cilantro-garlic mojo sauce,
naturally sweet plantains, white rice & beans
(or cauliflower rice & sunflower risotto +2)

Meatloaf & Sweet Potato Mash - 15

with 100% grass-fed beef meatloaf, savory
bone broth gravy, mashed sweet potatoes,
roasted broccoli & carrots

★ General Tso's Chicken - 14

with pastured chicken, crispy cassava flour
breading, sweet & savory coconut amino hoisin
sauce, roasted broccoli, green onion, sesame
seeds, white rice (or cauliflower rice +1)


Spaghetti Squash Bolognese - 13

with 100% grass-fed beef & pastured pork
(or sautéed mushrooms - 10) 

roasted spaghetti squash noodles, bolognese
sauce, fresh basil

TACOS

Street Tacos

pastured chicken - 16
wild-caught salmon - 19
cumin-spiced beans - 12 

3 tacos with cassava-almond flour tortillas,
avocado, salsa, chipotle aioli, crunchy cabbage,
& your choice of protein

SALADS

Roasted Brassica Salad - 11

spinach, arugula, kale, roasted broccoli, brussels
sprouts, cauliflower, & orange basil vinaigrette
with extra virgin olive oil

add pastured chicken +4
add wild-caught salmon +7

California Salad - 12

spinach, arugula, avocado, beets, jicama,
crunchy pepitas, pomegranate, roasted orange
basil vinaigrette with extra virgin olive oil

add pastured chicken +4
add wild-caught salmon +7

MIX & MATCH

Choose 1 Protein

Pastured Chicken - 15
Pastured Pulled Pork - 14
Grass-Fed Beef Meatloaf - 16
Wild-Caught Salmon - 19
Cumin-Spiced Beans - 10 

Choose 2 Sides (Included)

Kale Slaw Salad 
Turmeric-Spiced Cauliflower 
Roasted Broccoli 
Roasted Brussels Sprouts 
Plantains 
Sweet Potato Mash 
Jasmine White Rice 

COLD DRINKS

Ginger Lemongrass Kombucha - 5

probiotic-rich, from Marin Kombucha

Coconut-Milk Elixirs - 5

superherb-powered, in 3 flavors, from REBBL
Maca Mocha | Turmeric Milk | Cold-Brew Coffee

Chilled Green Tea - 3

pure, smooth & unsweetened, from Teas' Tea

Sparkling Mineral Water - 3

330mL, from Gerolsteiner

SMALL PLATES

Pesto Meatballs - 11

100% grass-fed beef, sunflower basil pesto

★ Butternut Squash Hummus - 7

with crunchy yuca root chips

Avocado Mash - 6

with crunchy yuca root chips

Plantains - 5

naturally sweet, with chipotle aioli

★ Crispy Brussels Sprouts - 7

with chipotle aioli

Avocado Salad - 6

with arugula, red onion, jalapeno, tomato, lime,
extra virgin olive oil

SIPPING BROTH

Chicken Bone Broth - 5

pastured chicken bones simmered for 24 hours,
with herbs, sea salt, & black pepper

add turmeric & ginger immunity boost +1

SWEETS

Sweet & Salty Date Bites - 5

2 dates with almond butter, 100% cacao dark
chocolate, & sea salt

Dark Chocolate Brownie - 4

rich & fudgy brownie made with almond flour,
pastured eggs, & coconut sugar

Cookie with Caramel Drizzle - 3

soft & chewy almond flour cookie with a
coconut-sugar caramel drizzle

Vanilla Bean Gelato - 6

cold & creamy ice cream made with cashew milk
& maple syrup

★ Ice Cream Sandwich - 8

creamy vanilla bean gelato made with cashew
milk & maple syrup, between 2 almond flour
cookies