

## SMOOTHIES

**GREEN** 9.5  
org kale, org banana, org pear, lime, ginger, hemp, mint

**BLUEBERRY** 9.5  
wild blueberries, cashews, lemon, dates, vanilla, flax

**ALMOND CHOCOLATE** 9.75  
almond butter, cacao, dates, chia, coconut milk

**ACAI** 9.5  
org acai, org banana, org strawberries, coconut milk

**PB MOCHA** 9.75  
peanut butter, org banana, cacao, double espresso shot

**GOLDEN MANGO** 9.75  
mango, banana, hemp hearts, turmeric, ginger



## TOASTS, WAFFLE...

**AVOCADO TOAST** 13.75/60  
GF seed & oat toast, guacamole, cucumber, radish, pickled onion, pomegranate, sunflower parmesan, sea salt

**ALMOND BANANA TOAST** 13.75/60  
GF seed & oat toast, almond butter, hemp, org banana, wild berries

**MEDITERRANEAN TOAST** 13.75/60  
GF seed & oat toast, pomegranate, olives, hummus, sea salt, lime, toasted walnut, basil, cilantro, org sprouts

**K&K WAFFLE** 13.75  
gluten-free waffle, blueberries, hemp seeds, coconut cashew cream

**HOUSE GRANOLA** 8.75  
house-made granola topped with blueberries, cranberries, hemp seeds & choice of milk

## BEVERAGES

**FLOW ALKALINE WATER** 2.5  
various flavours, 500ml

**LE SELTZER BUBBLY WATER** 3.75  
various flavours

**REMEDY 0 SUGAR KOMBUCHA** 5  
various flavours, 330ml

**GREENHOUSE COLD-PRESS JUICE** 8.5  
various flavours, 330ml

## APPS & SIDES

**GUAC and ORGANIC TORTILLA CHIPS** 8.5/40  
pico, non-GMO corn tortilla chips

**SOUP of the DAY** 8

**CAULIFLOWER** 8.75/40  
pomegranate, sunflower parmesan, chimichurri, pickled onions

**ROASTED SWEET POTATO** 8.5/40  
tahini green goddess, pickled jalapeño, scallions, sunflower & sesame

## DESSERT

**CHOCOLATE-OAT SQUARE** 4.75/30

**BAKERY PLATTER** 30  
mixed assortment of our muffins, cookies, macaroons & squares

**CHOCOLATE OR KEY LIME PUDDING** 6.5

**OVERNIGHT OATS** 6.5



## BURGERS & LASAGNA

**GUAC BURGER** 16.75/75  
lentil walnut house patty, pico de gallo, guacamole, pickled onions, pea shoots, on a bed of grain or greens with house salad & roasted sweet potato

**TAHINI BURGER** 15.75/75

lentil walnut house patty, lemon tahini, hummus, za'atar salsa, pomegranate, mint, on a bed of grain or greens with house salad & roasted sweet potato

**K&K LASAGNA** 16.75/75

sweet potato, lentil bolognese, cashew ricotta, marinara, org kale, org sprouts, sunflower parmesan with side salad



## BOWLS

**ALMOND LIME** 13.75/70  
**with almond lime sauce**  
brown rice, org ginger tofu, romaine, roasted mushroom, pickled carrots & daikon, caraway slaw, cilantro, toasted almonds, sesame, lime, scallion optional jalapeños

**OAXACA** 14.75/70  
**with guacamole, pico de gallo & cashew cream**  
brown rice, black beans, org kale, beets, non-GMO corn, daikon, hemp, tortilla chips, lime

**CAULIFLOWER TAHINI** 15.25/70  
**with lemon tahini**  
quinoa, hummus, cauliflower, za'atar salsa, carrots, cabbage, beets, mint, radish, pomegranate, sesame, watermelon radish, org greens, pickled onions, seed & oat crackers

**BREAKFAST BOWL** 14.75/70  
**with guacamole & pico de gallo**  
sweet potato, org tofu scramble, roasted mushroom, org kale, black beans, radish, org sprouts, sesame

**GOLDEN CURRY** 15.25/70  
eggplant, zucchini, org tofu, potatoes, with golden curry sauce, on bed of org kale, brown rice, topped with roasted cashews, cilantro & basil, scallions, lime wedge, optional jalapeño

## SALADS

**FIRST CANADIAN PLACE** 13.75/70  
**with maple dijon dressing**  
org tempeh, org kale, romaine, org quinoa, beets, pomegranate, carrots, watermelon radish, cabbage, sweet potato, org sprouts, sunflower & sesame

**K&K PALEO** 15.25/70  
**with lemon tahini & chimichurri**  
hemp & sunflower balls, romaine, org greens, sweet potato, cabbage, cucumber, carrots, sauerkraut, org sprouts, radish

**GODDESS** 14.75/70  
**with green goddess dressing**  
chickpeas, org kale, romaine, cherry tomatoes, cabbage, hummus, olives, watermelon radish, scallion, mint, black sesame

**GINGER PEANUT** 14.75/70  
**with ginger peanut sauce**  
org ginger tofu, org kale, romaine, broccoli, cucumber, avocado, cherry tomatoes, cabbage, cashews, scallion, basil, cilantro, lime

**HEMP BALL CRUNCH** 14.75/70  
**with green goddess dressing & house vinaigrette**  
hemp & sunflower balls, greens, romaine, cabbage, cherry tomatoes, org quinoa, pomegranate, watermelon radish, walnuts, za'atar



## SALAD BAR

minimum order of 8 servings  
14.5

### Bases: Choose 1

org kale • org greens • brown rice • romaine • org quinoa • half/half

### Proteins: Choose 1

black beans • chickpeas • hemp & sunflower balls (+1) • org baked tempeh • organic baked ginger tofu • org scrambled tofu • lentil wanut patty (+1.5)

### Toppings: Choose 6

roasted cauliflower (+1.5) • roasted mushrooms • quinoa • beets • blueberries (+1) • broccoli • red cabbage • caraway slaw • carrots • cherry tomatoes • non-GMO corn • cucumber • roasted sweet potato • org greens • guacamole (+2) • avocado (+1.5) • hummus • kimchi (+1) • org kale • olives • pico de gallo • pickled daikon & carrots • romaine • sauerkraut

### Garnishes: Choose 4

almonds • cashews • cranberries • daikon • hemp hearts • lime wedge • pickled onion • pickled jalapeño • pomegranate • seed + oat crackers (+1) • red radish • watermelon radish • sesame seeds • sunflower seeds • organic sprouts • scallions • sunflower parmesan • tortilla chips • walnuts • za'atar spice

### Sauces: Choose 1

almond lime • lemon tahini • green goddess • ginger peanut • maple dijon • chimichurri • olive oil + lemon juice • house vinaigrette • balsamic vinaigrette

additional protein, base, sauce, topping +2.5/serving

## ORDER AT:

[catering@kupfertandkim.com](mailto:catering@kupfertandkim.com)

(416) 830-8270

We request your 48 hour advance notice when placing an order.

Minimum 24 hour notice for cancellations.

Platter sizes serve 4-6. Please ask about delivery!

