

BREAKFAST

Cali Coast Toast - \$5.75

Organic 21 grain toast topped with house-made organic avocado spread, organic pico de gallo, organic microgreens** and 1 organic egg*.

Breaky Burrito - \$6.25

Add organic pico de gallo or sliced organic avocado +\$1.00
2 Scrambled organic eggs*, organic potatoes, organic onions, organic red bell peppers and Wisconsin white cheddar cheese wrapped in non-GMO whole wheat tortilla, grilled and served with a side of Franks Red Hot Sauce.

Organic Steel Cut Oats

with organic flax and organic chia seeds.

Classy Toppings - \$6.75

Sliced organic banana, organic blueberries, mixed chopped nuts and organic maple syrup.

Fancy Pants Toppings - \$8.00

Goat cheese, organic berry compote, mixed chopped nuts and organic honey.

Ranchero Plate - \$7.50

2 Organic eggs* served with our organic quinoa and 3 bean salad, organic pico de gallo, sliced organic avocado and warm non-GMO corn tortillas.

Be Fast Plate - \$9.00

2 Organic eggs* served with SC pulled chicken and organic potato hash, sliced organic tomato, sliced organic avocado, a piece of organic 21 grain toast and a side of house-made berry BBQ sauce.

Berries, Bees N' Cream - \$8.00

Organic Greek yogurt topped with organic berry compote, house-made granola, seasonal organic berries and drizzled with organic honey.

7 Grain Cakes N' Bac's - \$9.50

2 organic seven grain pancakes served with 2 slices of uncured bacon, grass fed butter and organic maple syrup or organic berry compote.
Substitute a fruit cup or turkey sausage patties for bacon.

Three Little Eggs Omelet - \$9.50

Served with a side of organic 21 grain toast
Build your own 3 egg omelet with your choice of 3 veggies and/or proteins and 1 cheese from the list below:
organic bell peppers - organic onion - organic mushrooms - organic green onions - organic spinach - organic arugula - organic pico de gallo - organic apple - Wisconsin white cheddar cheese - goat cheese - pulled chicken - uncured bacon - turkey sausage

Sunrise Salmon & Egg* Plate - \$13.25

4 oz wild caught salmon filet and 1 organic egg*, topped with diced organic green onion and served with a side of wilted organic spinach.

ACAI & PITAYA

CHOOSE YOUR BLEND FIRST, THEN CHOOSE YOUR BOWL OR A SMOOTHIE:

BLEND

Original Acai Blend: Organic acai puree with organic cane sugar and organic blueberries

(With less than 0.5% of organic soy lecithin, organic guarana extract, and citric acid)

Pure Acai Blend: Organic acai puree and organic blueberries
(With less than 0.5% of organic soy lecithin and citric acid)

Pure Pitaya Blend: Organic pitaya and organic strawberries

Replace the blended Blueberries or Strawberries with more Acai or Pitaya +\$1.00

BOWLS

Plain Jane - \$8.75

Blended in: Organic apple juice, organic banana

Topped With: House-made granola, sliced organic banana

Want a custom bowl? Start with this as your base!

My Friend Winnie - \$11.00

Blended In: Non-GMO unsweetened vanilla almond milk, organics banana, organic peanut butter, organic honey

Topped With: House-made granola, organic banana, organic peanut butter, organic honey, unprocessed bee pollen

2nd Rodeo - \$12.00

Blended In: Non-GMO unsweetened vanilla almond milk, organic banana, organic flax, organic microgreens**

Topped With: Mixed chopped nuts, organic coconut, sliced organic avocado, organic blueberries

Berry Bee Good - \$12.25

Blended In: Organic apple juice, organic chia seeds, organic banana, organic Greek yogurt

Topped With: House-made granola, sliced organic bananas, seasonal organic berries, organic honey, organic chia seeds

CocoCacao - \$12.75

Blended In: Non-GMO unsweetened vanilla almond milk, organic banana, organic cacao powder, organic maca powder

Topped With: House-made granola, organic cacao nibs, shaved organic coconut, organic strawberries

Desserted Island - \$13.25

Blended In: Coconut water, organic banana, unprocessed bee pollen

Topped With: House-made granola, sliced organic banana, organic pineapple, shaved organic coconut, organic hemp hearts

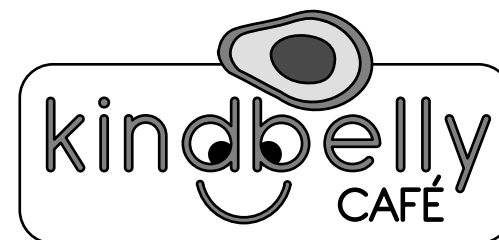
Kitchen Sink - \$13.25

Blended In: Non-GMO unsweetened vanilla almond milk, organic banana, organic maca powder, organic honey

Topped With: House-made granola, organic bananas, organic seasonal berries, organic chia seeds, organic hemp hearts, unprocessed bee pollen, organic peanut butter, organic honey

SMOOTHIE - \$9.00

Any acai or pitaya blend with an organic banana and non-GMO unsweetened vanilla almond milk or organic apple juice



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SIGNATURE SMOOTHIES

SMALL (12oz) \$5.25

LARGE (20oz) \$8.00

ADD IN's +\$0.85

ORGANIC PLANT BASED PROTEIN POWDERS:

Vanilla Lucuma, Chocolate Maca or Green Kingdom

OTHER ADDS: Vanilla Whey Protein Powder, Unprocessed Bee Pollen, Organic Maca, Organic Chia Seeds, Organic Hemp Hearts, Organic Ground Flax, Lemon Cod Liver Oil, Elderberry Syrup (+\$1.00), Hemp Flower Extract (+3.00)

*All smoothies come with organic microgreens** blended in.*

KING LOUIE'S CUP

Non-GMO unsweetened vanilla almond milk, organic cacao powder, organic banana and organic peanut butter.

BERRYJUICE, BERRYJUICE, BERRYJUICE

Organic apple juice, organic Greek yogurt, organic triple berry mix and organic banana.

DMANGO UNCHAINED

Coconut water, organic banana, organic mango, organic pineapple and organic carrot.

RED RUSHIN'

Organic apple juice, pomegranate juice, organic strawberries, organic raspberries, organic banana, organic carrots and organic beets.

GO GREEN OR GO HOME

Organic apple juice, organic broccoli, organic carrot, organic avocado, organic honey and organic ginger.

TASTE OF THAILAND

Non-GMO unsweetened almond milk, organic mint, organic green tea, organic lime juice, organic cucumber, organic avocado, organic honey and organic ginger.

FLYING PURPLE PEANUT EATER

Non-GMO unsweetened vanilla almond milk, organic blueberries, organic spinach, organic peanut butter and organic banana.

TROPIKALE STORM

Coconut water, organic pineapple, organic banana and organic kale.

ALLERGY NOTICE

Please be advised that food prepared in our kitchen may contain: Peanuts, Tree Nuts, Sesame Seeds, Sesame Oil, Soy, Wheat, Fish, Dairy, and Eggs. If in doubt, please ask a staff member for more information. *Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

**Microgreens are an unwashed vegetable. If you are pregnant, breast feeding, or have a compromised immune system, it is recommended that you do not consume them.

LUNCH MENU

Add any of the options below to give your entree a protein boost!

Organic Chickpeas...\$1.00
Non-GMO 3 Bean Salad...\$1.50
Organic Salt and Pepper Tofu...\$3.75

SC Cage Free Pulled Chicken...\$3.75
SC Cage Free Chicken Salad...\$4.25

Pulled chicken and halved grapes dressed with Greek yogurt, dill, organic garlic, sea salt and white pepper.

Tuna Salad...\$5.00

Sustainably caught tuna dressed with non-GMO sunflower oil, malt vinegar, organic lemon juice, organic honey, Dijon mustard, sea salt and white pepper then mixed with diced organic celery and onions.

Seared Line Caught Ahi
Tuna*...\$6.00
Line Caught Ahi Poke*...\$9.00
Wild Caught Salmon Filet...\$10.50

FROM THE GRILL

Grain Bowls - \$5.25

Organic grain, sautéed with a pinch of Parmesan cheese and an organic veggie mix in an oil of your choice.

Drop the grain and go all veggies for +\$0.75

CHOOSE ONE OF EACH:

OILS: Grass Fed Butter • Organic Olive Oil • Organic Coconut Oil

ORGANIC VEGGIE MIXES:

Superchop • Peppers/Onions • Broccoli/Carrots

ORGANIC GRAINS: Brown Rice • Quinoa • Blend of Both

All the Beans Burrito - \$6.25

Add organic pico de gallo +\$1.00 or sliced organic avocado +\$1.00
Organic brown rice, house-made bean salad, diced organic peppers and organic onions and Wisconsin white cheddar cheese wrapped up and grilled in a non-GMO whole wheat tortilla and served with a side of Franks Red Hot Sauce.

BBBQ Chicken Sammie - \$6.75

SC cage free pulled chicken in our house-made berry BBQ sauce topped with superchop slaw and served between two slices of toasted organic 21 grain bread.

Grown Cheese - \$6.25

Wisconsin white cheddar cheese, blue cheese crumbles, sliced organic Roma tomato, and sliced organic avocado grilled between two slices of organic 21 grain bread.

Kind of a Big Dilla - \$7.25

Wisconsin white cheddar and organic pico de gallo grilled in a non-GMO whole wheat tortilla and served with our house-made organic avocado spread for dipping.

Mamas Simple Chicken Sammie - \$9.00

SC cage free pulled chicken, organic sliced avocado, mayo, organic microgreens, sea salt and black pepper served between two slices of toasted organic 21 grain bread.

One Fish, Two Fish Tacos - \$9.50

Upgrade your fish to seared line caught tuna +\$3.50
Wild caught Alaskan pollock tossed in house made chili pepper sauce served in two non-GMO corn tortillas with organic superchop, house-made lime crema, organic pico de gallo and organic sliced avocado.

VEGGIE WRAPS

Substitute organic paleo wraps for the non-GMO whole wheat tortilla (+\$2.50)

Good Goddess - \$8.00

Organic superchop tossed in house-made goddess dressing and wrapped in a non-GMO whole wheat tortilla with house-made hummus, organic cucumbers, organic tomatoes, organic carrots, and organic avocado. Served with a side of house-made goddess dressing.

Buffalo Soldier - \$8.00

Organic superchop and blue cheese crumbles tossed in hot sauce and wrapped in a non-GMO whole wheat tortilla with organic celery, organic cucumber, organic carrots and organic avocado. Served with a side of house-made ranch dressing.

Caesar in a Blanket - \$8.00

Organic superchop tossed in house-made Caesar dressing and wrapped in a non-GMO whole wheat tortilla with organic tomatoes and Parmesan cheese. Served with a side of house-made Caesar dressing.

Island Stylin' - \$8.00

Organic superchop tossed in house-made jerk vinaigrette dressing and wrapped in a non-GMO whole wheat tortilla with house-made black bean hummus, organic tomatoes, organic carrots and house-made organic mango salsa. Served with a side of house-made raspberry vinaigrette dressing.

SALADS

Naked Caesar - \$6.50

Organic kale and romaine lettuce mix, organic grape tomatoes, Parmesan cheese and organic microgreens.** Served with house-made Caesar dressing.

Home on the Ranch - \$6.50

Organic kale and romaine lettuce mix, organic broccoli, organic celery, organic carrot, organic cucumber, organic grape tomatoes, organic avocado, Wisconsin white cheddar cheese and organic microgreens.** Served with house-made ranch dressing.

City Salad - \$6.50

Organic kale, tossed in house-made soy vinaigrette dressing, topped with organic toasted sesame seeds, organic carrots, organic cucumber, organic avocado and organic microgreens.**

Naked Goddess - \$7.50

Organic kale and romaine lettuce mix, organic cucumber, organic carrots, organic grape tomatoes, organic onion, organic chick peas, organic avocado and organic microgreens.** Served with house-made goddess dressing.

How Ya Like Them Apples - \$7.50

Organic arugula, organic apple, Parmesan cheese, organic pine nuts and organic microgreens.** Served with house-made lemon vinaigrette dressing.

Berry Goats Gruff - \$7.50

Organic spinach, organic beets, organic strawberries, house-made candied walnuts, goat cheese and organic microgreens.** Served with house-made raspberry vinaigrette dressing.

PROTEIN BASED BASICS

Tipsy Tuna Salad - \$8.50

House-made tuna salad, served on a bed of organic kale and romaine lettuce mix and topped with organic tomato, organic cucumber and organic microgreens.** Served with house-made white balsamic vinaigrette dressing.

Super Chicken Salad - \$9.00

House-made chicken salad served on a bed of organic kale and romaine lettuce mix and topped with organic tomato, organic cucumber and organic microgreens.** Served with house-made white balsamic vinaigrette dressing.

“Veg” Salad Sammie - \$8.50

House made vegan egg salad with romaine lettuce, sliced organic avocado and organic microgreens** served between two slices of organic 21 grain bread.

Ahi Poke* Bowl - \$10.25

Line caught ahi tuna, cubed, and tossed in a house-made spicy sesame vinaigrette dressing, served raw over cold organic basmati rice and organic kale salad.

SMALL BITES

Superchop Salad - \$5.50

Organic cabbage, organic broccoli, organic kale, organic carrots and organic snap peas tossed in a house-made dressing of your choice.

Soup - \$4.25

8oz serving of our house-made black bean and avocado soup.

Avocado Toast - \$5.00

Organic 21 grain toast, topped with organic house-made avocado spread, organic pico de gallo and organic microgreens.**

LUNCH COMBO

Add a small side item and a fountain drink to any entree for + \$2.25 or make it a large side item and a fountain drink for + \$3.75

SMALL SIDES

Fruit Cup - \$2.75

Seasonal organic berries and sliced organic banana.

Quinoa Cup - \$2.25

Organic quinoa, organic cucumber, organic tomato, organic lemon juice, sea salt and black pepper.

LARGE SIDES

Spinach Salad - \$3.75

-Organic spinach, organic grape tomato, organic cucumber, organic carrots, organic microgreens** and a house-made dressing of your choice

Chips N’ Dip - \$4.25

CHIPS: Organic Vegetable Sticks, Organic Corn Tortilla Chips or Organic Stacy’s Pita Chips

HOUSE-MADE, NON GMO DIPS:

Corn & Bean Salsa, Organic Mango Salsa, Traditional Hummus or Black Bean Hummus

ORGANIC DRINKS & SPECIALTY BEVERAGES

Cucumber Water...\$0.00
Iced Green Tea...\$2.00
Homemade Lemonade...\$2.00
Orange Juice...\$2.00
2% Milk...\$2.00

Cold Brew Coffee...\$1.75/\$2.25
Coffee...\$2.25
Hot Tea...\$2.00

KOMBUCHA ON TAP
34oz Bail Top...\$15.75/
Refill \$10.75

64oz Growler...\$25.00/
Refill \$20.00

4 oz Cup...\$2.00
12 oz Cup...\$4.00
20 oz Cup...\$6.50