

THE
BLACK
ACORN

WRAPS & BOWLS:

SLOW-ROASTED GOAT WRAP: _____ \$10

Homemade Barbecue-seasoned goat meat
w/ our classic slaw, POTATSKO SALADSKI & Goat Feta

*WRAPPED in an organic wheat
or GLUTEN free TEFF wrap*

comes WITH a side OF our fresh green salad
or a CUP OF KITCH-SABE'S KITCHARI

HUMMUS WRAP: _____ \$9

Homemade hummus with our cilantro lime slaw,
cucumbers, green salad mix & feta cheese

*WRAPPED in an organic wheat
or GLUTEN free TEFF wrap*

comes WITH a side OF our fresh green salad
& a CHOICE OF POTATSKO SALADSKI
or a CUP OF KITCH-SABE'S KITCHARI

BIG BOWL OF KITCH-SABE'S KITCHARI: _____ \$6

Homemade KITCHARI WITH ~
organic SPLIT mung beans, red lentils, carrots,
onion & green cabbage in curry seasonings.

comes WITH a HEAPING PORTION OF organic quinoa

** add your choice of **SLAW, FRESH GREEN SALAD,
OR POTATSKO SALADSKI** for an extra — \$2

SIDES:

FRESH GREEN SALAD: ————— Large: \$5 - small: \$2
organic local Applegate Valley Kale, arugula &
Spring Greens with organically grown
carrots, sprouts & red cabbage

*WITH YOUR CHOICE OF OIL & VINEGAR
OR HOMEMADE RANCH DRESSING*

CLASSIC SLAW: ————— Large: \$5 - small: \$2
organically grown red and green cabbage, carrots,
sunflower seeds, poppy seeds & dried currants,
in homemade dressing with apple cider vinegar,
veganaise, agave, stone ground mustard,
& Himalayan pink salt & black pepper

CILANTRO LIME SALAD: ————— Large: \$5 - small: \$2
organically grown green cabbage, cilantro, lime,
veganaise, apple cider vinegar & black sesame seeds

POTATSKO SALADSKI: ————— Large: \$7 - small: \$3
organic potatoes roasted with fresh rosemary,
extra virgin olive oil, Himalayan pink salt &
black pepper tossed with organic
dried cranberries, dill pickle, balsamic vinegar,
stone ground mustard, & veganaise

*WITH ORGANIC RED ONION & PECANS
ROASTED IN COCONUT BUTTER*

****ADD BACON FOR — \$1**

MINI'S:

- GOAT MEAT & SLAW** _____ \$5
WITH CHOICE OF HOMEMADE CLASSIC OR CILANTRO LIME
- HUMMUS** _____ \$5
WITH ORGANIC CARROTS, CUCUMBER, CELERY & FETA
- KITCH-SABE'S KITCHARI** _____ \$2
HOMEMADE RECIPE MADE BY THE CAPTAIN DAILY
- SLAW OF YOUR CHOICE** _____ \$2
HOMEMADE CLASSIC OR CILANTRO LIME SLAW
- FRESH GREENS SALAD** _____ \$2
WITH CHOICE OF OIL AND VIN OR HOMEMADE RANCH
- POTATSKO SALADSKI** _____ \$3
HOMEMADE RECIPE **ADD BACON FOR - \$1
- ORGANIC QUINOA** _____ \$2

SWEETS:

CAPTAIN'S MANNA BITES:

SUNFLOWER SEEDS, HEMP SEEDS, PECANS & GOJI BERRIES
IN COCONUT BUTTER, HEMP OIL, COCONUT FLOUR,
MACA, SPIRULINA, & CHLORELLA SUPERFOODS

- NANO MANNA BITES** _____ \$3
MACRO MANNA BITES _____ \$5

TASTY BEVERAGES:

- HOMEMADE MATE LATTE** _____ \$3
ORGANIC YERBA MATE WITH COCONUT MILK
- HOMEMADE WILD MINT & LIME COOLER** _____ \$3
FRESH HARVESTED WILD MINT WITH LIME & AGAVE
- HOMEMADE SUN-TEA** _____ \$2
SEASONALLY HARVESTED WILD HERBS & FLOWERS
- SPRING WATER** _____ \$2
HIGH-PH MOUNTAIN SPRING WATER