



9122421100

<http://www.rushhdelivery.co>

Sea Salt Healthy Kitchen

PRICES ARE SUBJECT TO CHANGE

DUE TO THE RISING COST OF GOODS & SERVICES, RESTAURANT MENUS ARE CONSISTENTLY CHANGING. BY ORDERING WITH US, YOU AGREE TO ALLOW YOUR TICKET TO BE AMENDED TO COVER ANY CHANGES TO THE PRICE OF MENU ITEMS.

Pickup and Delivery Times

Please be flexible when placing your order. Our delivery times may vary based on the pickup times provided by your chosen restaurant and the number of orders we have scheduled for delivery. Our dispatch will communicate with you via text messaging to update you on the expected delivery times. Our mission is to provide you with a confidential, safe, and secure delivery.

ALLERGEN

SELECT ANY ALLERGENS OF CONCERN TO HAVE THEM FLAGGED IN THE MENU.

ALLERGEN

HEALTHY CODES

(Advise our staff of any dietary restrictions: gluten free; vegetarian; dairy free; keto)

MOST LIKED ITEMS FROM THE MENU

- #1 CHIPOTLE STEAK \$17.16
Grilled steak, chipotle aioli, avocado, mixed greens, roasted corn pico, cheddar cheese and pickled onions. 690 calories
- #2 AVOCADO BRUSCHETTA \$13.73
Vegetarian, baby heirloom tomatoes, avocado, feta cheese and toasted sourdough. Garnished with balsamic reduction. 450 calories
- #3 BUTTERNUT SQUASH SOUP

APPETIZERS

- Hummus \$13.20
roasted red pepper hummus, served with vegetables crudite, toasted sourdough or chips; vegetarian & dairy free
- Bruschetta 2pc \$13.20
baby heirloom tomatoes, avocado, feta cheese, toasted sourdough, garnished with balsamic reduction; vegetarian
- Bruschetta 3 pcs. \$17.60

WRAPS & TAKETOS

Side of green salad, fresh fruit or chips

- Chipotle Steak Wrap \$16.50
grilled steak, chipotle aioli, avocado, mixed greens, corn pico, cheddar cheese & pickled onions
- Pesto Chicken ALT Wrap \$16.50
grilled chicken, avocado, parmesan, lettuce, tomato, & pesto aioli
- Very Vegan Wrap \$16.50
grilled tofu & squash, mixed greens, avocado, cucumbers, tomatoes & red pepper hummus

TAKETOS

Two cheddar taco shells with your choice of protein, chipotle aioli & avocado.

Topped with pickled onions & arugula.

- Taketos \$16.50
two cheddar taco shells, grilled chicken, chipotle aioli, avocado, topped with pickled onions & arugula; keto

WELL-BEING BOWLS

- Terra (Well-Being Bowl) \$16.50
(Vegan) brown rice & quinoa mixed hemp & amaranth seeds, herbs pesto (nut free), grilled carrots, garbanzo beans, arugula & heirloom tomatoes salad, with Citrus Vinaigrette, Does not come with a side!
- Ketosis (Well-Being Bowl) \$16.50
(Keto Friendly) parmesan brussels sprouts, avocado, grilled mushrooms and grilled cauliflower. Served with almond kale salad with Citrus Vinaigrette Does not come with a side!
- Mexican (Well-Being Bowl) \$16.50
(Vegan) brown rice & quinoa mix, black beans, pico de gallo, grilled yellow squash, avocado, served with mixed green & pepitas. Does not come with a side!
- Mediterranean (Well-Being Bowl) \$16.50
(Vegetarian) quinoa tabbouleh, grilled sweet potatoes, feta cheese, kalamata olives, red pepper hummus. Served with kale & pepitas salad with Citrus Vinaigrette. Does not come with a side!

POPULAR ITEMS

The most commonly ordered items and dishes from this restaurant.

- #1 CHIPOTLE STEAK \$17.16
Grilled steak, chipotle aioli, avocado, mixed greens, roasted corn pico, cheddar cheese and pickled onions. 690 calories
- #2 AVOCADO BRUSCHETTA \$13.73
- #3 BUTTERNUT SQUASH SOUP
- KETOSIS \$16.59
Gluten-free, vegetarian, keto, parmesan brussels sprouts, avocado, mushrooms and grilled cauliflower. Served with almond kale salad. 580 calories

KIDS MEALS

2 veggies or grilled cheese. Includes: kid juice & choice of soup, chips or fruit. Add protein for an additional price

- Kid's Grilled Cheese & Side \$7.70
- Kid's Veggies (2) & Side \$7.70

WARNING:

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness, especially if you have certain medical conditions.

Consumer Advisory:

Some items contain peanuts or allergic ingredients. If you are allergic to some types of food, please ask server before ordering the food menu.

*baby heirloom tomatoes, avocado,
feta cheese, toasted sourdough,
garnished with balsamic reduction;
vegetarian*

Ceviche \$13.20

*Mango, Quinoa, cucumbers,
tomatoes, red onions, herbs, mixed
with tomato citrus sauce, topped with
avocado and served with corn &
quinoa*

HOMEMADE SOUPS

***All of our soups are homemade!
gluten free; vegetarian***

Tomato Basil Soup

Contains Dairy

Veggie Legume

*Tons of Veggies, Lentils &
Garbanzo Beans (Vegan)*

Butternut Squash

Contains Dairy

Black Bean

Vegan

SALADS

Sea Salt Salad \$14.30

*mixed greens, heirloom tomatoes,
cucumbers, carrots, kalamata olives,
Parmesan crisps and citrus
vinaigrette; vegetarian, gluten free*

Super Kale Salad \$14.30

*baby kale, apple slices, sliced
avocado, feta cheese, almonds and
strawberry vinaigrette; keto, gluten
free*

Rocket Beet Salad \$14.30

*arugula, roasted beets, goat
cheese, cashews, balsamic
reduction, dark balsamic vinaigrette;
vegetarian, gluten free*