

Salads

Ginger Kale Salad **\$6**

Fresh local green kale massaged with sea salt, mixed with seasonal veggies and coated in a sweet and savory ginger dressing.

Sweet Crunch Broccoli Salad **\$7**

Broccoli, purple cabbage, apples, raisins, goji berries and slivered almonds laden with a nostalgic sweet creamy and tangy dressing.

Savory Thai Salad **\$6**

Shredded purple and green cabbage, carrots, cilantro, basil and parsley coated in a sweet and spicy sesame dressing.

Small Items

5-Layer Wanna Bean Dip **\$7**

A spicy cumin brazil nut pate topped with layers of fresh avocado, tomato, bell peppers and topped with a cilantro sour crème.

The Best Hummus Ever **\$6**

Our all raw, nut based hummus, delivered to you with the same lemon, sesame, garlic and cumin goodness. 6 oz.

Herby Cheeze Spread **\$6**

A cashew based cheesy spread spiced with Italian herbs, garlic and black pepper. Perfect accompaniment for crackers, breads, salads or veggies. 6 oz.

Yummy Tummy Sauerkraut **\$7**

Rotating selections of cultured veggies and spices. Now available: Ginger Sea Veggie and Ruby Kraut (8 oz).

Entrees

Fill Your Tummy Salad **\$10**

Fresh local greens, mixed with avocados, celery, cucumber, tomatoes, seasoned seeds, a side of our house kraut and the dressing of the week: hempy garlic lemon dressing.

Zucchini Mac N' Cheeze **\$10**

Spiralized zucchini noodles coated in a creamy cheesy sauce and covered in garlic paprika walnut crumbles. Served with a sweet summer coleslaw.

Freschetta **\$9**

Thinly sliced bell peppers, tomatoes and fresh basil served on slices of savory onion flat bread with our Italian herbed cheeze and dollop of pesto.

Pesto Pasta **\$9**

Zucchini and carrot angel hair pasta tossed with spinach and basil pine nut pesto, topped with diced red bell peppers and Brazil Nut Parma.

Soups & Breads

Soup of the Week

A delicious blend of fresh veggies, fruits, herbs, spices and occasional nut / coconut milk and/or sea veggies:

16 oz **\$8**

32 oz **\$16**

Garlic Rosemary Onion Bread

A suped-up version of everyone's favorite onion bread. Just as savory heavily dosed with garlic and rosemary: **4 slices** **\$7**

8 slices **\$13**

Sweet Treats

Grawnola Parfait **\$6**

Our cultured coconut cashew yogurt layered with fresh fruit and our homemade Cinnamon Grawnola.

Power Balls **\$6**

Goji berries, cacao nibs, spirulina, bee pollen, sprouted buckwheat and pumpkin seeds, vanilla, maca and coconut all rolled and up into potent little balls.

Chocolate Pudding Parfait **\$6**

A decadent chocolate maca and mesquite avocado pudding topped with coconut walnut crumble.

Savory Goodies

Kale Chips **\$10**

More than two entire bunch of kale marinated in sweet or savory spices. Dehydrated into a tasty mineral rich green snack: 3 oz.

Yummy Tummy Grawnola **\$10**

Our super hearty house grawnola, chalk full of sprouted seeds & nuts, berries, coconut and spices: 8 oz.

Weekly Crackers **\$6-10**

A rotating selection of your favorite Yummy Tummy Crackers. This week: Spicy Cumin Crackers and Curry Flax Crackers.

Fresh Juices & Beverages

Fresh Daily Beverages:

Electrolyte Lemonade (h)	
12 oz	\$5
32 oz	\$13
64 oz	\$24
128 oz/1 Gal	\$36

Seasonal Fruit Smoothie	\$5
Green Smoothie	\$5
E3 Live Shot	\$2

Klamath Lake Blue Green Algae

Fermented Beverages: naturally fermented, probiotic, restorative, digestive aide drinks

Rejuvelac or Water Kefir	
16oz	\$6
1 Gal	\$26

Bottled Beverages

Zico Coconut Water	\$2.5
Natural, Mango, Passion Fruit & Orange	
Voss Bottled Water	\$4

Allergy information! We cannot guarantee that some of our dishes and ingredients will not contain nor will have come into contact with any particular nut or seed.

In striving to meet the dietary preferences of many, we have included a key for when certain sensitive ingredients are used:

h = use of honey m = chickpea miso

Catering & Online Ordering Instructions

•48 hr advance notice, * Monday orders placed on previous Friday

* Choose Day of Pickup: M, T, W, Th, F

* Choose pickup time: 11am, 2pm, 4:30p

* Limited hours on weekends

* Minimum Order \$20

* A 18% gratuity is solicited for orders over \$50

• Name: _____

• Email: _____

• Phone #: _____

• Payment options:

Phone, Online, In person,

FAX: 503-452-0037

Call 503-452-1132 for phone orders. Visa / MC

FOR SPECIAL ORDERS – please email kitchen@bikrampdx.com or call 503-452-1132

Summary of Items Ordered:

Item	Quantity	Price

Total Order Amount: \$ _____

FOR ONLINE PAYMENT

• Email order form to kitchen@bikrampdx.com

• Sign In / Create Account > Online store > Gift card / Credit > Live Food Purchase amount > Finalize sale!

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503-452-1132
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