

Cru

MENU

• FRESH, ORGANIC, LOCALLY SOURCED FOOD • 100% VEGAN AND GLUTEN FREE •

RAW APPETIZERS

Mezze Platter

Flax and pumpkin seed crackers, rubbed garlicky kale, tunisian apple beet salad, fig pate, cucumber tzatziki, calamata olives and cashew cheese. 14

Bruschetta

Heirloom tomatoes, capers, basil, red bell peppers, sun dried tomatoes, and cashew cheese on a sunflower seed & kabocha squash flatbread, drizzled with chive oil. 8

Nachos

Dehydrated flax and corn chips, pumpkin seed chorizo, guacamole, salsa, vegan nacho cheese and cashew coconut sour cream. Topped with fresh purple slaw. 14

SOUP

Raw soup of the day

cup 4 bowl 6

SALADS

Kale Salad

Rubbed Kale, crunchy dehydrated candied walnuts, dried cranberries, and thinly sliced red onion, drizzled with a creamy lemon garlic tahini dressing. 8

Caesar Salad

Romaine lettuce, thinly sliced red onion, cheesy buckwheat sesame croutons, and avocado. Tossed with cashew coconut casaer dressing and topped with rawmesan cheese. 8

Taco Salad

Rubbed Kale, pumpkin seed chorizo, salsa, guacamole, Peruvian mojo sauce and cashew sour cream. Served w/dehydrated flax and corn chips. 13

RAW ENTRÉES

Pad Thai

Crunchy raw kelp noodles tossed with a sweet and nutty almond chili sauce, thinly sliced cucumbers, carrots, sprouts, cilantro, chopped cashews and pumpkin seed chorizo. 13

Vegetable Lasagna

A delicate terrine of thinly sliced zucchini, pesto, marinara, cashew cheese, and marinated portobello mushrooms. Topped with coconut cream and served with mixed greens tossed in a pumpkin seed pesto dressing. 16

Cru Pizza

Italian walnut pumpkin sausage, marinated shiitake mushrooms, truffle mascarpone, and salsa pomodoro on a raw handmade dehydrated flax and sunflower seed crust. Served on a bed of arugula. 16

Chorizo Tostada

Dehydrated flax and corn shell topped with creamy sunflower seed spread, pumpkin seed chorizo, guacamole, salsa, Peruvian mojo sauce, cilantro, crunchy slaw and cashew sour cream. 14

Pesto Wrap

Collard leaf wrap, stuffed with pumpkin seed basil pesto, red onion, cashew cheese, cucumbers, avocado, sprouts, tomatoes, mixed greens and vegan sour cream. Served with dehydrated flax chips. 12

Chorizo Wrap

Collard leaf wrap, stuffed with pumpkin seed chorizo, garlic nut cheese, cucumbers, avocado, sprouts, tomatoes, mixed greens and vegan sour cream. Served with dehydrated flax chips. 12



CRU DRINKS

Basil Limeade

Muddled basil and freshly made limeade, sweetened with agave and served over ice. 4

Fresh Coconut Water

Fresh water from baby young thai coconuts. 3

Coconut Cocktail

Muddled limes, fresh coconut water and raw sugar cane juice. 5

Pure Raw Sugar Cane Juice

Alkalizing and high in chlorophyll - raw sugar cane juice, chilled and served with a lime wedge. 7

Camu Camu Blood Orange Elixir

Fresh blood orange juice, and camu camu powder(an amazonian superfood high in Vitamin C), sweetened with clear raw agave, and served over ice. 5

Kale, Apple, Lime Juice

Freshly made juice of organic kale, apple and lime. 6

Spinach, Cucumber, Apple, Ginger Juice

Freshly made juice of organic spinach, cucumber, apple and ginger. 6

Raw Deep Green Smoothie

Fresh organic kale, banana, apple, cinnamon, fresh coconut water, ice and agave. 8

Raw Chocolate Maca Smoothie

Raw Cacao, Maca, banana, fresh cashew milk, ice and agave. 8



RAW DESSERTS



Dark Chocolate Truffle Cake 8

A decadent, dense, raw chocolate cake, packed with raw cacao and slivers of raw almonds at the crust.

Mint Dark Chocolate Truffle Cake 8

A decadent, dense raw chocolate cake, packed with raw cacao, mint and raw cacao nibs at the crust.

Blueberry Cheesecake with Creme Fraiche 8

A smooth and creamy cashew coconut cheesecake with fresh pureed strawberries, fresh whole blueberries and a walnut date crust. Topped with a rich coconut creme fraiche.

Key Lime Pie 8

Sweet and tart avocado cream pie with fresh key lime and a walnut cashew banana crust. Topped with a rich coconut creme fraiche.

Chocolate Brownie with Creme Fraiche 8

A rich fudge brownie, dehydrated and chewy. Topped with a rich coconut creme fraiche.

