

LIL' ONES

FOR KIDS 10 AND UNDER PLEASE

BREAKFAST

Add a fruit cup for +\$1.50

MicroSmoothie (9oz) - \$3.00

Strawberry-Banana OR Chocolate-Peanut Butter-Banana with Microgreens**

Eggcellent Avocado Bowl - \$3.00

1 Egg* scrambled, sliced Avocado and sliced Banana. Perfect finger foods!

Gromlet Omelet - \$3.50

2 Egg* Omelet with White Cheddar Cheese and Spinach

Fruit n' Yogurt Bowl - \$3.50

Greek Yogurt, Seasonal Berries, Granola and Honey

Bitty Cakes N' Bakes - \$4.50

Silver dollar 7 Grain Hotcakes served with Bacon, grass fed Butter and Organic Maple Syrup

LUNCH

All lil' lunches come with Tortilla Chips or Veggie Sticks and a Boxed Juice or Cucumber Water

Upgrade your chips or veggies to a Fruit Cup for \$1.00

Pickin' Chicken and Avocado Bowl - \$3.50

Pulled Chicken and sliced Avocado. Perfect finger foods!

PB&... - \$3.50

Peanut Butter on Whole Grain Bread with your choice of two of the following options: Honey, Banana, Jelly and Granola

Kiddydilla - \$4.00

Add Chicken +\$1.25

White Cheddar Cheese and Sliced Avocado grilled in 1/2 Flour Tortilla

Grilled Cheesin' - \$4.50

White Cheddar Cheese & Microgreens** grilled between two pieces of Whole Grain Bread and cut in to bite sized morsels

Silly Wabbit Salad - \$5.00 OR Wrap - \$5.75

Add Chicken +\$1.25

Romaine Lettuce, White Cheddar Cheese and Carrots served with a dressing of your choice

*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.

SMALL BITES & SIDES

SMALL BITES

Superchop Salad \$4.25

Choose Caesar, Jerk, Buffalo or Goddess

Soup - \$4.75

8oz serving of our Soup of the Day

Avocado Toast -\$4.75

Whole Grain Toast, topped with Avocado Spread, Pico De Gallo and Microgreens**

SMALL SIDES

Fruit Cup - \$2.00

Seasonal Berries and

Sliced Banana

Quinoa Cup - \$1.50

Quinoa, Cucumber,

Tomato, Lemon Juice

LARGE SIDES

Spinach Salad - \$3.00

Spinach, Tomato, Cucumber, Carrots, Microgreens** and a dressing of your choice.

Chips N' Dip - \$3.75

Chips: Veggie Sticks, Tortilla or Pita Chips

Dips: Corn & Bean Salsa, Mango Salsa, Traditional Hummus, or Black Bean Hummus

DRINKS & SPECIALTY BEVERAGES

Cucumber Water \$0.00

Iced Green Tea \$1.50

Fresh Squeezed Lemonade \$2.00 / \$3.00

Hot Tea \$1.50

Coffee \$1.50 / \$2.00

Iced Coffee \$1.50 / \$2.25

Orange Juice \$2.00

2% Milk \$1.50

Kombucha on Tap

4 oz Cup \$2.00

12 oz Cup \$4.00

20 oz Cup \$6.50

34oz Bail Top \$15.75

Refill \$10.75

64oz Growler \$25.00

Refill \$20.00

ACAI & PITAYA

CHOOSE YOUR BLEND WISELY:

Original Acai Blend : Acai, Organic Blueberries, Pure Cane Sugar and Guarana

Pure Acai Blend : Acai and Blueberries

Pure Pitaya Blend : Pitaya and Strawberries

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

SMOOTHIE

\$8.50 - Any Blend above with a whole Banana and Unsweetened Vanilla Almond Milk or Apple Juice

BOWLS

Plain Jane - sm. - \$5.50 reg - \$8.00

Blended In: Apple Juice, Banana

Topped With: Granola, Sliced Banana

My Friend Winnie - \$10.50

Blended In: Unsweetened Vanilla Almond Milk,

Banana, Peanut Butter, Honey

Topped With: Granola, Banana, Peanut Butter, Honey, Bee Pollen

2nd Rodeo - \$11.00

Blended In: Unsweetened Vanilla Almond Milk,

Avocado, Microgreens**

Topped With: Mixed Chopped Nuts, Hemp Hearts, Banana

Berry Bee Good - \$11.50

Blended In: Apple Juice, Chia Seeds, Banana, Greek Yogurt

Topped With: Granola, Bananas, Seasonal Berries, Honey, Chia Seeds

CocoCacao - \$11.50

Blended In: Unsweetened Vanilla Almond Milk,

Banana Cacao Powder, Maca Powder

Topped With: Granola, Cacao Nibs, Shaved Coconut, Strawberries

Desserted Island - \$12.00

Blended In: Coconut Water, Banana, Bee Pollen

Topped With: Granola, Banana, Pineapple, Shaved Coconut, Hemp Seed

Kitchen Sink - \$12.50

Blended In: Unsweetened Vanilla Almond Milk,

Banana, Maca Powder, Honey

Topped With: Granola, Bananas, Berries, Chia Seeds, Hemp Hearts, Bee Pollen, Peanut Butter, Honey

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Kindbelly
TAKE OUT
www.kindbelly.com
(843) 712-1731



316 79th Ave North Myrtle Beach, SC 29572

M-F 7:00am - 4:30pm SAT 10:00am - 2:00pm SUN Closed

SMOOTHIES

Small (12oz) \$5.00 Large (20oz) \$7.50

ADDITIVES: +\$0.85

EPIC PLANTED BASED PROTEIN: Vanilla Lucuma or Green Kingdom

OTHER ADDITIVES: Bee Pollen, Maca, or Chia Seeds

All Smoothies come with organic Microgreens** blended in

King Louie's Cup

Unsweetened Vanilla Almond Milk, Cocoa Powder, Banana and Peanut Butter

Berryjuice, Berryjuice, Berryjuice

Apple Juice, Greek Yogurt, Triple Berry Mix and Banana

Dmango Unchained

Coconut Water, Banana, Mango, Pineapple and Carrot

Red Rushin'

Apple-Pomegranate Juice, Strawberries, Raspberries, Banana, Carrots and Beets

Go Green or Go Home

Apple Juice, Broccoli, Carrot, Avocado, Honey and Ginger

Taste of Thailand

Coconut Water, Fresh Mint, Green Tea, Lime Juice, Cucumber, Avocado, Honey and Ginger

Flying Purple Peanut Eater

Unsweetened Vanilla Almond Milk, Blueberries, Spinach, Peanut Butter and Banana

Tropikale Storm

Coconut Water, Pineapple, Banana and Kale

BREAKFAST

*Substitute any Eggs for "Veggs" (tofu scramble)
+ \$.50/egg*

Berries, Bees N' Cream - \$7.50

Greek Yogurt topped with Berry Compote, Granola,
Seasonal Berries and drizzled with Honey

Steel Cut Oats

Classy - \$6.50

With Flax, Chia and Agave topped with sliced Banana
and mixed chopped Nuts.

Fancy Pants - \$8.50

With Flax, Chia and Agave, topped with farm fresh,
local Goat Cheese and seasonal Berries

Breaky Burrito - \$6.00

Add Pico or Avocado + \$1.25 each

2 Eggs* Scrambled, Potatoes, Onions, Peppers and
White Cheddar Cheese wrapped in a Flour
Tortilla, grilled and served with a side of Franks Red Hot
Sauce

Cali Coast Toast - \$5.50

Whole Grain Toast topped with Avocado spread, Pico
de Gallo, Microgreens** and 1 Egg* cooked your way

Ranchero Plate - \$7.00

2 Eggs* your way, Quinoa-Bean Salad, Pico De Gallo,
sliced Avocado and warm Corn Tortillas

Be Fast Plate - \$7.00

2 Eggs* your way, Chicken Hash, sliced Tomato and
Avocado, Whole Grain Toast and a side of Blackberry
BBQ Sauce

3x3 Omelet - \$7.50

3 Egg* Omelet with your choice of 3 of the following:
Diced Bell Peppers - Diced Onion - Mushrooms - Green
Onions - Spinach - Arugula - Pico de Gallo Diced
Apple - Cheddar Cheese - Pulled Chicken - Bacon

7 Grain Cakes N' Bakes - \$8.00

2 Seven Grain Pancakes served with Bacon, grass fed
Butter and Maple Syrup or Berry Compote

Sunrise Salmon & Egg* Plate - \$10.75

4 oz Wild Caught Salmon Steak and 1 Egg, topped
with diced Green Onion and served with a side of
wilted Spinach

LUNCH

COMBO

*Add a small side item and a cucumber water or iced
green tea to any entrée item for + \$2.00
OR make it a large side item + \$3.00*

+ADD PROTEIN

Local, Cage Free Pulled Chicken.....	\$2.75
Local, Cage Free Chicken Salad.....	\$3.50
Grilled Organic Tofu.....	\$2.00
Organic Chick Peas.....	\$0.75
Wild Caught Salmon (4oz).....	\$8.00
Line Caught Poke Tuna* (4oz).....	\$6.50
Line Caught Tuna Steak* (4oz).....	\$5.00
Tuna Salad.....	\$2.75

FROM THE FIRE

Grain Bowls - \$5.00

Organic Grain, sautéed with a pinch of Parmesan
Cheese and a Veggie mix.

Drop the Grain and go all Veggies for +\$0.75

CHOOSE ONE OF EACH

OILS

Grass Fed Butter
Organic Olive Oil
Organic Coconut Oil

GRAINS

Brown Rice
Quinoa
Brown Rice/Quinoa Blend

VEGGIE MIXES

Superchop
Peppers/Onions
Broccoli/Carrots

All the Beans Burrito - \$5.50

Add Pico or Avocado + \$1.25 each

Brown Rice, Bean Salad, Peppers, Onions, and White
Cheddar Cheese wrapped up and grilled in a Flour
Tortilla and served with a side of Franks Red Hot
Sauce

BBBBQ Chicken S sammie - \$6.50

Pulled Chicken in our Blackberry BBQ Sauce topped
with Superchop Slaw and served between two slices
of toasted Whole Grain Bread

FROM THE FIRE

Grown Cheese - \$6.50

White Cheddar, Blue Cheese Crumbles, Sliced Roma
Tomato, and Sliced Avocado grilled
between 2 slices of Whole Grain Bread.

Kind of a Big Dilla- \$7.50

White Cheddar and our Pico De Gallo grilled in a
Flour Tortilla and served with our
Avocado Spread for dipping'.

Mamas Simple Chicken S sammie - \$8.00

Pulled Chicken, Avocado, Mayo, Microgreens, Sea
Salt and Pepper served between two slices of
toasted Whole Grain Bread

One Fish, Two Fish Tacos - \$9.50

2 Corn Tacos with Line Caught Tuna, Superchop, Lime
Crema, Avocado and Pico de Gallo

SALADS

Make any salad a wrap or sandwich!

Naked Caesar - \$7.00

Kale & Romaine Lettuce Mix, Tomato, Parmesan
Cheese and Microgreens** served with Caesar Dressing

Home on the Ranch - \$7.00

Kale & Romaine Lettuce Mix, Broccoli, Celery, Carrot,
Cucumber, Tomato, Avocado, White
Cheddar Cheese and Microgreens** served with
Ranch Dressing

City Salad - \$7.00

Kale marinated in Soy Vinaigrette, topped with Sesame
Seeds, Carrots, Cucumber, Avocado and
Microgreens**

Naked Goddess - \$7.00

Kale & Romaine Lettuce Mix, Cucumber, Tomato,
Carrot, Onion, Chick Peas, Avocado and
Microgreens** served with Goddess Dressing

How Ya Like Them Apples - \$7.00

Arugula, Apples, Parmesan Cheese, Pine Nuts and
Microgreens** served with Lemon
Vinaigrette Dressing

Berry Goats Gruff - \$7.00

Spinach, Beets, Strawberries, Candied Walnuts, Goat
Cheese and Microgreens** served with
Raspberry Vinaigrette

WRAPS

*CHOOSE: Flour Tortilla, Corn Tacos, Whole Grain
Bread, Paleo Wrap (+\$2.50)*

Good Goddess - \$7.00

Goddess Superchop, Hummus, Tomato, Cucumber,
Carrot and Avocado served with
Goddess Dressing

Buffalo Soldier - \$7.00

Buffalo Superchop, Blue Cheese Crumbles, Celery,
Carrot, Cucumber and Avocado served with Ranch
Dressing

Caesar in a Blanket - \$7.00

Caesar Superchop, Tomato and Parmesan Cheese
served with Caesar Dressing

Island Stylin' - \$7.00

Jamaican Jerk Superchop, Black Bean Hummus,
Carrot, Tomato and Fruit Salsa served with Raspberry
Vinaigrette Dressing

OTHER THINGS

Make any salad a wrap or sandwich!

Tipsy Tuna Salad - \$5.50

Our Malt Vinegar Tuna Salad, served on a bed of Kale
and Romaine Lettuce mix and topped with Tomato,
Cucumber and Microgreens**

Vegg Salad S sammie- \$8.00

Our vegan Egg Salad on a bead of Kale and Romaine
Lettuce mix with sliced Avocado and topped with
Microgreens*

Super Chicken Salad - \$8.00

Our Greek Yogurt Chicken Salad served on a bed of
Kale & Romaine Lettuce mix and topped
*with Tomato, Cucumber and Microgreens**

Poke* Bowl - \$8.50

4oz portion of line caught, raw Tuna*, cubed, and marinated
in a spicy Sesame Vinaigrette, served with Brown Rice and
Kale Salad

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.*

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it is recommended that you do not consume them.*

**Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness*