



205-823-7524

<http://www.thetakeoutbham.com>

.Kale Me Crazy

Drinks provided by The TakeOut Bham

Bottles of soda, water.

Bottles

All Soda are 20 ounce bottles not including Red Bull and Tea

WE WILL SUSPENDING DRINKS SALES FOR THE FORESEEABLE FUTURE IN ORDER TO PROTECT OUR DRIVER PARTNERS

SORRY FOR THE INCONVENIENCE

Pepsi	\$2.49
Diet Pepsi	\$2.49
12oz Red Bull	\$5.29
12oz Sugar Free Red Bull	\$5.29
Dr. Pepper	\$2.49
Coke	\$2.49
Diet Dr. Pepper	\$2.49
Diet Coke	\$2.49
Sprite	\$2.49
Mountain Dew	\$2.49
Diet Mountain Dew	\$2.49
Bottle Water	\$1.99
20 ounce bottle	

SMOOTHIES

Our almond milk is made fresh in house daily!

Recovery	\$9.00
<i>banana, cherries, cashews, coconut yogurt, almond milk, vegan protein</i>	
Grounded	\$8.00
<i>almond milk, hemp protein, raw cacao, banana, hemp seeds, brazil nuts, dates, cinnamon, raw honey</i>	
Burning Kale	\$7.00
<i>celery, cucumber, kale, lemon, apple, cayenne</i>	
Green Dream	\$8.00
<i>kale, spinach, pineapple, apple, mint leaves, coconut water</i>	
Kale-icious	\$7.50
<i>kale, spinach, apple, banana, almond milk, flax seeds</i>	
Refresh	\$7.50
<i>kale, celery, apple, banana, mint, coconut meat, coconut milk, maple syrup</i>	
Recharge	\$9.00
<i>kale, chard, coconut yogurt, almond milk, banana, vegan protein</i>	
Power House	\$10.00
<i>avocado, blueberries, strawberries, cherries, cashews, flax seeds, almond milk, vegan protein</i>	
Pink Splash	\$7.00
<i>beet, apple, strawberries, coconut yogurt, date, lime</i>	
Super Matcha	\$8.00
<i>matcha green tea, banana, blueberries, spinach, chia seeds,</i>	

SHOTS

KMC Shot	\$5.00
<i>wheatgrass, ginger, cayenne, lemon</i>	
Wellness Shot	\$5.00
<i>ginger, oil of oregano, garlic extract, turmeric, cayenne, lemon</i>	
The Painkiller	\$4.50
<i>ginger, lime, turmeric, raw honey</i>	
Brain-On	\$4.00
<i>e3 live (organic, wild harvested blue-green algae) and "brain-on" for mood elevation and focus</i>	
Aloe Vera Shot	\$2.00
1oz Wheatgrass Shot	\$3.00
2oz Wheatgrass Shot	\$5.50
1oz Ginger Shot	\$2.50
2oz Ginger Shot	\$3.50

COFFEE & TEA

Power Iced Latte	\$7.00
<i>organic coffee, raw cacao, almond milk, maple syrup, vegan protein</i>	
KMC Iced Latte	\$5.00
<i>organic coffee, raw cacao, almond milk, maple syrup, cinnamon</i>	
Iced Matcha Tea	\$5.50
<i>matcha, maple syrup, almond milk, goji berries</i>	

TOASTS

Add a 1/2 salad for \$5.00 (1/2 Smoked Salmon salad for \$6.50)

Single Avocado Toast	\$6.00
<i>Ezekiel bread, avocado, organic hard boiled egg, dijon mustard, scallion mix</i>	
Double Avocado Toast	\$9.50
<i>Ezekiel bread, avocado, organic hard boiled egg, dijon mustard, scallion mix</i>	
Single Salmon Toast	\$8.00
<i>sustainable smoked salmon, goat cheese, radish, pickled red onions, dill, scallion mix, ezeziel bread</i>	
Double Salmon Toast	\$14.00
<i>sustainable smoked salmon, goat cheese, radish, pickled red onions, dill, scallion mix, ezeziel bread</i>	
Single Almond Butter Toast	\$4.50
<i>Ezekiel bread, avocado, organic hard boiled egg, dijon mustard, scallion mix</i>	
Double Almond Butter Toast	\$8.00
<i>Ezekiel bread, avocado, organic hard boiled egg, dijon mustard, scallion mix</i>	

SALADS

Mediterranean Hummus	\$8.00
<i>house-made hummus, celery, grilled spinach tortillas</i>	
Kale Salad	\$11.00
<i>kale, cabbage, quinoa, serrano peppers, scallion, mint, cilantro, craisins, carrots, crushed peanuts,</i>	

ACAI BOWLS

Acai Bowl	\$9.50
<i>organic acai, coconut milk, date, blueberries, cashews, banana and strawberries. Topped with banana, coconut, gluten-free granola, mint, and raw honey</i>	
Deluxe Acai Bowl	\$11.50
<i>our traditional acai bowl topped with banana, granola, chia seeds, hemp seeds, goji berries, sliced almonds, blueberries and raw honey</i>	

WRAPS

Add any 1/2 salad for \$5 (Smoked Salmon salad for 6.50). Add 0.50 for gluten free wraps

Breakfast Wrap	\$9.50
<i>organic hard-boiled egg, avocado, tomato, feta, spinach, and arugula wrapped in a whole wheat tortilla and served grilled</i>	
Vegan Wrap	\$9.00
<i>kale, quinoa, cabbage, carrots, pickled red onions, avocado and hummus wrapped in a spinach tortilla and served with tahini</i>	
Tuna Wrap	\$10.50
<i>albacore tuna, celery, red onion, lettuce, carrots, kalamata olives, non-dairy mayonnaise and sriracha wrapped in a whole wheat tortilla (Add mozzarella and grill it!)</i>	
Turkey Wrap	\$10.50
<i>organic turkey, roasted red peppers, avocado, hummus, pickled red onions, lettuce wrapped in a spinach tortilla</i>	
Chicken Pesto Wrap	\$11.00
<i>roasted chicken, basil pesto, sun-dried tomatoes, mozzarella cheese, lettuce, and cucumbers wrapped in a spinach tortilla and served grilled</i>	

COMBOS

Breakfast Wrap Combo	\$12.00
<i>organic hard-boiled egg, avocado, tomato, feta, spinach, and arugula wrapped in a whole wheat tortilla and served grilled</i>	
Vegan Wrap Combo	\$11.50
<i>kale, quinoa, cabbage, carrots, pickled red onions, avocado and hummus wrapped in a spinach tortilla and served with tahini</i>	
Tuna Wrap Combo	\$12.50
<i>albacore tuna, celery, red onion, lettuce, carrots, kalamata olives, non-dairy mayonnaise and sriracha wrapped in a whole wheat tortilla (Add mozzarella and grill it!)</i>	
Turkey Wrap Combo	\$13.00
<i>organic turkey, roasted red peppers, avocado, hummus, pickled red onions, lettuce wrapped in a spinach tortilla</i>	
Chicken Pesto Wrap Combo	\$13.50

<i>agave, almond milk</i>	
The Warrior	\$8.50
<i>maca powder, spirulina, goji berries, flax seeds, banana, spinach, hemp milk, vanilla extract, agave</i>	
Tropical Trippin'	\$7.50
<i>orange, mango, pineapple, coconut yogurt, coconut milk</i>	

JUICES

Kale Yeah!	\$8.50
<i>kale, spinach, cucumber, apple, lemon</i>	
Go Green	\$8.50
<i>kale, spinach, chard, cucumber, celery</i>	
Energizer	\$8.50
<i>spinach, carrot, cucumber, celery, ginger</i>	
Pear-adise	\$8.50
<i>pear, pineapple, spinach, ginger</i>	
Revive	\$8.50
<i>kale, cucumber, pineapple, ginger</i>	
Beet Up	\$8.50
<i>beet, apple, lemon, ginger</i>	
Beet'l Juice	\$8.50
<i>apple, carrot, beet, celery, lime, ginger</i>	
Fire Fighter	\$8.50
<i>carrot, apple, celery, ginger, cayenne</i>	
The Glow	\$8.50
<i>pineapple, grapefruit, turmeric</i>	
Almond Milk	\$8.00
<i>h2o, almonds, date, vanilla extract, sea salt</i>	
So Celery	\$9.00
<i>organic celery</i>	

<i>hemp seeds, peanut dressing</i>	
Smoked Salmon Salad	\$13.50
<i>lettuce, sustainable smoked salmon, organic hard boiled egg, radish, cucumber, pickled red onions, croutons, mustard dill vinaigrette</i>	
Pear Apple Salad	\$9.50
<i>lettuce, pear, apple, raisins, goat cheese, walnuts, orange balsamic vinaigrette</i>	
Greek Salad	\$11.00
<i>lettuce, cucumber, tomatoes, bell pepper, kalamata olives, pepperoncini, garbanzo beans, feta cheese, za'atar, lemon vinaigrette</i>	
Quinoa Bowl	\$11.00
<i>quinoa, kale, carrots, cucumber, feta, avocado, green peppers, tomatoes, scallion, mint, cilantro, serrano pepper, garbanzo beans, with lemon vinaigrette or peanut dressing</i>	

roasted chicken, basil pesto, sun-dried tomatoes, mozzarella cheese, lettuce, and cucumbers wrapped in a spinach tortilla and served grilled

POKE

Poke Bowl	\$13.50
<i>Wild caught ahi tuna dressed in our house marinade, avocado, cucumber, carrots, edamame, radish, toasted sesame seeds, spicy vegan mayonnaise, and furikake served on a bed of jasmine rice</i>	