



Health Conscious

Wholesome food that tastes good



Made Fresh Daily

No preservatives, artificial flavors or colors



Green To-Go

100% compostable eco products

award-winning salads

Mexican Chicken / GF

The Works! Chopped Romaine Hearts, Roasted Chicken, Pico de Gallo, Black Beans, Sliced Avocado, Shredded Monterey Jack & Crisp Tortilla Strips served with Spicy Ranch

17.99

Broughton Cobb / GF

Mixed Greens, Tomatoes, Vidalia Onions, Egg, Carrots, Uncured Cherrywood Bacon, Roasted Chicken, Gorgonzola & Sliced Avocado

17.99

Wild GA. Shrimp Salad / GF

Sautéed Wild Georgia Shrimp, Sliced Avocado, Tomatoes, Banana Peppers, Julienned Red Onion & Crumbled Feta on a Bed of Mixed Greens

17.99

Vegetarian / V+, V

Homemade Hummus, Quinoa, Kalamata Olives, Carrots, Tomatoes & Cucumbers on Mixed Greens with Toasted Pita Points. Choice of Tiger Tofu or Feta (do both for \$3.49)

17.50

Southwestern Chicken Caesar / GF

Romaine Hearts, Roasted Chicken, Tomatoes, Sliced Avocado & Shredded Asiago tossed in our Spicy Chipotle Caesar Dressing

17.50

Mexi Shrimp Caesar / GF

Romaine Hearts, Blackened Wild Georgia Shrimp, Fresh Corn Salsa, Black Beans, Tomatoes, Sliced Avocado & Shredded Asiago. Topped with Crisp Tortilla Strips and served with our Spicy Chipotle Caesar Dressing

17.99

Green Goddess / V+, V, GF

Lemon Roasted Broccoli, Warm Quinoa, Sliced Cucumbers, Green Peas, Sliced Avocado and Pecans, on a bed of Mixed Greens

17.99

Vegan Taco Bowl / V+, V, GF, N

Quinoa topped with our Housemade Vegan Walnut "Chorizo" Meat, Fresh Corn Salsa, Pico de Gallo, Guacamole, Black Beans and Crisp Corn Tortilla Strips on a bed of Mixed Greens

17.99

Olympic Greek / V, GF

Cucumbers, Roasted Red & Yellow Peppers, Tomatoes, Banana Peppers, Kalamata Olives, Julienned Red Onion and Carrots, Tossed in our Housemade Lemon Herb Dressing with Crumbled Feta and Agean Herbs on a Bed of Romaine Hearts

Lg 15.99

Med 11.99

West Indian Trader / N

Curried Chicken Salad, Candied Walnuts, Mixed Fresh Fruit, Tomatoes, Sliced Cucumbers, Carrots, Red Onions on a Bed of Mixed Greens

Lg 16.99

Med 12.99

add to your salad

Sauteed Wild Georgia Shrimp	8.49
Slow-Cooked Tender Short Rib	8.49
Chicken- Roasted, Lime or Jerk Marinated	6.99
Curry Chicken Salad	6.99
Tuna Salad	5.99
Hunter Cattle Beef Pattie	6.99
Turkey Burger Pattie	6.99
Black-eyed Pea Pattie, Harvest Lentil Pattie	5.89
Tiger Tofu, Walnut "Chorizo" Meat	5.89
Uncured Cherrywood Bacon	4.99
Premium Extra Ingredient - Veggies, Fruits, Cheeses	2.25
Avocado	2.25
Extra Dressing	1.99 lg/ 1.25 sm

housemade dressings

All dressing are GF

Small 1.25 / Large 1.99

Chipotle Caesar
Creamy Ranch
Spicy Ranch
Gorgonzola

Vegan / Vegetarian

Cilantro-Lime Vinaigrette
Balsamic Vinaigrette
Lemon Herb Vinaigrette
EVOO & Cider Vinaigrette
Vegan Green Goddess

A Local Favorite

Lime Chicken & Goat Cheese Enchilada / 17.50

Roasted Lime Chicken, Herbed Goat Cheese, Caramelized Onions and Black Beans. Topped with Melted Monterey Jack Cheese, Valentina Sauce, Housemade Avo Crema and Pico de Gallo, served with Mixed Greens Salad & our Cilantro Sour Cream.

best tacos in town

\$16.99

Three Tacos loaded with Guac, Latin Slaw, Pico de Gallo and Cilantro Sour Cream Served with Mixed Greens Salad. Tacos come in Fresh FLOUR Tortillas, substitute NGMO, GF CORN Tortillas (+0.60).

Sorry, no mix & match tacos.

Add a side of mac & cheese for \$5.49, tater tots, sweet potato fries or crinkle fries for \$4.25.

BBQ Pulled Pork & Pineapple

Tender All Natural BBQ Pork & Fresh Pineapple Salsa.

Spicy Jerk Chicken

Melted Jack & Fresh Pineapple Salsa.

Southern Fried Chicken

Crispy Chicken Tenders, Dill Pickle Chips & Spicy Mayo.

Crispy Baja Wild Cod

Beer Battered Cod with homemade Chipotle Mayo Sauce. (+\$1)

Roasted Lime Chicken

Roasted Lime Chicken, Black Beans, Melted Jack and Local Corn Salsa.

Southwestern Shrimp

Local Seared Shrimp with Spicy Adobo. (+\$1)

Vegan Walnut "Chorizo" / V+, V, N

Vegan Seasoned Walnut Meat (+\$1)

Tiger Tofu / V+, V

Sweet & Spicy Garlic Ginger Marinade.

vegan tator tot nachos

\$13.89

(V+, V, N) Crispy Tots covered in Housemade Cashew Nacho Cheese, Black Beans, Pico de Gallo & Romaine Lettuce. Sprinkled with Pico Salt. (Add Guac +\$2)

quesadillas

\$15.89

Wild GA. Shrimp & Avocado

with Melted Pepperjack, Guac, Black Beans, Pico de Gallo and Valentina Sauce in a Crispy Flour Tortilla (+\$1).

Short Rib

Slow-Cooked & Tender Short Rib, Basil Pesto, Roasted Mushrooms, Caramelized Onions & Mozzarella Cheese (+\$1).

Roasted Chicken & Goat Cheese

Roasted Chicken with Melted Goat Cheese, Mozzarella, Roasted Red & Yellow Peppers, Caramelized Onions & Basil Pesto in a Crispy Flour Tortilla.

Tiger Tofu & Vegetable / V+, V

Seared Tofu, Roasted Eggplant, Squash, Mushrooms & Peppers with Vegan Mozzarella (+1).

burritos

\$14.89

Roasted Lime Chicken

with Black Beans, Pico de Gallo, Guac and Melted Pepperjack.

Roasted Pork

with Grilled Pineapple Salsa, Guac and Melted Pepperjack.

Tofu & Vegetable / V+, V

Seared Tofu, Roasted Eggplant, Squash, Mushrooms and Peppers with Vegan Mozzarella (+1).

Served with mixed greens. Add a side of mac & cheese for \$5.49, tater tots, sweet potato fries or crinkle fries for \$4.25.

panini

\$14.89

sandwiches

\$13.89

Served with mixed greens & pickle / Add a side of mac & cheese for \$5.49, tater tots, sweet potato fries or crinkle fries for \$4.25.

Roasted Turkey Cubano

Roasted All-Natural Turkey & Uncured Smokehouse Ham, Melted Swiss, Chipotle Mayo, Dill Pickles & Mixed Greens. Make it a Classic and sub Roasted Pork +\$2.99

Kayak Club

Sliced Roasted Chicken, Uncured Cherrywood Bacon, Melted Cheddar, Sliced Tomatoes, Red Onions, Mixed Greens and Herb Mayo.

Greek Chicken

Sliced Roasted Chicken, Basil Pesto, Tomatoes, Kalamata Olives, Feta Cheese, Herb Mayo & Mixed Greens.

Spicy Jerk Chicken

Not for the Faint of Heart! Marinated Jerk Roasted Chicken, Melted Jack Cheese, Mixed Greens & Sliced Tomatoes with Herb Mayo.

Balsamico / V+, V

Oven Roasted Eggplant, Squash, Red Peppers, Mushrooms, Melted Vegan Mozzarella & Mixed Greens.

Homemade Soups

Cup 6.49
Bowl 8.49

Hearty Turkey Chili (Add: Cheddar Cheese, Sour Cream & Diced Onions +\$1/EA)

Vegan Tomato Basil (Contains Coconut Milk) / V+, V

Soup of the Day (Ask Your Server)

Turkey Avocado Melt

Sliced All-Natural Turkey, Sliced Tomatoes, Sliced Avocado & Melted Mozzarella on Toasted Sourdough.

Tuna Melt

Tuna Salad on Toasted Sourdough with Melted Cheddar, Sliced Tomatoes & Caramelized Vidalia Onions.

burgers

\$15.89

Black-eyed Pea Burger / V

Served on a Brioche Bun with Mixed Greens, Red Onion, Sliced Avocado and our Bangin' Burger Sauce.

Vegan Harvest Lentil Burger / V+, V, N

Housemade Vegan Burger Pattie Served on Brioche Bun, with Vegan Mayo, Vegan Mozzarella, Lettuce, Tomato, Red Onion & Dill Pickle Chips. **Make it GF with Udi's GF Bun.**

Turkey Burger

Housemade Turkey Pattie Loaded with Cheddar Cheese, Caramelized Onions, Pickles, Lettuce & Tomato on Toasted Brioche with our Bangin' Burger Sauce. Served with Sweet Potato Fries (+\$1).

Kayak's Cheeseburger

6 oz of Local Hunter Cattle Grassfed Beef, Bangin' Burger Sauce, Melted American Cheese, served with Lettuce, Tomato, Red Onion & Pickle Chips. Served with Sweet Potato Fries (+\$1). (Add: Bacon \$2.99, Fried Egg \$1.50, Mushrooms \$1.25 or Jalapenos \$0.99)

half & half

\$15.99

Choose Half a Sandwich with your Choice of Homemade Soup or a Small Salad. **Please choose from the options below ONLY.**

Sandwiches

Kayak Club
Roasted Turkey Cubano
Turkey Avocado Melt
Tuna Melt
Grilled Cheese / V
Balsamico / V+, V

Soups

Hearty Turkey Chili
Tomato Basil / V+, V
Soup of the Day

Salads

West Indian Trader / N
Olympic Greek / V
Southwestern Chicken Caesar / GF

bread

Crunch Oat Wheat Sourdough
Panini Loaf
Udi's® Gluten-free bun (\$2.25) / GF
Gluten-free Wrap (\$3.25) / GF
Herbed Flour Wrap

Kickin' Kayak Hot Wings

(OUR WINGS ARE COOKED TO ORDER, SO PLEASE BE PATIENT - 20 MIN)

DOZEN \$18.99

HALF DOZEN \$13.99

best wings in town!

Jumbo wings served with Celery, Carrots and one of our Homemade Sauces: Ranch or Gorgonzola

BBQ

Lemon Pepper

Frank's Classic

Hot K-Salsa (very spicy)

Honey Fire (spicy-made with K-Salsa)

Korean Red Hots

vegan boneless wings

\$11.89

(V+, V) Battered fried cauliflower bites tossed in Buffalo sauce and served with a side of Vegan Green Goddess Sauce.

tasty apps & sides

Short Rib Mac and Cheese	12.49
Really Good Mac & Cheese (V)	5.49
Fresh Hummus & Toasted Pita (V+, V)	7.25
Queso & Chips (GF)	7.25
Vegan Queso & Chips (V+, V, GF)	8.25
Veggie Medley	5.49
Tater Tots (V)	4.25
Sweet Potato Fries (V)	4.25
Crinkle Fries (V)	4.25
Route 11 Lightly Salted or Voodoo Spicy Potato Chips (V+, V, GF)	3

kids corner

\$7.49

Served with pickle

Cheese Quesadilla / V (Add Chicken for +\$3.99)

Grilled Cheese / V

Chicken Chunks

Peanut Butter & Jelly Sandwich / V

sweets

\$4.25

All desserts are made fresh in house

Jumbo Oatmeal Chocolate Chip Cookie

Fudge Brownie

Vegan Cookie/ V+, V (+\$1)

Vegan Cake/ V+, V (+\$2.25)

Check our baked goods rack for more options!

Beverages

Sweet or Unsweet Tea add Organic Strawberry or Peach Puree for +\$1	3.25
Homemade Lemonade (no refills)	3.99
Arnold Palmer (no refills)	3.49
Freshly Brewed Coffee	3.49
Organic Green or Black Tea	2.99
Soft Drinks	2.99
Fiji Bottled Water	3.25
Montane Sparkling Spring Water	2.25
Honest Kids Fruit Juice	2.49
Pellegrino	3.49
Bottle Mexican Coke	3.49
Abita Root Beer	3.49
Kombucha	5.49

Check our cooler for more specialty drinks!

Mocktails

\$7.45

Cucumber Lemonade, muddled fresh cucumber with housemade lemonade

Strawberry Mint Tea, organic strawberry puree, fresh mint and iced tea

Mint Condition, housemade lemonade, honey, fresh mint and lime

Nojito, fresh mint, agave syrup, lime juice and soda water

Check our Clipboard for Daily Specials, Cocktails, Wine & Beer

VISIT OUR WEBSITE FOR MORE INFO EATKAYAK.COM