



**DINE-IN,
TAKE-OUT
+ DELIVERY**

GET BACK TO HUMAN®
BREAKFAST. LUNCH. DINNER. SNACKS. MARKET.

212.510.8919

**WEEKDAYS 7AM-10PM
WEEKENDS 9AM-9PM**

FOOD ALLERGIES?

Please share with us first.

**MENU IS ENTIRELY GLUTEN-FREE.
DAIRY/GRAIN-FREE UNLESS NOTED. NO CANOLA OIL.**



MAP SHOWS MAIN ZONE. HIGHER MINIMUM ORDER ZONES EXIST.

**hukitchen.com
78 FIFTH AVE, NYC**

{ BREAKFAST }

PARFAITS + OATMEAL

- NO-YO TARO PARFAIT** 7.95
taro pudding, org apple, mango, grain-free nut + seed granola
- NO-YO PRIMAL PARFAIT** 7.95
org vanilla chia pudding, org seasonal berry, grain-free nut + seed granola
- PUMPKIN MACA PARFAIT** 7.95
org coconut milk, taro root, pumpkin, pure maple syrup, maca, grain-free almond butter granola, org coconut sugar
- NO-YO MATCHA PARFAIT** 7.95
org coconut milk, org chia seed, org coconut sugar, banana, housemade almond butter, org matcha, grain-free almond butter granola
- NUTBERRY OATMEAL (HOT) (contains grains)** 7.95
GF steel-cut oats, maple walnut, org blueberry

PALEO BREAKFAST MEALS

- JORDY CAKES** 8.95
banana, almond, org egg, org coconut, unfiltered raw honey, org seasonal berries (OPTIONAL: maple syrup, org cashew cream)
- BREAKFAST BURRITO** 8.95
1. paleo wrap, org egg, org pulled chicken, mushroom, carrot, org celery, onion, housemade hot sauce (contains jalapeño pepper, onion, garlic)
2. paleo wrap, org egg white, sweet potato hash, market veggie medley
- PRIMAL BREAKFAST SANDWICH** 8.95
org egg, Berkshire pork sausage, org kale, housemade ketchup (contains garlic, onion) on paleo/grain-free: **HÜ** bread **OR** **HÜ** biscuit (weekends only)
- 2 EGGS ANY STYLE WITH 2 SIDES AND TOAST** 8.95
org eggs, choice of 2 sides and paleo/grain-free: **HÜ** bread **OR** **HÜ** biscuit (weekends only)
- HOT BREAKFAST BOWL** One Size 8.95
root vegetable mash **OR** org quinoa, topped with veggie medley and org egg (scrambled **OR** sunny-side up)

BREAKFAST SIDES 3.50 / ea.

- BREAKFAST VEGGIE MEDLEY** org escarole, org swiss chard, carrot, garlic
- SWEET POTATO HASH** onion
- ROOT VEGETABLE MASH** sweet potato, squash, parsnip, carrot
- BERKSHIRE PORK BREAKFAST SAUSAGE** org coconut sugar, maple syrup, carrot, sage, onion, cayenne
- ORGANIC CHICKEN BREAKFAST SAUSAGE** maple syrup, carrot, sage, onion, cayenne
- BERKSHIRE PORK BACON (SEA SALT ONLY)**

GRAIN/DAIRY-FREE MUFFINS 4.50 / ea.

Org Espresso / Banana Nut / Org Seasonal Berry / Daily Special

{ mashbar™ }

Served all-day.
One Size 5.95

- ORGANIC BERRY CONCOCTION**
org vanilla chia pudding, org seasonal berries, cashew cream
- ORCHARD APPLE**
org apple, housemade almond butter, org toasted coconut, cinnamon
- BANANA CASHEW CREAM**
grain-free granola, banana, cashew cream, org goji berry
- THE BONITO**
housemade almond butter, grain-free granola, cashew cream, kiwi
- CHOCOLATE CHIA**
org chocolate chia pudding, blondie bites, maple walnut, cashew cream
- TARO TROUBLE NO-YO**
grain-free granola, taro pudding, org seasonal berries, mango, org puffed quinoa

{ JUICES }

16 oz. 9.95 (unless otherwise noted)

- CARROT, APPLE, GINGER**
carrot, org apple, fresh ginger
- ORGANIC BERTO'S BLISS**
org pear, org kale, org celery, parsley
- ORGANIC GREEN GUARDIAN**
org kale, org romaine, org cucumber, org celery, org spinach
- ORGANIC DEMI VERT**
org kale, org cucumber, org apple, org celery, fresh lime
- FRUIT ENVY**
pineapple, org apple, carrot, fresh lemon
- ORGANIC SPICED CIDER**
org apple **OR** org pear with cinnamon, nutmeg
- HEART BEETS**
red beet, org apple, parsley, 5X ultra-filtered water
- GINGER, HONEY, LEMON** 16 oz. 4.95
ginger, unfiltered raw honey, lemon
- FRUIT WATER** 16 oz. 3.50
SEASONAL SELECTION
- 100% ORANGE JUICE** 8 oz. 2.95 / 16 oz. 5.95

{ SMOOTHIES }

- 16 oz. 8.95
- BEACH PLEASE**
org coconut water, org coconut milk, pineapple, banana, mango, cinnamon
- ALMOND BANANA**
banana, housemade almond butter, housemade almond milk
- SMOOTH AVOCADO**
avocado, org coconut milk, org coconut water, fresh lime
- HÜBERRY**
org blueberry, org strawberry, banana, 100% OJ, fresh lime
- OATMEAL SMOOTHIE (contains grains)**
oatmeal, pure maple syrup, org pear, housemade almond milk
- ORGANIC GREEN NEBULA**
org kale, org apple, kiwi, cashew cream, org coconut water
- STRAWBERRY BANANA**
org strawberry, banana, 100% OJ

COOL CARROT
carrot, banana, mango, fresh lemon, fresh lime

THE WRATH OF ROSENBERG
maca powder, org kale, banana, org blueberry, housemade almond butter, maple water

ROMAINE CALM
org coconut water, maple water, org romaine, org spinach, mango, banana, almond, lemon juice

{ ORG COFFEE ETC. }

ORGANIC COFFEE + HOT DRINKS

*NON-DAIRY MILKS + DAIRY OPTIONS:
ORGANIC COCONUT MILK, HOUSEMADE ALMOND MILK,
ORGANIC: SKIM, WHOLE, HALF + HALF*

- DRIP** 12 oz. 2.50 / 16 oz. 3.00
- ESPRESSO** 3.50
- MACCHIATO** 3.75
- AMERICANO** 12 oz. 3.00 / 16 oz. 3.50
- LATTE** 12 oz. 4.50 / 16 oz. 5.00
- CAFÉ AU LAIT** 12 oz. 4.50 / 16 oz. 5.00
- CHAI LATTE** 12 oz. 4.50 / 16 oz. 5.00
- ICED COFFEE** 16 oz. 3.50 / 24 oz. 4.00
- ICED LATTE** 16 oz. 4.50 / 24 oz. 5.00
- HOT HÜ CHOCOLATE** 12 oz. 4.50 / 16 oz. 5.00
- PACKAGED HÜ ORGANIC COFFEE** 12 oz.
Regular Coffee / Espresso 13.95
- ORGANIC ICED COCONUT COFFEE** 16 oz. 4.00
org sumatra coffee, org coconut milk, raw unfiltered honey
- ORGANIC ICED COCONUT CHAI LATTE** 16 oz. 5.00
org iced chai tea, org coconut milk, 5X ultra-filtered water, pure maple syrup, cinnamon
- ORGANIC CRACK COFFEE (contains dairy)** 12 oz. 3.50 / 16 oz. 4.00
org sumatra coffee, org coconut oil, org grass-fed butter

ORGANIC TEA

- GINGER, HONEY, LEMON** 16 oz. 4.00
- MATCHA** 16 oz. 4.00
- HOT** 12 oz. 2.50 / 16 oz. 2.75 / 2X BAG 16 oz. 3.50
**BREAKFAST BLEND / EARL GREY
CHINA GREEN / PEPPERMINT (CF) / JASMINE
CHAMOMILE (CF) / CHAI WALLA**
- ICED** 16 oz. 3.50
**FRAGRANT BLACK / CHINA GREEN / CHAI WALLA
REALLY RASPBERRY (CF) / MINT (CF)**
(CF) = CAFFEINE-FREE

**PLEASE SEE OUR CATERING MENU FOR PACKAGES AND PLATTERS
WE CATER ANYWHERE IN NYC**

ORGANIC WINE AVAILABLE FOR DINING-IN ONLY

PLEASE SEE OUR CATERING MENU FOR OUR FULL CATERING OFFERING

HÜkitchen.com (212) 510-8919

{ LUNCH + DINNER }

Entrée 8.95 / + 1 side 11.50 / + 2 sides 13.95
(unless otherwise noted)

GRANDMASTER VEG (GRAIN/DAIRY-FREE LASAGNA)
carrot, green cabbage, cashew, housemade marinara
(contains garlic, onion), garlic, chili flake

WILD MEATLOAF
100% grass-fed ground beef, wild elk, Berkshire pork, org egg, onion,
garlic, parsley, cumin, housemade BBQ sauce (contains dried chili,
paprika, garlic, onion), cayenne pepper

¼ **ORGANIC ROTISSERIE CHICKEN**
org coconut sugar + sea salt brine

THE DIESEL PARKER 13.95
one slice Grandmaster Veg topped with 100% grass-fed **HÜ** Joe

SIDES MATTER (CHOICE OF 3 SIDES) 9.95

½ **ORGANIC ROTISSERIE CHICKEN**
16.95 / + 1 side 19.50 / + 2 sides 21.95

FOUR BY FOUR (ANY ENTRÉE FOR 4 PEOPLE + 4 SIDES) 38.95

PLEASE INQUIRE ABOUT OUR DAILY SPECIALS PRICES VARY

SIDES 3.50 / ea. (unless part of meal above or otherwise noted)

ASSORTED MARKET VEGETABLES org escarole, org swiss chard,
carrot, garlic

ROASTED BROCCOLI turmeric, cumin, onion powder, garlic

CARAMELIZED PINEAPPLE + CASHEW CREAM
cinnamon + cashew cream (cashew, maple syrup)

ROOT VEGETABLE MASH sweet potato, squash, parsnip, carrot

ROASTED CAULIFLOWER turmeric, cumin, ginger, cinnamon,
coriander, cayenne, allspice, nutmeg, clove, white pepper

ORGANIC QUINOA

ROASTED SWEET POTATOES fennel, cumin, cocoa powder,
paprika, coriander, cinnamon

GRAIN-FREE HÜ BREAD Large \$2 / 3 for \$5

{ BOWLS }

Comes with a small grain-free HÜ bread.
One Size 10.95

CHOOSE A BASE (OR A COMBINATION):

- **SUMMER SLAW**
- **ORGANIC QUINOA**
- **ROOT VEGETABLE MASH**
- **RAW VEGETABLE MEDLEY**

CHOOSE A TOPPING (OR A COMBINATION):

- **PALEO VEGETARIAN CHILI**
sweet potato, onion, parsnip, carrot, org celery, turnip,
org tomato, garlic, pimenton spice, cumin, coriander,
oregano, thyme, parsley, bay leaf
- **ROASTED WILD MUSHROOM**
shiitake, portobello, button mushroom, carrot,
garlic, shallot, thyme
- **HÜ JOE** (100% GRASS-FED GROUND BEEF)
tomato, carrot, garlic, onion, paprika, chili flake
- **ORGANIC MOROCCAN CHICKEN**
onion, garlic, turmeric, ginger, coriander, cumin

MENU IS ENTIRELY GLUTEN-FREE.
DAIRY/GRAIN-FREE UNLESS NOTED.

HOUSEMADE CONDIMENTS AVAILABLE.

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{ SOUP }

Comes with a small grain-free HÜ bread.
One Size 6.95

ORGANIC CHICKEN AND QUINOA SOUP
org chicken, org quinoa, org chicken stock (onion, carrot,
org celery), scallion, garlic, parsley, thyme and bay leaf

PALEO VEGETARIAN CHILI
sweet potato, onion, parsnip, carrot, org celery, turnip, org tomato, garlic,
pimenton spice, cumin, coriander, oregano, thyme, parsley, bay leaf

ORGANIC ZUCCHINI SOUP
org green & yellow zucchini, onion, garlic

{ PREPARED FOOD }

**Served cold. All items seasoned with extra virgin olive oil,
sea salt and black pepper and are dairy/grain-free.**

ORGANIC PRIMAL KALE SALAD 18.95 / lb.
org goji berry, org apple cider vinegar, shallot, garlic, mustard

ORGANIC BAKED CHICKEN TENDERS 23.95 / lb.
almond meal, org egg, smoked paprika, cayenne pepper

WILD FISH STICKS 25.85 / lb.
wild hake, red + green cabbage, carrot, shallot, org egg, arrowroot
flour, org coconut flour, lemon, parsley, housemade hot sauce
(contains jalapeño pepper, onion, garlic), org white wine vinegar

WILD SALMON CAKES 25.85 / lb.
housemade aioli (contains org egg, garlic), housemade mustard, paleo
HÜ bread croutons, shallot, org red pepper, parsley, dill, housemade hot
sauce (contains jalapeno pepper, onion, garlic),
org white wine vinegar

100% GRASS-FED BEEF MEATLOAF 21.95 / lb.
org celery, carrot, onion, org egg, garlic, sea salt, black
pepper, housemade bbq sauce (contains dried chili,
paprika, garlic, onion), parsley, thyme

ITALIAN BERKSHIRE PORK MEATBALLS 17.75 / lb.
Berkshire pork, housemade marinara sauce (contains garlic, onion),
garlic, org egg, org celery, carrot, onion, parsley, basil

ORGANIC SPICY CHICKEN WINGS 10.95 / lb.
paprika, garlic, onion, cayenne pepper, oregano, thyme

ORGANIC CHICKEN SALAD 23.95 / ea.
org apple, org pear, sofrito sauce (contains org bell pepper, garlic,
cilantro), housemade aioli (contains org egg, garlic), orange, lemon,
lime, sunflower seed

WILD LINE-CAUGHT TUNA SALAD* 23.95 / lb.
housemade aioli (contains org egg, garlic), org cucumber,
org celery, shallot, scallion, dill, housemade hot sauce
(contains jalapeño pepper, onion, garlic)

WILD SHROOM SALAD 16.96 / lb.
assorted wild mushrooms, org escarole, shallot, org red wine vinegar

ORGANIC PALEO KALE CAESAR SALAD* 16.95 / lb.
org kale, paleo dressing + croutons (org egg, mustard powder,
garlic, org red wine vinegar, lemon juice, carrot, org celery,
onion, flaxseed, sunflower seed)

SPUDS + BUDS POTATO SALAD* 13.95 / lb.
housemade aioli (contains org egg, garlic),
parsley, org red wine vinegar, pickled mustard seed

ORGANIC STUFFED PEPPER WITH PESTO 8.95 / ea.
org red pepper, org egg, org quinoa, carrot, sweet potato,
onion, garlic, parsnip, turnip, org tomato, pesto (org kale,
org spinach, org romaine, org celery, garlic, lemon),
pimenton spice, basil, thyme, parsley, bay leaf

PANZANELLA SALAD 13.95 / lb.
org cherry tomato, beefsteak tomato, watermelon,
paleo **HÜ** bread, pickled mustard seed (org white wine vinegar,
unfiltered raw honey), baby mustard

THROWBACK TO SUMMER SLAW 13.95 / lb.
red + green cabbage, carrot, org red pepper, garlic, shallot,
cilantro, org apple cider vinegar, mustard, unfiltered raw honey

CHILI LIME BROCCOLI SALAD 12.95 / lb.
broccoli, carrot, beet, housemade hot sauce
(contains jalapeño pepper, onion, garlic), lime juice

VEGGIE “PASTA” SALAD 14.95 / lb.
yellow squash, green squash, watermelon radish,
carrot, org white wine vinegar, basil, garlic

ROASTED CAULIFLOWER 13.95 / lb.
org raisin, parsley, red fresno pepper,
pickled garlic, orange, org red wine vinegar

CAULIFLOWER “RICE” 14.95 / lb.
cauliflower, org kale, org romaine, org cucumber,
org celery, org spinach, org raisin, hemp seed,
org red wine vinegar, red onion, parsley, mint

ROASTED BRUSSELS SPROUTS 14.95 / lb.

GRILLED ASPARAGUS 14.95 / lb.

STEAMED BROCCOLI RABE 14.95 / lb.

ROASTED SQUASH SALAD 12.95 / ea.
butternut squash, org raisin, walnut, org apple, apple cider
vinegar, org white wine vinegar, unfiltered raw honey, parsley

PALEO VEG LOAF 8.95 / ea.
carrot, onion, org celery, sunflower seed, flaxmeal,
org egg, wild mushroom, garlic, oregano,
org coconut milk (**no** guar gum), tomato, basil

STUFFED PORTOBELLO 8.95 / ea.
parsnip, carrot, sweet potato, walnut, date, org egg, parsley

STUFFED DELICATA SQUASH 8.95 / ea.
parsnip, carrot, onion, org coconut milk, yam, leek,
org kale, cashew, parsley, garlic, arrowroot, thyme, bay leaf

CURRIED SWEET POTATO* 12.50 / lb.
almond, org egg, scallion, cilantro, cumin,
cayenne, turmeric, garam masala, lemon

ISRAELI QUINOA + LENTIL SALAD 13.95 / lb.
org cucumber, org cherry tomato, shallot, parsley,
mint, dill, lemon juice, organic red wine vinegar

{ MARKET }

SUBJECT TO AVAILABILITY

SWEETS

Quinoa Crunch Bar 3.95
Walnut Fudge Brownie 3.95
Raw Nut Brownie 4.50
Paleo Blondie 3.95
Paleo Chocolate Chip Cookie 1.50 / 4.50 (pack)
Cookie Dough Truffles 4.50
Organic Chocolate Chia Pudding 5.95
Organic Vanilla Chia Pudding 5.95
Maple Crème Brûlée 5.95
Crack Bar 3.95
Persian Lime Pie 4.50
Carrot Cream Whoopie Pie 3.95

SNACKS

Organic Sweet Kale Crunch Kale Chips (*raw, dehydrated*) 6.95
Organic Ranch Kale Chips (*raw, dehydrated*) 6.95
Housemade Almond Butter 16 oz. 9.95
Dijon Crunch Paleo Crackers 7.95
Chia Snap Paleo Crackers 7.95
Org Raw Graham Crackers (*contains grains*) 10.45
Org Raw Coconut Graham Crackers (*contains grains*) 10.45
Org Baked Graham Crackers 9.45
Org Baked Maple Graham Crackers 9.45
Pizza Crackers (*contains grains*) 9.45
Garlic Bread Crackers (*contains grains*) 9.45
Org Raw Fresh Herb Crackers (*contains grains*) 9.45
Org Raw Fresh Herb Kale + Goji Crackers (*contains grains*) 9.45

GRANOLA

Carrot Cake Paleo Granola 7.95
Crème Brûlée Crunch Paleo Granola 7.95
Crunchy Cacao Paleo Granola 7.95
Org Almond Butter Chunk Granola (*contains grains*) 12.45
Org Raw Goji Granola 12.45
Org Raw Honey Nut Granola 12.45

BEVERAGES

Bottled Water 2.95
Bottled Sparkling Water 2.95
Pure Maple Water 3.95
Harmless Harvest Coconut Water (*raw, unpasteurized*) 8 oz. 3.50
Organic Kumbucha 16 oz. 6.75

{ HÜ CHOCOLATE }

HÜ's chocolate = cacao + unrefined org coconut sugar.
No cane sugar. No soy. No lecithin/emulsifiers.

Almond Butter + Puffed Quinoa Chocolate Bar 5.97
Crunchy Banana Chocolate Bar 5.97
Salty Chocolate Bar 5.97
Crunchy Mint Chocolate Bar 5.97
Crunchy Fig Chocolate Bar 5.97
Simple Chocolate Bar 5.97
Chocolate Hazelnuts 3.95
Chocolate Almonds 3.95
Chocolate Figs 3.95

WE COOK AND SEASON WITH SEA SALT + BLACK PEPPER. WE USE EXTRA VIRGIN OLIVE OIL OR ORGANIC COCONUT OIL.
NO PROCESSED SALTS OR CANOLA OIL ANYWHERE.

MENU + PRICES ARE SUBJECT TO CHANGE.
NOT ALL ITEMS AVAILABLE FOR DELIVERY.

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

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