

# PITAS



## PITA WRAP TACOS!

### NORTH SHORE \$11 (GF)

Ahi tuna, slaw, cucumber, avocado, crispy shallots, cilantro, spicy sauce, sesame seeds, sesame-ginger sauce

### SUPER GYRO \$10

Shredded chicken, hummus, lettuce, tomato, cucumber, feta, crispy shallots, Greek dressing

### BAJA BEEF \$10

Shredded beef, shredded jack, slaw, black beans, corn, pineapple, pickled red onion, cilantro, spicy sauce

### BÁNH MÌ \$9.5 (GF)

Shredded chicken, slaw, cucumber, carrot, pickled red onion, jalapeño, cilantro, spicy sauce

### MAÑANA \$8 (V)

Slaw, avocado, pineapple, pickled red onion, jalapeño, black beans, cilantro, carrot-cumin sauce

# SANDWICHES

## ALL SANDWICHES SERVED ON FRENCH BREAD

*SUB GLUTEN-FREE OR MULTIGRAIN! \$1.50*

### CALIFORNIA CLUB \$11 (GF)

Shredded chicken, bacon, avo smash, tomato, greens, mayo, cilantro

### THE RUCKUS \$10.5 (GF)

Shredded beef, pickled red onion, jalapeño, avocado, k-BBQ sauce

### C.B.R. \$11

Shredded chicken, bacon, mozzarella, tomato, greens, chipotle-ranch dressing

### E-Z BLT \$10.5 (GF)

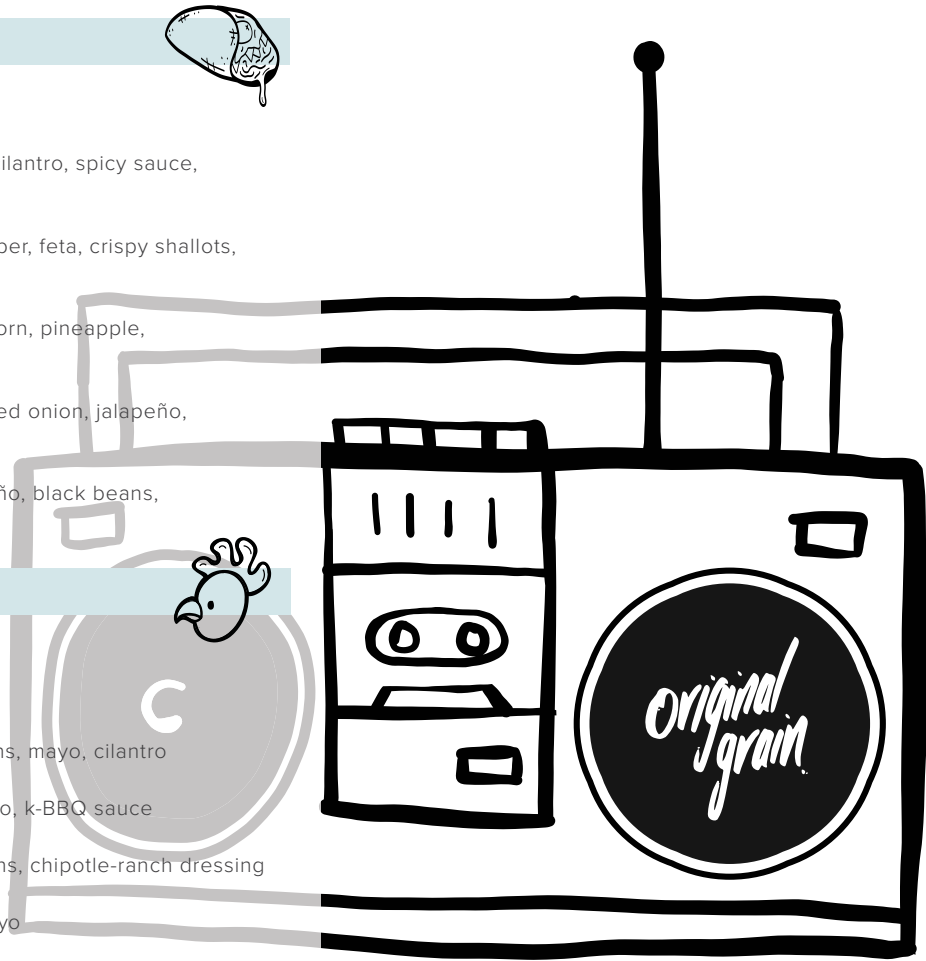
Prosciutto, bacon, tomato, pickled red onion, greens, mayo

### BBQ-BLUE \$11

Shredded chicken, mozzarella, cucumber, greens, k-BBQ sauce, blue cheese dressing

### VEGGIE \$9 (V)

Avo smash, carrots, cucumber, pickled red onion, jalapeño, cilantro, greens, carrot-cumin dressing



# T A K E A W A Y

SCAN THE QR CODE  
TO VIEW OUR  
MENU ONLINE!



## GOOD FEELS FOOD

SYRACUSE HOURS  
MON-SAT 8:00AM-8:00PM

ROCHESTER HOURS  
MON-FRI 10:30AM-6:30PM



(GF) GLUTEN-FREE (V) VEGAN (VG) VEGETARIAN (DF) DAIRY-FREE

@ORIGINALGRAINSTERS  
ORIGINALGRAINSTERS.COM

\*\* Some dishes contain raw/uncooked products. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of food-borne illness.\*\*

# SMOOTHIES



BLEND **WITH COCONUT MILK + YOGURT + SIMPLE SYRUP**

ADD A SHOT OF CBD TO YOUR SMOOTHIE BOWL!

**ANTIOXIDANT BOOST \$7.5** (GF) (VG)

Açai, blueberry, blackberry

**MOCHA RUSH \$7.5** (GF) (VG)

OG cold brew, banana, Nutella

**PINK JAM \$7.5** (GF) (VG)

Dragon fruit, strawberry, banana

**STRENGTH IN NUMBERS \$7.5** (GF) (VG)

Pea protein, kale, apple, mango, pineapple

**PB CHOCOLATE DELUXE \$7** (GF) (VG)

Banana, peanut butter, cacao powder

**IMMUNE BOOST \$7** (GF) (VG)

Sweet potato, mango, pineapple

# SMOOTHIE BOWLS



BLEND **WITH BANANA + COCONUT MILK + YOGURT + SIMPLE SYRUP**

ADD A SHOT OF CBD TO YOUR SMOOTHIE BOWL!

**PURPLE SWAG \$10.5** (VG)

Açai, blackberry, blueberry, granola, chia seeds, coconut flakes

**PB+J \$10.5** (VG)

Strawberry, blueberry, peanut butter, granola, strawberry jam, chia seeds, coconut flakes

**FLASHY \$10.5** (VG)

Dragon fruit, mango, strawberry, sweet potato, banana, granola, chia seeds, coconut flakes

**LOVE YOU MATCHA \$9.5** (VG)

Matcha, kale, apple, mango, pineapple, granola

**PUFFY \$9.5** (VG)

Cacao, peanut butter, coconut flakes, cacao nibs, Reese's Puffs, Nutella

# TOASTS



ADD: **LOX \$4.25 - PROSCIUTTO \$3.25 - BACON \$2.25 - SOFT BOILED EGG \$1.75**

SUB GLUTEN-FREE TOAST! \$1.50

**EGG MAN \$7.5** (GF)

Prosciutto, avo smash, egg, chia seeds, sesame-ginger dressing, scallions, multigrain toast

**LOX TOAST \$7.5**

Lox, cream cheese, avocado, pickled red onion, kale-green goddess dressing, multigrain toast

**SMASHED AVOCADO \$6.5** (V)

Avo smash, red pepper flakes, tomato, scallions, carrot-cumin sauce, multigrain toast

**BRASS MONKEY \$6.5** (VG)

Peanut butter, banana, Reese's Puffs, Nutella, banana-walnut bread

# GRAIN BOWLS



CHOOSE FROM **ORIGINAL GRAINS OR BAMBOO RICE**

**GREAT SWELL \$14** (GF)

Ahi tuna, cucumber, avocado, carrot, edamame, crispy shallots, cilantro, spicy sauce, sesame seeds, sesame-ginger dressing

**MEXI-CALI \$13.5** (GF) (GF)

Shredded chicken, roasted corn, pineapple, black beans, avocado, pickled red onion, jalapeño, cilantro, carrot-cumin dressing

**KUNG-POW CHICKEN \$13** (GF) (GF)

Shredded chicken, edamame, carrots, corn, scallions, peppers, cilantro, peanuts, kung-POW sauce

**VEGGIE POKÉ \$12** (GF) (GF) (VG)

Sweet potato, broccoli, carrot, avocado, scallions, spicy sauce, sesame seeds, sesame-ginger dressing

# GREEN BOWLS



CHOOSE FROM **KILLER KALE BLEND OR MIXED GREENS**

**KALE YEAH \$13.5**

Shredded chicken, original grains, edamame, bacon, pickled red onion, almonds, croutons, kale-green goddess dressing

**RANCH COBB \$13.5**

Egg, bacon, roasted corn, tomato, cucumber, shredded jack cheese, avocado, scallions, croutons, chipotle-ranch dressing

**SOUTHWEST SMOKE \$13.5** (GF) (GF)

Shredded beef, peppers, corn, avocado, scallions, cilantro, avocado-poblano dressing

**MEDITERRANEAN \$12.5** (GF) (V)

Hummus, cucumber, tomato, peppers, pickled red onion, feta, Greek dressing

**K-BBQ CHICKEN \$13** (GF)

Shredded chicken, tomato, cucumber, carrots, edamame, croutons, k-BBQ sauce

# NOODLE BOWLS



SERVED ON **SESAME SOBA NOODLES**

**SALMON POKÉ \$14** (GF)

Raw salmon, carrot, cucumber, edamame, avocado, scallions, cilantro, spicy sauce, sesame seeds, sesame-ginger dressing

**RAD THAI \$13.5** (GF)

Shredded chicken, edamame, peppers, scallions, cilantro, peanuts, sesame seeds, thai-peanut sauce

**BONZAI BEEF \$13** (GF)

Shredded beef, kale, arugula, broccoli, carrots, peanuts, cilantro, spicy sauce, sesame seeds, k-BBQ sauce

ADD: **RAW SALMON \$4.25 - AHI TUNA \$4.25 - BEEF \$3.25 - CHICKEN \$2.50**

**TOFU \$2.25 - AVOCADO \$2.25 - SOFT BOILED EGG \$1.75**

ALL DRESSINGS ARE GLUTEN-FREE!