



On The Menu

Taste Your Way To
Better Health!

Lunch Served
Monday - Friday
11:00 am to 3:00 pm

Hours:
Mon - Thu 8:30am to 5:30pm
Friday 8:30am to 3:30pm
Evenings by Appointment

(606) 376-3422
www.kristinaskitchen.org

Located next to the courthouse on South Main Street, Whitley City, KY

Appetizers

- ♥ Hummus/Chips.....\$3.99/small....\$5.99/large
- ♥ Salsa/Chips.....\$3.99/small....\$5.99/large

Soups

Served with one side of your choice.

- ♥ Vegetable Potato.....\$3.99/regular. .\$.5.99/xlarge
- ♥ Pinto Bean Chili.....\$3.99/regular. .\$.5.99/xlarge
- ♥ Tomato Basil Soup.....\$3.99/regular. .\$.5.99/xlarge

Salad

- ♥ Garden Salad.....\$3.99/small....\$5.99/large
Leaf lettuce, tomato, cucumber, carrot, red onion,
chopped pecans and sunflower seeds. Served with our
in-house Thousand Island, Creamy Herb Dressing, or
Italian Drizzle.

Additional Toppings:.....\$0.50/ea
(Spinach, Kale, Cabbage, Broccoli, Avocado, Peas, Olives)

Sandwiches

Served with Whole Grain Sprouted Chips

- ♥ Veggie Burger Sandwich.....\$6.99
- Garden Salad Pita.....\$5.99
- Falafel Veggie Pita\$5.99
- ♥ Tomato/Avocado Sandwich.....\$5.99
- ♥ Almond Butter/Jam Sandwich.....\$4.99

Sides

- ♥ Cornbread Slice.....\$1.49
- ♥ Garlic Toast.....\$1.99
- ♥ Gluten-Free Garlic Roll.....\$1.49
- ♥ Almond Crackers.....\$1.49
- ♥ Brown Rice.....\$1.99
- ♥ Falafels w/Dip.....\$2.99
- ♥ Steamed Veggie of the Day.....\$1.99
- ♥ Steamed Broccoli/Cauliflower w/"cheese"...\$2.99
- ♥ Raw Veggie plate w/Dip.....\$2.99

Entree

Served with one side of your choice.

- ♥ Special of the Day – Regular.....\$5.99
- Extra Large\$8.99

Our entrees change every day. We like to serve new and creative
ideas and alternate with many customer favorites.

Ask about today's special!

Combo Lunch/Dinner Deals

- ♥ Entree Combo Meal:\$9.99
1 Regular Entree with 1 small salad and 1 side
- ♥ Small Soup Combo Meal\$7.99
1 Regular Soup with 1 small salad and 1 side
- ♥ Large Soup Combo Meal\$9.99
1 XLarge Soup with 1 small salad and 1 side
- ♥ Large Salad Combo Meal\$8.99
1 Large Salad with 2 extra toppings and 2 sides
- ♥ Kids Combo Meal\$6.99
1 Small Soup with ½ sandwich of choice and 1 side

Desserts

All our desserts are low sugar and high fiber, so they aren't
super sweet, but we think you'll like them!

- ♥ Cookies \$1.49/ea....\$3.99/three....\$7.49/half-dozen
- ♥ Whole Grain Muffins.....\$1.99/ea\$6.99/four
- ♥ Energy Bites (sugar free/grain free) \$0.99/ea\$4.99/half-dozen
- ♥ Sugar-Free Cheesecake (if available).\$3.99
- ♥ Strawberry/Banana Smoothie Ice Cream\$3.99

♥ Contains no gluten ingredients.

♥ Gluten-free option available upon request.

All food baked in the same kitchen as wheat dishes.

Free Delivery in Whitley City!

(up to 5 miles. Minimum order may apply.)

Catering Services Available

Drinks

- ♥ Purified (RO) Water w/ Purified Ice.....Free
- ♥ Herb Tea (12 varieties, hot or iced)\$1.49
- ♥ Dandy Blend Coffee.....\$1.99
- ♥ Power Pak Vitamin C Drink.....\$1.49
- ♥ Bottled Water.....\$1.49

Meal-Replacement Smoothies

Garden of Life RAW Protein or RAW Meal

- ♥ Strawberry/Banana Smoothie.....\$7.99
- ♥ Green Smoothie.....\$7.99
(fresh greens with pineapple or cantaloupe)

Breakfast

Breakfast is made fresh on order. Please allow time for cooking.

- ♥ Waffle (w/margarine & maple syrup).....\$5.99
- ♥ French Toast (w/margarine & maple syrup). \$5.99
- ♥ Scrambled Tofu "Eggs".....\$3.99
- ♥ Hashbrowns (w/ketchup).....\$3.99
- ♥ Fruit Salad (w/coconut cream).....\$3.99
- ♥ Yogurt Cup & Granola.....\$3.99
- ♥ Toast with Jam\$1.99
- ♥ Muffin with Dandy Blend Coffee\$3.99

Group Rate Meals

Reservations required for large groups

- All You Can Eat Breakfast\$10.99
- All You Can Eat Lunch\$10.99
- All You Can Eat Dinner\$12.99



facebook.com/kristinaskitchenky
instagram.com/kristinaskitchenky

All Menu items and prices are subject to change

Bakery

Bakery items can also be shipped! Call for details.

- Whole Wheat Bread (large loaf).....\$4.99
- Whole Wheat Raisin Bread (large loaf)\$5.99
- ♥ Millet Bread (large loaf).....\$7.99
- ♥ Millet Garlic Rolls (pan).....\$12.99
- ♥ Almond Crackers.....\$0.99/oz\$12.99/lb
- ♥ Granola.....\$4.99/lb
- ♡ Cookies.....\$7.49/half-dozen. \$13.99/dozen
- ♡ Whole Grain Muffins.....\$6.99/four. \$18.99/dozen
- ♥ Energy Bites.....\$4.99/half-dozen...\$9.99/dozen

Special Order Bakery Items

- ♥ Rice Waffles.....\$6.99/four . \$18.99/dozen
- Whole Wheat Garlic Rolls (pan)\$12.99
- ♡ 8" Carob Cake w/ Fudge Frosting.....\$24.99
- 8" Lemon Cake w/ "Buttercream" Frosting \$29.99
- 14" Vegetable Pizza (whole wheat crust) ...\$19.99
- ♥ 14" Vegetable Pizza (gluten-free crust).....\$24.99

Refrigerated

Check out our refrigerator for dairy-free cheese, tofu, probiotics, gluten-free flour, and healthy snacks items!

- ♥ Fruit Salad in a Jar.....\$5.49/pt
- ♥ Soups.....\$4.99/pint\$8.99/qt
- ♥ Spaghetti Sauce.....\$4.99/pint.....\$8.99/qt

- ♥ Creamy Herb Dressing...\$2.99/cup.....\$4.99/pint
- ♥ Thousand Island Dressing \$2.99/cup.....\$4.99/pint
- ♥ Hummus (if available).....\$3.99/ea
- ♡ Bento Box Lunch.....\$8.99ea

Special Order Refrigerated Items

- ♥ Fresh Salsa.....\$4.99/pint\$8.99/qt
- ♥ Italian Dressing.....\$4.99/cup\$8.99/pint
- ♥ Fresh Guacamole.....\$3.99/ea

Supplements & Bulk Food

Check out our store for supplements, herbs, teas, essential oils, bulk foods, grains, specialty items, cookbooks, and much more!

Ask for a free copy of our bulk food price list.

- ♥ Reverse Osmosis Filtered Water
- With our jug\$0.99/gal
- Refills (bring your own jug)\$0.39/gal

Free Cooking Classes!

Cooking demonstrations, health tips, free recipes, questions and answers, and lots of fun!

Enjoy a Free Meal

served with the class!

Come and bring a friend!

In two locations each month:

Somerset

2nd Tuesday every month at 6:00pm
at the **Nutrition Center** by Roses
(Light #6)

Whitley City

3rd Tuesday every month at 6:00pm
at **Kristina's Kitchen**

For more information, call
(606) 376-3422

Find more recipes at our website

www.kristinaskitchen.org

Like us on facebook to see our daily specials!

fb.com/kristinaskitchenky

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Main Street, Whitley City, Kentucky



Located in scenic McCreary County, in the ridges and hollers of Eastern Kentucky, Kristina's Kitchen is a little hometown stop for healthy food and friendly service. We are a center for health in our community. Step inside and smell the whole grain baked goods combined with the delicious aroma of soups and vegetable entrees.

Browse our small health food store and see the selections of bulk herbs, vegetarian supplements, and local honey. Take time to chat and we'll be happy to share with you the amazing story of how we began as a little free monthly cooking class and grew to where we are today.

Our goal is to provide simple, healthy, delicious food with minimal processed ingredients. We use as much locally grown produce as possible, and most of our grains are Non-GMO and Organic or chemical free. We make everything from scratch!

Our Promise to you:

100% Vegetarian

100% Whole Grains

100% Dairy & Egg Free

Low Fat & Low Sugar

Caffeine Free

♥ ***Gluten-Free Options****

**Note: All gluten-free items are baked in the same kitchen as our wheat products*