

## ① SIGNATURE BOWLS

### GREEN FALAFEL (v) \$10.50

green pea + sweet potato baked "falafel"

+ iceberg, pickled cabbage, turmeric cauliflower, pickled onion, golden hummus, sweet potato, coconut tahini

### YOGA LENTILS (v) \$9.50

split mung beans in a light tomato curry

+ greens, charred broccoli, heirloom carrot, pepita, tahini pesto

### CHARRED CHICKEN \$10.85

charred chicken thigh with toasted cumin

+ iceberg, pickled cabbage, pickled onion, cucumber, coconut ranch, red sauce

### CURRY CHICKEN \$11.50

charred chicken thigh tossed in red curry

+ greens, pickled cabbage, pickled onion, cucumber, turmeric dressing, crispy shallot

### MISO SALMON \$13.50

sustainable salmon w miso-sesame glaze

+ greens, cucumber, jicama slaw, heirloom carrot, chia crisp

### LAMB KEEMA \$12.50

crumbled lamb with house blend spices

+ iceberg, pickled onion, mint, snap pea, coconut tahini, preserved lemon

## ② BASES

basmati rice (v)

quinoa (v)

cauliflower rice (+\$1.50) (v)

salad (base greens w/ green goddess) (v)

## SEASONAL SPECIALS

### HOLY MACRO (v) \$10.00

balanced bowl with all your macronutrients

+ quinoa, sweet potato, charred broccoli, avocado salad, probiotic beets, tahini pesto, chia crisp

### BBQ CHICKEN BREAST \$12.50

grilled chicken breast with our favorite spring sides

+ cauliflower rice, sweet potato, charred broccoli, avocado salad, carrot whip, green goddess

### SPRING SALAD (v) \$8.50

the perfect bright and refreshing spring salad

+ kale/bib lettuce, probiotic beets, turmeric cauliflower, sweet potato, cucumber, hemp seed, green goddess

+ CHARRED CHICKEN: \$3.5

+ BBQ CHICKEN BREAST \$5

+ GREEN FALAFEL: \$3

+ LAMB KEEMA: \$4

+ MISO SALMON: \$5.5

## SIDES

### YOGA LENTILS (v) \$4.00

split mung beans in light tomato curry

### CHARRED BROCCOLI (v) \$3.50

+ carrot whip

### SWEET POTATOES (v) \$3.00

+ herbs

(V) Vegan | (CF) Caffeine Free | (Vg) Vegetarian | (TN) Tree nuts  
menu is 100% free of gluten, dairy, soy and refined sugar  
All drinks are made in-house

## DRINKS

### BONE BROTH (CF) \$5.00

chaga mushroom, turmeric, apple cider vinegar, house blend spices. Made with 100% organic chicken bones

### MASALA CHAI (Vg) \$3.50

assam tea, cardamom, cinnamon, coconut milk, honey

## BOTTLED DRINKS

### LEMONAID (CF | Vg) \$3.50

lemon juice, water, honey, turmeric, ginger, rose water, cayenne, salt

### ARNOLD KARMA (Vg) \$3.50

Homemade LemonAid + assam tea

### TURMERIC TONIC SHOT (CF | V) \$3.00

orange juice, lemon juice, ginger, turmeric, cayenne, salt

## DESSERTS

### BANANA BREAD (Vg | TN) \$4.00

banana, almond, tahini

### AVOCOCOA (Vg) \$5.00

Dark chocolate, avocado and coconut milk mousse

## INDAY

MIDTOWN (708 3RD AV)

M-F: 11:00 AM — 9:00 PM

INDAYNYC.COM