

APERITIVO

EQUIPO NAVAZOS, FINO SHERRY, SP	10
PEAR ELDERFLOWER SPRITZ <i>Elderflower, pear, Prosecco</i>	11
THYME AFTER THYME <i>Gin, cocchi americano, grapefruit, thyme</i>	12
PERE MATA, TREPAT CAVA ROSE, SP	13

SMALL PLATES

SEASONAL PICKLES	3
MARINATED OLIVES	3
CAULIFLOWER WINGS <i>Tempura fried cauliflower, buffalo sauce, pickled celery, cashew ranch</i>	9
BLISTERED SHISHITO PEPPERS <i>With green goddess</i>	7
BEET BALLS <i>Pine nuts, raisins, Tomato + Parm</i>	10
ROASTED CARROT DIP <i>Garlic yogurt, dukkah, mitla chips</i>	10
CRISPY POTATOES <i>Yukon golds with harissa aioli</i>	7
FALAFEL <i>House-made falafel, shabazi labneh, tahini herb sauce</i>	8

SALADS

BIG SALAD <i>Shaved carrots, shaved radishes, green beans, little gems, herbs, dijon vinaigrette</i>	14
STEAK SALAD <i>Little gem, sesame beans, bean sprouts, cucumber, mint, basil, shiso, Szechuan steak, fish sauce, ginger-lime vinaigrette</i>	16
VEGAN CAESAR <i>Crisp chickpeas, pinenut "parm," cashew caesar dressing</i>	14
VEGGIE WEDGE <i>Cashew ranch, cherry tomato, coconut "bacon"</i>	14



CLEANER FUEL
LONGER ADVENTURES

DINNER

BASIC KITCHEN

BIG PLATES

GOOD BURGER <i>Vegetable patty, pickled beet relish, harissa aioli, cabbage slaw, Parker House roll</i>	14
NAUGHTY <i>Clover Meadow Farms all-in 100% grass-fed beef, aged white cheddar, griddled onions, dijonaise, bread and butter pickles</i>	16
FISH OF THE DAY <i>Lentil & red pepper vadouvan curry, garlic & coconut chard</i>	28
CHICKEN BREAST <i>Airline breast, sweet corn polenta, cherry tomatoes, shishitos, chimichurri</i>	26
VEGETABLE TAGINE <i>Freekeh, chermoula, garlic yogurt</i>	22
CELEBRATION SQUASH <i>Roasted squash, farro, beluga lentils, feta w/ shaved fennel salad</i>	17

BOWLS

BASIC BOWL <i>Red quinoa, kale, curried chickpeas, grilled broccoli, grilled sweet potato, chilis, Magic Green sauce</i>	16
SEASONAL PASTA <i>fall: roasted pumpkin, mushrooms, parm, sage</i>	21
RICE BOWL <i>Roasted carrot, carolina rice, seaweed, cucumber, cabbage, miso dressing, pickled ginger</i>	16

ADD TO ANY DISH

EGGS	2
AVOCADO	3
CHICKEN	4
SALMON	6

SIDES

COLD SESAME BEANS	5
SAUTEED KALE <i>Chili + citrus</i>	5
LITTLE LETTUCE SALAD <i>Crispy chickpeas, dijon vin</i>	7
SWEET POTATO FRIES <i>Cashew ranch, chives</i>	7

SWEETS

LIFE RAFT TREATS SUNDAE <i>Ask your server about the daily flavor!</i>	10
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OUR PHILOSOPHY

The goal of Basic Kitchen is simple: use seasonal, local produce and the best ingredients to create food that's nourishing and delicious, giving you tons of energy to pursue the things you love.

Cleaner Fuel, Longer Adventures.



FOOD

We're big into diverse flavors and are inspired by dishes from around the world. In our kitchen you'll find tons of local produce, whole grains and legumes, a rainbow of spices and vinegars, healthful oils, wild-caught seafood and sustainably raised meat.

We are proud to source vegetables from our garden grown by Rita's Roots, supplementing our harvest with local farms, heritage growers and local purveyors. We believe the choices we make through food can have a positive impact on our health, community and environment.

WINE

The wines on our list are made with sustainably grown grapes, often organic & Biodynamic. Each wine has been carefully selected in support of sustainable agriculture; highlighting wines that are produced with the environment in mind. We care very much what goes into our bodies, these wines reflect a true respect for the grape and the process that brings it to the glass, and to you.

COMMUNITY

Basic Kitchen serves as the meeting place for friends new and old, a hub for fresh ideas and progressive community building. We are dedicated to supporting the Charleston community with a range of events, dinners and partnerships. We regularly host dinners and fundraisers for projects we believe in, from The Green Heart Project to Fresh Future Farm, working to increase access to local produce, promote healthy habits and enhance children's educations. We are proud to partner with Exemplar Fitness for our weekly Run Club through downtown and monthly Sunday Sweat. On Tuesdays, we celebrate our community with Neighborhood Night, featuring half off wine specials and \$10 burgers.

The list goes on, so join our newsletter and follow us on instagram @Basic_Kitchen and stay up to date with all we have cooking!

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WE ARE PROUD
TO SUPPORT

Anson Mills
Bradford Family Farms
Brown's Court Bakery
Burden Creek Dairy
Clover Meadow Farms
Gallop Farms
Geechie Boy Farms
Glen's Organic Garden
Green Heart Project
Growfood Carolina
Hickory Bluff Farms
Holly Hill Farms
Kurios Farms
Life Raft Treats
Limehouse Produce
Mitla Tortilleria
Miss Paula's Shrimp
Rebecca Farms
Rooting Down Farms
Rosebank Farms
Tiller Baking Co
Tuten Farms
Vertical Roots
Watsonia Farms
Wishbone Heritage Farms