

SMALL PLATES

SEASONAL PICKLES	3
MARINATED OLIVES	3
CAULIFLOWER WINGS	9
<i>Tempura fried cauliflower, buffalo sauce, pickled celery, cashew ranch</i>	
VEGAN NACHOS	12
<i>Black beans, avocado, pickled red onions, tomatoes, lettuce, butternut-cashew nacho "cheese"</i>	
BEEF BALLS	10
<i>Pine nuts, raisins, tomato + parm</i>	
ROASTED CARROT DIP	10
<i>Garlic yogurt, dukkah, mitla chips</i>	
CRISPY POTATOES	7
<i>Yukon golds with harissa aioli</i>	
FALAFEL	8
<i>House made falafel, shabazi labneh, tahini herb sauce</i>	

SALADS

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

ADD TO ANY DISH

EGGS	2
AVOCADO	3
CHICKEN	4
SALMON	6

SIDES

COLD SESAME BEANS	5
SAUTEED KALE	5
<i>Chili + citrus</i>	
LITTLE LETTUCE SALAD	6
<i>Crispy chickpeas, dijon vin</i>	
SWEET POTATO FRIES	7
<i>Cashew ranch, chives</i>	



CLEANER FUEL
LONGER ADVENTURES

LUNCH

BASIC KITCHEN

BOWLS

SOBA BOWL	14
<i>Chilled soba noodles, cucumber, scallions, toasted sesame dressing</i>	
BASIC BOWL	15
<i>Red quinoa, kale, curried chickpeas, grilled broccoli, grilled sweet potato, chilis, Magic Green sauce</i>	
RAINBOW BOWL	16
<i>Mung bean noodles, rainbow vegetables, snap peas, herbs, Thai peanut sauce</i>	
SEASONAL PASTA	21
<i>Fall: roasted pumpkin, mushrooms, parm, sage</i>	
RICE BOWL	15
<i>Roasted carrot, carolina rice, seaweed, cucumber, cabbage, miso dressing, pickled ginger</i>	

SANDWICHES

+ Comes with our house salad, swap a side for + 3

GOOD BURGER	14
<i>Vegetable patty, pickled beet sauce, harissa aioli, cabbage slaw, Parker House roll</i>	
NAUGHTY	16
<i>Clover Meadow Farms all-in 100% grass-fed beef, aged white cheddar, griddled onions, dijonnaise, bread and butter pickles</i>	
TACOS	15
<i>blackened white fish OR spiced cauliflower, harissa aioli, cabbage slaw, cilantro & chili</i>	
AVO TOAST	11
<i>Crushed avocado, sunny egg*, black sesame gomasio, sourdough</i>	

SWEETS

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

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