

Meat Free since 93. **All Vegetarian**. All Vegan. **Prepared Fresh**. Local and Organic when possible. **Gluten Free Options**. Soy Free Options. **Natural Sweeteners**. Ask about our Friday Dinner Menu. **We Cater**. Inquire Within to be a part of **Drop Squad TV** or Radio. **M-F : 10 am -5pm**. Love Always.

Located @ Molly's 928 Justison Street, Wilmington, DE 19801 (302)984-2773 www.dropsquadkitchen.com

Wrap it or Stuff It



Smoothies



Salads



***Deity**.....\$6.95
fresh kale marinated in a green velvet dressing w/cherry tomato, onion, and bell peppers

***Raw Earth**.....\$6.95
fresh kale marinated in New Jerusalem dressing with sundried tomatoes and red onion

***KISS**\$6.95
(Keep it Simple Salad) romaine lettuce with cucumber, red and green peppers, and onion with choice of dressing

Apple Walnut.....\$7.95
Apples, walnuts and sliced avocado w/ fresh spinach and a KISS (salad)

Chickun Breast Salad.....\$7.95
sliced eggplant cutlets and a KISS salad

Amexem\$7.95
Tri colored Pasta with seasonal vegetables and vegan cheese

Cucumber & Tomato\$7.95
w/ cherry tomato and onion in a homemade balsamic vinaigrette dressing

*Wrap it up in a spinach Wrap or Stuff it in Whole a Grain

Pita.....\$1.00

Avocado\$1.00

Cheeze\$1.00

Choice of: Spinach Vegetable Wrap or Whole Grain Pita

Chickun Caesar\$8.95
Eggplant Cutlet, Romaine, Veggie Parmesan, and New Jerusalem Dressing

Cheeze Steak\$8.95
Mushrooms, Peppers, and Onion w/ Vegan Cheese

Falafal\$8.95
ground chick peas, with hummus and a KISS salad

Veggie Burger\$8.95
w/ Lettuce, Tomato, Onion, Vegan Cheddar Cheese

Soups and More

Chili.....\$4.99

~Taco Salad\$8.95
Add a KISS salad, Tortilla Chips, and cheese

House Soup of the Day.....\$4.95

Snacks and Beverages

16 Oz Fresh Brews\$2.00
Ginger, Lemonade, Sorrel

Popcorn\$3.00

Sun Rise\$5.00
strawberry, mango, pineapple and orange juice

Red Velvet\$5.00
berry blend, mango, banana, and apple juice

Mean Green\$6.00
Pineapple, banana, strawberries, mango, and Kale or spinach, and Moringa

Sour Apple\$6.00
Apple, Spinach or Kale, Ginger, and Lemon, and Moringa

Moss Goddess\$6.00
Strawberry, Blueberry, Banana, and Almonds, with Irish Moss

Happy (Protein) Shake\$6.00
Moringa, Banana, Chocolate, blueberry, coconut oil, sesame seeds, pumpkin seed, raw cacao powder, raw maca powder and spinach

Mix your Own: strawberries, bananas, pineapple, mango, blueberry, berry blend, coconut, ginger, avocado, spinach, kale, lemons, apple juice, orange juice, raw almonds, raw walnuts, raw pumpkin seeds, raw sesame seeds, & moringa, seamoss, agave, maple syrup, almond milk syrup, and maple sugar...