

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...