

RESTAURANT

SHOP

MATTHEW KENNEY OKC

RAW FOOD ACADEMY

## LUNCH

## enjoy a saketini 7

## orange blossom

*zipang sparkling sake, orange blossom, rosemary, lemon*

## key lime

*gekkeikan sake, lime, vanilla cream, agave*

## violet hour

*gekkeikan nigori unfiltered sake, lavender, blueberry, lemon*

## enjoy some bubbly

## mimosa 5

*organic caposaldo prosecco, fresh squeezed orange juice*

## prettier in pink 6

*organic caposaldo prosecco, gekkeikan sake, strawberries, apple, pineapple*

## wines by the glass

## white

Chardonnay Macmeris 6

*Lodi, California*

Sauvignon Blanc Santa Rita 120 5

*Chile*

Pinot Grigio Lagaria 6

*Veneto, Italy*

## red

Cabernet Sauvignon Macmeris 6

*Lodi, California*

Merlot Santa Rita 120 5

*Chile*

Pinot Noir Echelon 7

*California*ask for the full list including  
biodynamic and organic wines

## first

## 'chips and guac'

*fork crushed avocado, cacao-corn chips, pickled green chili, smoked salt, mole 7*

## avocado dragon roll

*heirloom root vegetables, pickled ginger, smoked shiitake, ponzu 8*

## kimchee dumplings

*coriander wrappers, sweet and sour foam 10*

## tree nut cheeses

*apple crisps, honeycomb, summer peaches 11*

## spicy vegetable spring rolls

*glass noodles, shiitake, tamarind fondue 11*

## peas and carrots

*golden carrot wrappers, spiced peas, spring onion foam 11*

## summer garden

*vegetable tasting, herbs and flowers, truffle sea salt, frozen lemon oil 8/15*

## salad

## caprese

*local tomatoes, basil, macadamia cheese 11*

## sesame kale salad

*avocado, sweet arame, gomashio sesame-ginger 11*

## bit

*bibb lettuce, pear tomatoes, coconut bacon, ranch 11*

## arugula salad

*candied walnuts, late harvest vinaigrette, caramelized onions 12*

## sandwiches/wraps

## avocado ranch portabella slider

*lettuce, tomato, cashew cheddar, ranch, avocado, pickles 10*

## spring vegetable sandwich

*young lettuce, radish, avocado, cucumber, sweet pea puree 10*

## fajita lettuce wrap

*marinated vegetables, pico de gallo, avocado 'beans', sour cream, cilantro 9*

## mediterranean

*hummus, romaine, parsley salad, tapenade 9*

**Our Mission:** "Consistently prepare and serve Matthew Kenney's incredibly vibrant signature dishes, real foods in their most healthful raw state. Contemporary cuisine that is never heated above 118 degrees – for the best in flavors and enhanced health, all delivered with knowledgeable and gracious service...in an elegant and intimate atmosphere."

## main

## green curry noodles

*thai coconut, kelp noodles, peachcrest vegetables, basil, chili, almonds 14*

## bento

*summer dumplings, seaweed salad, pickled vegetables, creamy miso 13*

## crimson gnocchi

*Local beets, spring pesto, truffle cream 13*

## the classic summer tomato lasagna

*macadamia ricotta, sun cured tomato marinara, pistachio pesto 13*

## sweet corn ravioli

*broccoli rabe, corn-mint relish, green tomato fondue 14*

## pizza bianco

*whipped marscapone, sweet peppers, young arugula, marinara, spicy olive oil 14*

**Nut Allergy Notice:** While peanuts or other tree nuts may not be a key ingredient in every one of our products, all our food is produced in the same area where products containing various nut items are created. Though best practices are used in the preparation, inadvertent cross-contamination may occur. If you have a nut allergy, please let us know.



## MATTHEW KENNEY

Matthew Kenney was named one of the Ten Best New Chefs in America by Food and Wine magazine when he

was just 27! He received 2 James Beard Nominations for Rising Star Chef in America, and is the author of several books, including Raw Food Real World and Entertaining in the Raw.

After accompanying a friend to a "raw vegan" restaurant, the course of his life - and the health of a multitude of other people - changed forever. Despite Kenney's diet becoming more and more focused on vegetables over time, Chef Kenney was struck by the mental and physical clarity found upon dining raw. Almost instinctively, he came to the realization that his mission as a chef was to introduce more people to the benefits of a raw, vegan lifestyle. This switch to innovative Raw Food cuisine altered his entire way of cooking, eating and living.

Heading to the Midwest on his quest to help people find wellness seemed like the perfect challenge - and Matthew Kenney OKC has been named one of America's Best New Restaurants by Forbes Magazine.