



Our Philosophy

We believe food should nourish the body and support a healthy environment as well. We take great care in sourcing clean, health supportive ingredients. Below are just a few of our standards.

80% Organic Ingredients

We follow the Dirty Dozen Rule of the EWG and will only source these ingredients organically. Our current ingredient stock is around 80-85% organic. Our spices are 3rd party tested, ethically sourced and ground fresh before shipment.

No Inflammatory Oils

We will never use any inflammatory oils within our SHK made foods. We only use Organic: Extra Virgin Olive Oil, Virgin Coconut Oil, & Avocado Oil when cooking. We will also use Organic Toasted Sesame Oil in some of our finishing sauces, but not when cooking at high temperatures.

Clean Animal Proteins

NO Growth Hormones, NO Antibiotics, NO Fillers, Pastured Animals Whenever Available, Organic Whenever Available

Locally Sourced

We partner with local farms, food crafters, bakers and chefs that share our same values for what we put in our bodies, the way we treat the environment, and all the beings we share this planet with. Ask about our foodie partners we offer here at the Bistro

No Refined Sugars

We sweeten with ONLY real Maple Syrup, Coconut Sugar, Agave Syrup and Raw Texas Honey. The only Sugar Cane (organic & vegan) will be found in our our Foodie Partners Fermented Beverages and in our 70% Vegan & Soy Free Dark Chocolate Items.

Allergy Friendly

We take allergies very seriously. Ask your chef which items are considered Certified Gluten Free. Our SHK Bistro offerings on this menu are free from corn, soy, eggs, peanuts, shellfish, & many are gluten and dairy free.