

# EAT DIRTY

## BREAKFAST

### CLEAN BOWL 11.5



Egg whites, avocado mash, caramelized peppers + onions, sautéed kale, roasted sweet potato, pasture-raised turkey bacon, house-made tomatillo salsa [vegan: sub Adashah for eggs + turkey bacon]

CAL / 640 PROTEIN / 26g FAT / 40g CARBS / 49g

### DIRTY SHAKSHUKA 10.5



Our version of a classic Middle Eastern dish: chickpeas + lentils topped with homemade harissa-spiked spicy tomato sauce, Greek yogurt, and a sunnyside Sun Fresh egg, served with Zak the Baker bread

[vegan: sub Adashah for egg + Greek yogurt]

CAL / 380 PROTEIN / 19g FAT / 11g CARBS / 56g

### DIRTY SANDWICH 13

Scrambled Sun Fresh eggs, sliced chicken apple sausage, caramelized peppers + onions, provolone, Bushwick Kitchen Gochujang Sriracha, Zak the Baker brioche bun [note: sriracha contains both soy and wheat]

CAL / 750 PROTEIN / 32g FAT / 49g CARBS / 41g

## A LA CARTE

Chicken Apple Sausage +4



Avocado Mash +3



Pasture-Raised Turkey Bacon +4



Toast +2.5



Cage-Free Eggs (2) +4



Fruit Cup +4.5



Adashah +5



## SALADS

[ SERVED AT 12 PM ]

### DIRTY VEGAN SALAD 8.5



Shredded kale, quinoa, roasted beets, blood orange, sliced Medjool dates, pumpkin seeds, garlic cashew cream, lemon juice + olive oil drizzle

CAL / 480 PROTEIN / 7g FAT / 28g CARBS / 53g

### UMAMI SPINACH SALAD 11



Spinach, fennel, cucumber, roasted portobello + crimini mushrooms, roasted red peppers, gorgonzola, house-made white bean hummus, citrus vinaigrette, lemon juice + olive oil drizzle

[vegan: sub extra hummus for gorgonzola]

CAL / 340 PROTEIN / 10g FAT / 29g CARBS / 18g

### BOMBAY BOWL 12



Arugula, curried cauliflower, sprouted chickpeas + lentils, cucumber, cashew “cream”, pomegranate seeds, quinoa, fine herbs, citrus vinaigrette

CAL / 450 PROTEIN / 15g FAT / 16g CARBS / 66g

## BOWLS

[ SERVED AT 12 PM ]

### WINTER ADASHAH BOWL 15



Our version of a classic Middle Eastern dish: chickpeas + lentils topped with Adashah, sautéed kale, and homemade harissa-spiked spicy tomato sauce served with your choice of any sustainable protein

CAL / 250 PROTEIN / 14g FAT / 4g CARBS / 33g

[nutritional info does not include choice of protein]

### CHIMAYO CHILI BOWL 12



Sweet potatoes, local peppers, zucchini, heirloom beans, and stewed tomatoes, topped with Greek yogurt, cheddar, jalapeño jack cheese and spring onion.

Served over gluten-free bamboo rice

[vegan: sub house-made cashew ricotta for Greek yogurt + cheese +3]

CAL / 470 PROTEIN / 18g FAT / 16g CARBS / 68g

## SUSTAINABLE PROTEINS + ADD-ONS

Grass-Fed Shredded Steak +7



Grilled Free-Range Lemongrass Chicken Thigh +4



Pasture-Raised Turkey Bacon +4



Chicken Apple Sausage +4



Cage-Free Eggs (2) +4



Adashah [meat alternative: lentils, chickpea flour, flax seed] +5



Sprouted Chickpeas + Lentils +4



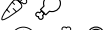
Avocado Mash +3



House-Made Cashew Ricotta +5



House-Made White Bean Hummus +3



## SOUPS

[ SERVED AT 12 PM ]

### ROASTED BUTTERNUT SQUASH



4.5 [CUP] / 6.5 [BOWL]

Roasted butternut squash, almond milk, carrots, garlic, and shallots, topped with garlic cashew cream + toasted pumpkin seeds

CAL / 180 PROTEIN / 2g FAT / 11g CARBS / 22g

### TOMATO



4.5 [CUP] / 6.5 [BOWL]

Plum tomatoes, red peppers, fresh basil, and garlic, garnished with arugula

CAL / 230 PROTEIN / 7g FAT / 7g CARBS / 38g

## MENU KEY



GLUTEN FREE



VEGETARIAN



VEGAN



PALEO

These symbols indicate items that are naturally gluten-free, vegetarian, vegan, or paleo; or can be made gluten-free, vegetarian, vegan, or paleo.

## TOASTS

[ GLUTEN-FREE BREAD AVAILABLE AT NO EXTRA CHARGE UPON REQUEST ]

### FEEL THE BEET 9

Lemon-zested ricotta, roasted beets, pea tendrils, pumpkin seeds, dukkah, Maldon sea salt, extra virgin olive oil, Zak the Baker bread

[vegan alternative: sub house-made cashew ricotta for traditional ricotta +3]

CAL / 640 PROTEIN / 21g FAT / 44g CARBS / 41g

### AVOCADO 9.5



Smashed avocado, extra virgin olive oil, Harpke Family Farm sunflower sprouts, Maldon sea salt, Zak the Baker bread

CAL / 400 PROTEIN / 24g FAT / 19g CARBS / 36g

### DIRT x TAQUIZA TOSTADA 8



Smashed avocado, sautéed kale, feta, pickled sweetie drop peppers, Taquiza tostadas

CAL / 490 PROTEIN / 19g FAT / 30g CARBS / 38g

### WHITE BEAN HUMMUS DIP 7.5



House-made white bean hummus, thyme, sliced Zak the Baker bread

CAL / 490 PROTEIN / 16g FAT / 20g CARBS / 67g

### RICOTTA + APRICOT 8.5



Lemon-zested ricotta, dried apricots, walnuts, Bushwick Kitchen Salted Honey [vegan alternative: sub house-made cashew ricotta for traditional ricotta +3]

CAL / 500 PROTEIN / 20g FAT / 25g CARBS / 20g

### SUPERBERRY SUNFLOWER 9.5



Sunflower butter, Nic & Luc's SuperBerry Jam, Bushwick Kitchen Salted Honey, Zak the Baker bread

CAL / 670 PROTEIN / 15g FAT / 33g CARBS / 88g

## SANDWICHES + WRAPS

[ SERVED AT 12 PM ] [ ALL SANDWICHES CAN BE MADE ]

### DIRTY STEAK + CHEESE 15

Grass-fed shredded steak, provolone, caramelized peppers + onions, horseradish Greek yogurt “aioli”, pepperoncini, Bushwick Kitchen Gochujang Sriracha, Zak the Baker brioche bun

[note: sriracha contains both soy and wheat]

CAL / 830 PROTEIN / 71g FAT / 31g CARBS / 60g [sandwich]

CAL / 570 PROTEIN / 62g FAT / 31g CARBS / 7g [collard green wrap]

### LEMONGRASS CHICKEN 12

Grilled free-range lemongrass chicken thigh, local greens, avocado lime “aioli”, carrot kimchee slaw, Zak the Baker bread

CAL / 550 PROTEIN / 48g FAT / 10g CARBS / 66g [sandwich]

CAL / 300 PROTEIN / 39g FAT / 9g CARBS / 14g [collard green wrap]

### MAI FUN VEGAN WRAP 9.5



Roasted mushrooms, raw beets, carrots, bean sprouts, rice noodles, mint, jalapeño, and Bushwick Kitchen Gochujang Sriracha wrapped in collard greens, served with a tamari + sesame oil dipping sauce

[note: sriracha contains both soy and wheat]

CAL / 220 PROTEIN / 7g FAT / 6g CARBS / 37g

[ ADD A SIDE SALAD OR CUP OF SOUP +3.5 ]

## LITTLE SPROUTS

[ AGES 10 AND UNDER ]

### BREAKFAST

[ ALL SAMMIES CAN BE MADE ]

### DIRT BREKKIE 6.5

1 egg (cooked how you like it) with 1 slice of turkey bacon and Zak the Baker toast

CAL / 300 PROTEIN / 14g FAT / 15g CARBS / 27g

### LIL BOWL 6.5



1 egg (cooked how you like it) over sweet potato hash with 1 slice of turkey bacon

CAL / 300 PROTEIN / 12g FAT / 15g CARBS / 29g

### SUPERBERRY SUNFLOWER SAMMIE 7.5



Sunflower butter with Nic & Luc's SuperBerry Jam on toasted Zak the Baker bread

CAL / 360 PROTEIN / 14g FAT / 17g CARBS / 48g

### YOGURT + BERRIES + GRANOLA 6.5



Strawberries, blueberries, yogurt, honey

CAL / 310 PROTEIN / 7g FAT / 11g CARBS / 49g

## LUNCH + DINNER

[ SERVED AT 12 PM ] [ SERVED WITH 1 SIDE OF YOUR CHOICE ]

### MELTING GRILLED CHEESE 7.5



Melting provolone on toasted Zak the Baker bread

CAL / 370 PROTEIN / 19g FAT / 20g CARBS / 29g

### CHICKEN LITTLE 8

Grilled free-range lemongrass chicken thigh

CAL / 260 PROTEIN / 19g FAT / 18g CARBS / 4g

## SIDES

### SAUTÉED VEGGIES 3



CAL / 70 PROTEIN / 2g FAT / 5g CARBS / 6g

### BAMBOO RICE 3



CAL / 110 PROTEIN / 2g FAT / 5g CARBS / 6g

### LITTLE SPROUTS SALAD 3



Tomato, cucumber, local greens

CAL / 100 PROTEIN / 1g FAT / 9g CARBS / 4g

### MIXED FRUIT 3



CAL / 60 PROTEIN / 1g FAT / 0g CARBS / 16g

# DRINK DIRT

## DIRT BLACK LABEL COFFEE

ALL DRINKS PREPARED WITH YOUR CHOICE OF LOCAL DAKIN DAIRY FARMS GRASS-FED MILK, HOUSE-MADE ALMOND + BRAZIL NUT MYLK (+0.75) OR HOUSE-MADE COCONUT MYLK (+1.5)

### ESPRESSO 2.5

CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g

### MACCHIATO 3

CAL / 35 PROTEIN / 2g FAT / 2g CARBS / 3g

### AMERICANO 3

CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g

### LATTE 5 [Bushwick Kitchen Salted Honey drizzle + 1]

CAL / 150 PROTEIN / 8g FAT / 8g CARBS / 12g

### DOUBLE BARREL COFFEE 8.5

DIRT Black Label Coffee, Bulletproof XCT Oil™, grass-fed butter, raw cacao, organic grass-fed whey or organic plant protein powder

[make it a smoothie +3.5]

CAL / 330 PROTEIN / 17g FAT / 28g CARBS / 7g

### NITRO COLD BREW ON TAP 5

Locally roasted by Argyle Coffee

CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g

## TEA

### MATCHA GREEN TEA LATTE 5.5

Stone-ground matcha green tea lightly sweetened with brown sugar

CAL / 220 PROTEIN / 10g FAT / 9g CARBS / 23g

### OOLONG 4.5

Cold-brewed oolong tea leaves

CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g

### SENSEI 4

Vietnamese green tea, lemongrass, spearmint, ginger

CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g

### FLORAL 4

Hibiscus, fresh raspberry, rose petal, ginger

CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g

### CHAMOMILE 3.5

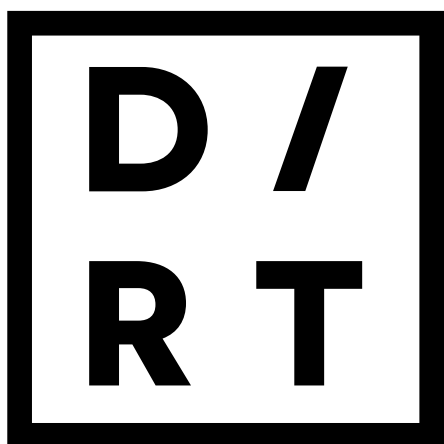
CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g

### ENGLISH BREAKFAST 3.5

CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g

### JASMINE GREEN 3.5

CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g



## EAT CLEAN

**ORDER ONLINE** via UberEATS + Postmates

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comments / questions / want to chat?

**CALL** 305.239.3000 **EMAIL** [connect@dirteatclean.com](mailto:connect@dirteatclean.com)  
232 5th Street, Miami Beach, FL 33139

## SMOOTHIES + BOWLS

[SMOOTHIES ARE 16 OZ]

### GLOW SMOOTHIE 8.5

Spinach, mango, coconut meat, coconut water, agave, and Himalayan sea salt, topped with shredded coconut + pomegranate seeds

CAL / 180 PROTEIN / 3g FAT / 10g CARBS / 24g

### DEFENSE SMOOTHIE 9.5

Mixed berries, pineapple, mango, coconut meat, coconut water, and mint, topped with goji berries, blueberries, and a mint leaf

CAL / 220 PROTEIN / 4g FAT / 5g CARBS / 42g

### ACAI BOWL 13

Acai blended with almond milk, banana, mixed berries, mango, and 1/2 a Bulletproof Ball, topped with coconut, banana, blueberries, house-made granola, and chia seeds

CAL / 600 PROTEIN / 11g FAT / 20g CARBS / 103g

## SUPPLEMENTS

Organic Grass-Fed Whey +3	Bulletproof XCT Oil™ +2.5
Organic Plant Protein +3	Organic Chia Seeds +2
Bulletproof Collagelatin™ +3	Almond Butter +2

## GRAB + GO

[OVERNIGHT OATS AND PUDDING ARE SERVED IN GLASS JARS. RETURN JAR WITH PROOF OF PURCHASE FOR \$1 OFF YOUR NEXT ORDER!]

### LEMON + THYME OVERNIGHT OATS 8

Oats, Greek yogurt, almond milk, honey, lemon juice and lemon zest, topped with thyme

CAL / 420 PROTEIN / 14g FAT / 10g CARBS / 69g

### MORNING GLORY OVERNIGHT OATS 8

Oats, carrots, walnuts, raisins, cardamom, cinnamon, pumpkin spice, almond milk, and coconut milk, lightly sweetened with maple syrup, topped with coconut flakes, sunflower seeds, and walnuts

CAL / 510 PROTEIN / 12g FAT / 23g CARBS / 69g

### PEANUT BUTTER OVERNIGHT OATS 8

Oats, peanut butter, jam, chia seeds, and almond milk

CAL / 590 PROTEIN / 18g FAT / 24g CARBS / 80g

### COCO x CACAO CHIA PUDDING 8

Coconut mylk + chia seed pudding, lightly sweetened with maple syrup, topped with toasted coconut chips + cacao nibs

CAL / 240 PROTEIN / 4g FAT / 13g CARBS / 27g

### BULLETPROOF BALLS 5.5

Bulletproof XCT Oil™, organic plant protein powder, house-made granola (regular or paleo + gluten-free), dark chocolate

CAL / 190 PROTEIN / 4g FAT / 10g CARBS / 25g

## COLD PRESSED JUICES + SHOTS

We offer a seasonal selection of USDA-certified organic, non-GMO, HPP juices + shots powered by Juicera.

## SEASONAL KOMBUCHA + SODA

### KOMBUCHA 4.5

Locally crafted by Non-Prophet Brewing  
[Ask us what's on tap]

### GINGER BEER [SODA] 4.5

Locally crafted by Non-Prophet Brewing

## CRAFT BEER + WINE

We offer a curated list of craft beer and sustainable + biodynamic wines. Ask us for more details!

## MENU KEY



GLUTEN FREE



VEGETARIAN



VEGAN



PALEO

These symbols indicate items that are naturally gluten-free, vegetarian, vegan, or paleo; or can be made gluten-free, vegetarian, vegan, or paleo.

Nutritional values are approximations based on our recipes and ingredients. We do our best to be transparent and provide information that is as accurate as possible.

All items are made in a facility that processes nuts, tree nuts (including coconuts), fruits, vegetables, seeds, seaweeds, grasses, meat, fish, and poultry. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Please note that any items prepared without gluten are made in a facility that handles many other wheat products. During normal kitchen operations, there is a possibility for gluten-free food items to come into contact with foods that contain gluten. Therefore, we are unable to guarantee that any menu item is completely gluten-free.