

DRINK DIRT

SUNSET HARBOUR

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)

DRIP 1.75

From Fazenda Mirante farm in the Cerrado Mineiro region of Brazil, tasting notes of cocoa powder, honey, roasted hazelnuts

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

ESPRESSO 2.5

Blend of Colombian beans, from the La Echaverria Farm in the Antioquia Region, and Brazilian beans, from the Fazenda Mirante farm in the Cerrado Mineiro region, tasting notes of velvety chocolate, bright citrus, caramelized sugar

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

MACCHIATO 3

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

AMERICANO 2.75

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

CAPPUCCINO 4

CAL / 90 PROTEIN / 5g FAT / 5g CARBS / 7g

LATTE 4.5 [Bushwick Kitchen Salted Honey drizzle + 1]

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

☀️ LAVENDER LATTE 5.25

DIRT Black Label espresso and Sonoma lavender simple syrup

CAL / 210 PROTEIN / 8g FAT / 9g CARBS / 25g

DOUBLE BARREL COFFEE 6

DIRT Black Label Coffee, Bulletproof XCT Oil™, grass-fed butter, raw cacao

[add organic grass-fed whey or organic plant protein powder + 2.5 // make it a smoothie +3.5]

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

NITRO COLD BREW ON TAP 4.5

Locally roasted by Argyle Coffee

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

TEA

[SERVED HOT OR COLD]

LOCALLY CRAFTED BY JOJO TEA

MATCHA GREEN TEA LATTE 5.5

Stone-ground matcha green tea with your choice of milk, sweetened upon request

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

OOLONG 4

Oolong tea leaves

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

SENSEI 3.5

Vietnamese green tea, lemongrass, spearmint, ginger

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

FLORAL 3.5

Hibiscus, fresh raspberry, rose petal, ginger

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

CHAMOMILE 3

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

ENGLISH BREAKFAST 3

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

JASMINE GREEN 3

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

HOUSE-MADE LEMONADES

MATCHA LAVENDER 4

Stone-ground matcha green tea, fresh-squeezed lemon juice, house-made Sonoma lavender simple syrup

CAL / 90 PROTEIN / 1g FAT / 0g CARBS / 21g

DRAGON FRUIT 4

Dragon fruit, fresh-squeezed lemon juice, house-made vanilla simple syrup

CAL / 90 PROTEIN / 1g FAT / 0g CARBS / 24g



EAT CLEAN

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comments / questions / want to chat?

CALL 786.453.2488 EMAIL connect@dirteatclean.com

1834 Bay Road, Miami Beach, FL 33139

SMOOTHIES + BOWLS

[SMOOTHIES ARE 16 OZ]

SMOOTHIES

[ADD ANY SUPPLEMENT BELOW TO YOUR SMOOTHIE]

GLOW 9

Spinach, mango, coconut water, and agave, topped with shredded coconut + pomegranate seeds

CAL / 170 PROTEIN / 3g FAT / 2g CARBS / 37g

DEFENSE 9

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

CAL / 210 PROTEIN / 3g FAT / 2g CARBS / 52g

INDULGE 9.5

Soom Chocolate Sesame Spread, chocolate almond milk, cacao nibs, banana, and Medjool dates, topped with cacao nibs and coconut flakes

[caffeine boost? add a shot of nitro cold brew +1.5 // sugar fix? add dollop of Fine x Raw Coconut Dulce de Leche +1]

CAL / 610 PROTEIN / 9g FAT / 20g CARBS / 113g

BOWLS

[ADD ANY SUPPLEMENT BELOW TO YOUR BOWL]

ACAI 12.5

Acai blended with banana and almond milk, topped with shredded coconut, blueberries, banana, chia seeds, and house-made granola

[paleo + gluten-free granola +2]

CAL / 440 PROTEIN / 8g FAT / 15g CARBS / 74g

DRAGON FRUIT 13

Dragon fruit blended with mango, pineapple, banana, and almond milk, topped with shredded coconut, blueberries, strawberries, house-made granola, and Paradise Farms edible flowers

[paleo + gluten-free granola +2]

CAL / 460 PROTEIN / 7g FAT / 15g CARBS / 80g

SUPPLEMENTS

Organic Grass-Fed Whey +3

Organic Chia Seeds +2

Organic Plant Protein +3

Almond Butter +2

Bulletproof Collagelatin™ +3

Shaved Ginger +1.5

Bulletproof XCT Oil™ +2.5

Shaved Turmeric Root +1.5

GRAB + GO

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

CHOCOLATE SEEDY TAHINI OVERNIGHT OATS 9

Oats, Soom Chocolate Tahini Spread, coconut milk, Bushwick Kitchen Salted Honey, and chia seeds, topped with mixed seeds

CAL / 530 PROTEIN / 16g FAT / 24g CARBS / 65g

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 paleo + gluten-free granola, 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.

SEASONAL KOMBUCHA + SODA

KOMBUCHA [BOTTLED] 9

Assorted flavors, locally crafted by Radiate Miami

CRAFT BEER + WINE

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

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.

MENU KEY



SEASONAL



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.