

EAT DIRT

LITE SUMMER MENU* // SOUTH OF FIFTH
*CHECK OUT OUR FULL MENU
AT OUR NEW SUNSET HARBOUR LOCATION

BREAKFAST

[SERVED ALL DAY]

[SERVED ALL DAY]

CLEAN BOWL 11.5

Cage-free 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

BEC SANDWICH 11

Scrambled cage-free eggs, two slices of turkey bacon, caramelized peppers + onions, melting pepperjack cheese, Bushwick Kitchen Gochujang Sriracha, Zak the Baker poppyseed brioche bun or multigrain bread

[note: sriracha contains both soy and wheat]

[add avocado mash +2]

CAL / 810 PROTEIN / 40g FAT / 43g CARBS / 61g

A LA CARTE

Pasture-Raised Turkey Bacon +4

Cage-Free Eggs (2) +4

Avocado Mash +4

Toast [2 slices] +3

Fruit Cup +4.5

Adashah +5

SALADS + BOWLS

[SERVED AT 11 AM]

DIRTY VEGAN SALAD 8.5

Shredded kale, quinoa, raw beets, sliced oranges, sliced Medjool dates, pumpkin seeds, garlic cashew cream, lemon juice + olive oil drizzle

[treat yo' self: keep it vegetarian and add feta to the mix +1.5]

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

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

CHIMAYO CHILI BOWL 12

Sweet potatoes, peppers, zucchini, heirloom beans, lentils, and stewed tomatoes, topped with Greek yogurt, 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

SPRING POKÉ BOWL 15.5

Wild-caught citrus-marinated raw tuna, cucumber, raw beets, strawberries, arugula, sweet sake-tossed bamboo rice, house-made strawberry sriracha dressing, Paradise Farms edible flowers

[vegan: sub Adashah for tuna]

CAL / 580 PROTEIN / 36g FAT / 5g CARBS / 87g

SUSTAINABLE PROTEINS + ADD-ONS

Grilled Free-Range Lemongrass Chicken Thigh +4

Wild-Caught Citrus-Marinated Raw Tuna +7

Pasture-Raised Turkey Bacon +4

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

Cage-Free Eggs (2) +4

Sprouted Chickpeas + Lentils +4

Avocado Mash +4

House-Made Cashew Ricotta +5

House-Made White Bean Hummus +3

SOUPS

[SERVED AT 11 AM]

CARROT GINGER

Puree of carrots and ginger, topped with house-made garlic cashew cream and mixed seeds

4.5 [CUP] / 6.5 [BOWL]

CAL / 310 PROTEIN / 3g FAT / 21g CARBS / 30g

TOMATO

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

4.5 [CUP] / 6.5 [BOWL]

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

MENU KEY



SEASONAL



GLUTEN FREE



VEGETARIAN



VEGAN



PALEO



SPICY

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]

[SERVED ALL DAY]

YO SOY EDAMAME 11

Edamame mash, burrata, sliced heirloom tomato, Harpke Family Farm pea tendrils, garlic-rubbed Zak the Baker bread

[vegan: sub house-made cashew ricotta for burrata +2]

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

[pro tip: add two Sun Fresh eggs your way +4]

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

DIRT x TAQUIZA TOSTADA 8.5

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

[vegan: sub extra avocado for feta]

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

DOUBLE DIPPING 7.5

Your choice of house-made edamame mash or white bean hummus dip, served with sliced Zak the Baker bread or veggies

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

DATE ME 10.5

Labneh, Medjool dates, mixed seeds, Bushwick Kitchen Salted Honey

CAL / 620 PROTEIN / 16g FAT / 27g CARBS / 87g

ALMOND SUPERBERRY 9.5

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

[nut allergy? sub sunflower butter for almond butter] [vegan: sub agave for honey]

CAL / 500 PROTEIN / 12g FAT / 16g CARBS / 81g

LITTLE SPROUTS

[AGES 10 AND UNDER]

BREAKFAST

[ALL SAMMIES AND TOAST 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

ALMOND SUPERBERRY SAMMIE 7.5

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

[nut allergy? sub sunflower butter for almond butter]

CAL / 520 PROTEIN / 17g FAT / 19g CARBS / 75g

YOGURT + BERRIES + GRANOLA 6.5

Strawberries, blueberries, yogurt, honey

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

LUNCH + DINNER

[SERVED AT 11 AM] [SERVED WITH 1 SIDE OF YOUR CHOICE]

MELTING GRILLED CHEESE 7.5

Melting pepperjack on toasted Zak the Baker bread

CAL / 490 PROTEIN / 24g FAT / 20g CARBS / 55g

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

LITE SUMMER MENU* // SOUTH OF FIFTH
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DIRT BLACK LABEL COFFEE

ALL DRINKS PREPARED WITH YOUR CHOICE OF LOCAL DAKIN DAIRY FARMS GRASS-FED MILK, HOUSE-MADE ALMOND + MACADAMIA 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

CAPPUCCINO 4

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

LATTE 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 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 4.5

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 DELIVERY via Postmates + UberEATS

ORDER PICKUP @dirteatclean.com or text DIRT2GO to 33733

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232 5th Street, Miami Beach, FL 33139

MENU KEY



SEASONAL



GLUTEN FREE



VEGETARIAN



VEGAN



PALEO



SPICY

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

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

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!]

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 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!

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.