

# EAT DIRT

LITE AUTUMN 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

Pasture-raised 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 pasture-raised 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: BK 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  
Pasture-Raised 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

### AUTUMN POKE BOWL 15.5

Wild-caught citrus-marinated raw tuna, roasted Brussels sprouts + butternut squash garnished with house-made honey cashew Dijon glaze, sliced apples, raw beets, arugula, sweet sake-tossed bamboo rice, house-made strawberry sriracha dressing

[vegan: sub Adashah for tuna]

CAL / 640 PROTEIN / 38g FAT / 6g CARBS / 104g

## 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]

### LENTIL

Garnished with extra virgin olive oil + fresh herbs

4.5 [CUP] / 6.5 [BOWL]

CAL / 320 PROTEIN / 15g FAT / 11g CARBS / 44g [cup]

### 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 [cup]

## 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]

### BUTTERNUT SQUASH + GOAT CHEESE 11

Caramelized butternut squash, whipped goat cheese, spicy Uriah's Urban Farms mustard greens, Bushwick Kitchen Salted Honey, mixed seeds, extra virgin olive oil, Zak the Baker bread

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

CAL / 500 PROTEIN / 16g FAT / 30g CARBS / 47g

### 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 pasture-raised eggs your way +4]

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

### DIRT x TAQUIZA TOSTADA 8.5

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

[vegan: sub extra avocado for feta]

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

### TUSCAN WHITE BEAN HUMMUS 9.5

House-made white bean hummus, sliced cucumber + tomatoes, pomegranate seeds, red pepper flakes, extra virgin olive oil, Maldon sea salt, Harpke Family Farm pea tendrils, Zak the Baker bread

CAL / 600 PROTEIN / 12g FAT / 43g CARBS / 46g

### 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

### ROASTED SWEET POTATOES 3

CAL / 90 PROTEIN / 2g FAT / 0g CARBS / 20g

### 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 AUTUMN 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

### ☀️ SPICED PUMPKIN NUT LATTE 5.25

DIRT Black Label Espresso, house-made spiced pumpkin nut blend, cinnamon, nutmeg, almond milk

CAL / 160 PROTEIN / 1g FAT / 5g CARBS / 23g

### DOUBLE BARREL COFFEE 6

DIRT Black Label Espresso, Bulletproof XCT Oil™, Kerrygold 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

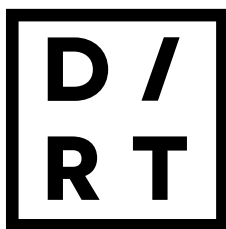
CAL / 0 PROTEIN / 0g FAT / 0g CARBS / 0g

### CHAMOMILE 3.5

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

### ENGLISH BREAKFAST 3.5

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



EAT CLEAN

ORDER DELIVERY via Postmates + UberEATS

ORDER PICKUP @dirteatclean.com or text DIRT2GO to 33733

FOLLOW US f @dirtrestaurant t @dirteatclean  
comments / questions / want to chat?

CALL 305.239.3000 EMAIL connect@dirteatclean.com  
232 5th Street, 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

#### ☀️ GOLD X INNERGY SMOOTHIE 9.5

Banana, apple, mango, orange, coconut water, turmeric, chia seeds

[receive a voucher for a free meditation session at Innergy with each purchase]

CAL / 240 PROTEIN / 4g FAT / 3g CARBS / 57g

### 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 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.

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SEASONAL



GLUTEN FREE



VEGETARIAN



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