


BREAKFAST

[SERVED ALL DAY]


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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 **FRITATTA TOSTADA 15**   

Two pasture-raised eggs, calabacitas (corn, red pepper, zucchini), avocado mash, crumbled goat cheese, house-made honey cashew Dijon glaze, quinoa, Taquiza tostadas, sriracha

[vegan: sub Adashah for eggs + dairy] **CAL**/790 **PROTEIN**/26g **FAT**/41g **CARBS**/78g**DIRTY SANDWICH 13** Scrambled pasture-raised eggs, sliced chicken apple sausage, caramelized peppers + onions, provolone, 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**/750 **PROTEIN**/32g **FAT**/49g **CARBS**/41g**MATCHA PROTEIN PANCAKES 14**  












3 pancakes made with JoJo Tea matcha, activated chia seeds, plant protein powder, almond milk, and gluten-free flour, topped with sliced banana and strawberries, shredded coconut, house-made agave berry coulis, Bushwick Kitchen Trees Knees Cinnamon Maple Syrup

CAL/770 **PROTEIN**/20g **FAT**/19g **CARBS**/135g**SUNSET GRAND SLAM 19**  

Grass-fed New York strip [5 oz. portion], two pasture-raised eggs your way, caramelized peppers + onions, roasted sweet potato + mushrooms, house-made tomatillo salsa

CAL/730 **PROTEIN**/54g **FAT**/42g **CARBS**/32g

A LA CARTE

Chicken Apple Sausage +4  Avocado Mash +4   Pasture-Raised Turkey Bacon +4  Toast [2 slices] +3  Pasture-Raised Eggs (2) +4   Fruit Cup +4.5   Adashah +5  

SALADS

[SERVED AT 11 AM] [ADD MULTIGRAIN OR GLUTEN-FREE BREAD + 1.25]


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 creamy goat cheese to the mix +1.5]

CAL/480 **PROTEIN**/7g **FAT**/28g **CARBS**/53g**UMAMI SPINACH SALAD 11**  

Spinach, 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**MEXI-CALI SALAD 12**  

Arugula, calabacitas (corn, red pepper, zucchini), feta, avocado mash, Taquiza tostada crumbles, cherry tomatoes, quinoa, house-made jalapeño-cucumber vinaigrette

[vegan: sub house-made cashew ricotta for feta +3] **CAL**/750 **PROTEIN**/15g **FAT**/55g **CARBS**/58g

BOWLS

[SERVED AT 11 AM] [ADD MULTIGRAIN OR GLUTEN-FREE BREAD + 1.25]


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 Serious Cow 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

PLATES

[SERVED AT 11 AM] [ADD MULTIGRAIN OR GLUTEN-FREE BREAD + 1.25]

 **AUTUMN ADASHAH PLATE 16** 

Roasted Brussels sprouts + butternut squash garnished with house-made honey cashew Dijon glaze, shredded beets, crumbled goat cheese, arugula, Adashah

[vegan: sub house-made cashew ricotta for crumbled goat cheese +1.5] **Served with your choice of any sustainable protein** [grass-fed NY strip +5]**CAL**/ 500 **PROTEIN**/22g **FAT**/17g **CARBS**/60g [does not include choice of protein]**SPAGHETTI SQUASH ALFREDO 15**   



Roasted spaghetti squash, extra virgin olive oil, roasted red pepper, corn, and zucchini, sliced grape tomatoes, scallions, cashew-almond alfredo sauce, lemon zest, red pepper flakes

CAL/ 630 **PROTEIN**/17g **FAT**/18g **CARBS**/88g **AUTUMN DIRTY BIRD 15**








Free-range 12 oz. bone-in chicken leg cooked in Miami Weiss Beer au jus and DIRT spice mix, roasted Brussels sprouts + butternut squash garnished with house-made honey cashew Dijon glaze, quinoa, grilled lemon

CAL/830 **PROTEIN**/66g **FAT**/32g **CARBS**/73g

SUSTAINABLE PROTEINS + ADD-ONS

Grass-Fed New York Strip [5 oz. portion] +12  

Grilled Free-Range Lemongrass Chicken Thigh +4 [contains soy]

Quinoa-Crusted Faroe Island Salmon +7  Wild-Caught Citrus-Marinated Raw Tuna +7  Pasture-Raised Turkey Bacon +4  Chicken Apple Sausage +4  Pasture-Raised Eggs (2) +4   Adashah [meat alternative: lentils, chickpea flour, flax seed] +5  Sprouted Chickpeas + Lentils +4  Avocado Mash +4   House-Made Cashew Ricotta +5   House-Made White Bean Hummus +3  

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.

SOUPS

[SERVED AT 11 AM]

LENTIL 4.5 [CUP] / **6.5** [BOWL]  

Garnished with extra virgin olive oil + fresh herbs

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

TOASTS

[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

SANDWICHES + WRAPS

[SERVED AT 11 AM] [ALL SANDWICHES CAN BE MADE ON  BREAD]**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 or multigrain bread [sub grass-fed NY strip +5]

[note: BK sriracha contains both soy and wheat]

[paleo: drop provolone and sriracha + wrap it in a collard green] **CAL**/830 **PROTEIN**/71g **FAT**/31g **CARBS**/60g [sandwich]**CAL**/570 **PROTEIN**/62g **FAT**/31g **CARBS**/7g [collard green wrap]**QUINOA-CRUSTED SALMON PO’ BOY 14**  

Quinoa-crusted Faroe Island salmon, citrus-marinated Napa cabbage-carrot mix, sliced tomatoes, horseradish Greek yogurt “aioli” hot sauce, Zak the Baker brioche bun

CAL/630 **PROTEIN**/35g **FAT**/21g **CARBS**/80g [sandwich]**CAL**/380 **PROTEIN**/25g **FAT**/20g **CARBS**/27g [collard green wrap]**LEMONGRASS CHICKEN 12**

Grilled free-range lemongrass chicken thigh, local greens, avocado lime “aioli”, carrot kimchee slaw, Zak the Baker bread [note: contains soy]

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, Napa cabbage, rice noodles, mint, jalapeño, and Bushwick Kitchen Gochujang Sriracha wrapped in collard greens.

Served with a tamari + sesame oil dipping sauce

[note: BK sriracha contains both soy and wheat]

[pro tip: add Adashah for even more vegan deliciousness +5]

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 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 provolone 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   

COFFEE BY ARGYLE 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)

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

☀️ SPICED PUMPKIN NUT LATTE 5.25

Argyle Coffee espresso, house-made spiced pumpkin nut blend, cinnamon, nutmeg, almond milk

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

DOUBLE BARREL COFFEE 6

Argyle Coffee espresso, 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

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

TEA BY JOJO TEA

[SERVED HOT OR COLD]

MATCHA GREEN TEA LATTE 5.5

Stone-ground JoJo 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

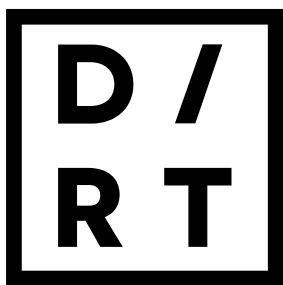
Stone-ground JoJo matcha green tea, fresh-squeezed lemon juice, house-made Sonoma lavender simple syrup

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

☀️ SPICED APPLE TURMERIC CIDER 4

Apple puree, ginger, turmeric, cinnamon, lemon juice, sugar

CAL / 220 PROTEIN / 0g FAT / 0g CARBS / 54g



E A T C L E A N

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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

☀️ 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

[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 [BOTTLED] 9

Assorted flavors, locally crafted by Radiate Miami

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



SPICY

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