

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, 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

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

[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 micro arugula, 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, spinach, 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

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

MENU KEY



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

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

Tasting notes of cocoa powder, honey, roasted hazelnuts

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

ESPRESSO 2.5

Tasting notes of ripe cranberries, smooth milk chocolate

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

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 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

VEGAN SOFT SERVE + MYLKSHAKES

COMING SOON!



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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

Locally Crafted By Radiate Miami

KOMBUCHA [ON TAP] 4.5

KOMBUCHA [BOTTLED] 9

CRAFT BEER + WINE

COMING SOON!

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.