

EAT DIRT

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

BREAKFAST

[SERVED ALL DAY]

[SERVED ALL DAY]

CLEAN BOWL 11.5

Cage-free egg whites, avocado mash, sautéed 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, sriracha, Zak the Baker poppyseed brioche bun or multigrain bread
[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]

HARVEST SALAD 12

Baby arugula, sliced lemon-scented pear, sliced apricots, goat cheese, spiced walnuts, mixed seeds, house-made cranberry-lemon vinaigrette
[vegan: sub house-made cashew ricotta for goat cheese +3]

CAL / 730 PROTEIN / 23g FAT / 51g CARBS / 52g

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, butternut squash cashew cream, pomegranate seeds, quinoa, 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 jasmine rice

[vegan: sub house-made cashew ricotta for Greek yogurt + cheese +3]

CAL / 470 PROTEIN / 18g FAT / 16g CARBS / 68g

WINTER POKE BOWL 15.5

Wild-caught citrus-marinated raw tuna, sliced pear, roasted Winter veggies [carrots, butternut squash, sweet potato, broccoli, pear] garnished with house-made honey cashew Dijon glaze, shredded raw beets, arugula, sweet sake-tossed jasmine rice, house-made strawberry sriracha dressing

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
Pasture-Raised 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]

BUTTERNUT SQUASH 4.5 [CUP] / 6.5 [BOWL]

Roasted butternut squash, almond milk, carrots, garlic, and sweet onions, topped with garlic cashew cream + mixed seeds

CAL / 180 PROTEIN / 2g FAT / 11g CARBS / 22g [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]

FEEL THE BEET 9

Lemon-zested ricotta, shredded beets, pea tendrils, pumpkin seeds, Maldon sea salt, extra virgin olive oil, Zak the Baker bread

[vegan alternative: sub house-made cashew ricotta for traditional ricotta +3]

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 pasture-raised eggs your way +4]

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

AVO-KALE TOSTADA 8.5

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

[vegan: sub extra avocado for feta]

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

RICOTTA + APRICOT 8.5

Lemon-zested ricotta, dried apricots, walnuts, honey

[vegan alternative: sub house-made cashew ricotta for traditional ricotta +3]

CAL / 500 PROTEIN / 20g FAT / 25g CARBS / 21g

ALMOND SUPERBERRY 9.5

Almond butter, organic jam, 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

SIDES

SEASONAL VEGGIES 3

Butternut squash, sweet potato, carrots, broccoli, and sliced pear tossed in rosemary and honey cashew dijon glaze

CAL / 200 PROTEIN / 3g FAT / 9g CARBS / 33g

SAUTÉED VEGGIES 3

Sauteed kale + roasted sweet potato

CAL / 70 PROTEIN / 2g FAT / 5g CARBS / 6g

ROASTED SWEET POTATOES 3

Diced sweet potatoes tossed in olive oil, salt, and pepper

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

PEPITA JASMINE RICE 3

Jasmine rice tossed in mirin and topped with pumpkin seeds

CAL / 190 PROTEIN / 4g FAT / 3g CARBS / 38g

CITRUS-TOSSED QUINOA 3

Quinoa drizzled with citrus vinaigrette and topped with scallions

CAL / 240 PROTEIN / 4g FAT / 16g CARBS / 22g

MIXED GREENS 4

Mixed greens, tomatoes, cucumbers, choice of dressing

CAL / 100 PROTEIN / 1g FAT / 9g CARBS / 4g

MIXED FRUIT 3 [SMALL] / 4.5 [LARGE]

Blueberries, sliced strawberries, sliced banana

CAL / 60 PROTEIN / 1g FAT / 0g CARBS / 16g [cup]

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, and almond milk

CAL / 590 PROTEIN / 18g FAT / 24g CARBS / 80g

COCO x CACAO CHIA PUDDING 8

Coconut milk + 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

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.

DRINK DIRT

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

DIRT BLACK LABEL COFFEE

ALL DRINKS PREPARED WITH YOUR CHOICE OF ORGANIC WHOLE 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

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

☀️ VANILLA DATE CHAI LATTE 5.25

DIRT Black Label Espresso mixed with a blend of dates, almonds, brown sugar, and house-made chai [cinnamon, nutmeg, coriander, black pepper, vanilla]

[recommended with house-made almond + macadamia nut mylk]

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

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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comments / questions / want to chat?

CALL 305.239.3000 **EMAIL** connect@dirteatclean.com

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

☀️ BEETS BY BRICKELL 9.5

Beets, mango, banana, coconut water, house-made Cranberry + Rosemary-Spiced Lemonade, chia seeds



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, and 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

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.