

## BREAKFAST

[ 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

### FRITTATA TOSTADA 15

Two pasture-raised eggs, calabacitas [corn, red pepper, zucchini], roasted Winter veggies [carrots, butternut squash, sweet potato, broccoli, pear], avocado mash, whipped goat cheese, house-made honey cashew Dijon glaze, quinoa, 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, sautéed peppers + onions, provolone, sriracha, Zak the Baker poppyseed brioche bun or multigrain bread

[add avocado mash +2]

CAL / 750 PROTEIN / 32g FAT / 49g CARBS / 41g

### BASIC BREAKFAST SANDWICH 8.5

Scrambled pasture-raised eggs, provolone, sautéed peppers + onions, Zak the Baker poppyseed brioche bun or multigrain bread, horseradish hot sauce

CAL / 770 PROTEIN / 20g FAT / 19g CARBS / 135g

### MATCHA PROTEIN PANCAKES 14

3 pancakes made with JoJo Tea matcha, activated chia seeds, VeganSmart plant protein powder, almond milk, and gluten-free flour, topped with sliced banana and strawberries, shredded coconut, house-made agave berry coulis, 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, sautéed 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  
Pasture-Raised Turkey Bacon +4  
Pasture-Raised Eggs (2) +4  
Adashah +5  
Avocado Mash +4  
Toast [2 slices] +3  
Fruit Cup +4.5

## SALADS

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

### 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 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, 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, 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 / 640 PROTEIN / 38g FAT / 6g CARBS / 104g

## PLATES

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

### ADASHAH BOLOGNESE 14

Basil and garlic-tossed Adashah crumbles, rice noodles, sautéed peppers + onions, spinach, DIRTY marinara, garlic-rubbed Zak The Baker bread

[add creamy traditional or house-made cashew ricotta +2]

CAL / 500 PROTEIN / 22g FAT / 17g CARBS / 60g

### 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

### WINTER DIRTY BIRD 15

Free-range 12 oz. bone-in chicken leg cooked in Miami Weiss Beer au jus and DIRT spice mix, roasted Winter veggies [carrots, butternut squash, sweet potato, broccoli, pear] garnished with house-made honey cashew Dijon glaze, Harpke Family Farm pea tendrils, 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 ]

### BUTTERNUT SQUASH 4.5

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

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

CAL / 230 PROTEIN / 2g FAT / 11g CARBS / 22g [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 sweetie 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

## SANDWICHES + WRAPS

[ SERVED AT 11 AM ] [ ALL SANDWICHES CAN BE MADE ON BREAD ]

### DIRTY STEAK + CHEESE 15

Grass-fed shredded steak, provolone, sautéed peppers + onions, horseradish Greek yogurt "aioli", pepperoncini, sriracha, Zak the Baker brioche bun or multigrain bread

[sub grass-fed NY strip +5]

[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 sriracha wrapped in collard greens. Served with a tamari + sesame oil dipping sauce

[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 ]

## 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]



## 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 BY ARGYLE 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)

### 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

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

### ☀️ VANILLA DATE CHAI LATTE 5.25

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

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 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 Tea matcha green tea, fresh-squeezed lemon juice, house-made Sonoma lavender simple syrup

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

### ☀️ CRANBERRY + ROSEMARY-SPICED LEMONADE 4

Cranberry juice, rosemary-infused simple syrup, lemon juice

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

## 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

## 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 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



EAT CLEAN

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comments / questions / want to chat?

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1834 Bay Road, Miami Beach, FL 33139

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.