

COFFEE & TEA

ALMOND MYLK • OAT MYLK • WHOLE MILK

ESPRESSO DOUBLE \$3.50

CORTADITO \$4.50

MACCHIATO DOUBLE \$4.50

CAPPUCCINO \$5.50 | ICED \$6.25

LATTE \$5.50 | ICED \$6.25

AMERICANO \$4.00 | ICED \$4.25

SINGLE ORIGIN DRIP \$3.75 | ICED \$4

COLD BREW ON ICE \$5.95

BARISTA BAR SPECIALS

ICED BANANA BREW \$7.95

ESPRESSO, OAT MYLK, BANANA, DATE, CINNAMON

MATCHA LEMONADE \$7.95

JAPANESE MATCHA GREEN TEA, LEMON, AGAVE

ARTISANAL TEAS HOT \$4.00 | ICED \$5.00

HOT TEA | GREEN TEA • EARL GREY CREME • PACIFIC COAST MINT

ICED TEA | SUMMER PEACH & BLACK TEA • HIBISCUS LEMONGRASS

SIGNATURE HOUSE LATTES HOT \$7.00 | ICED \$7.25

MATCHA LATTE • ARTISANAL JAPANESE GREEN TEA

CHOOSE YOUR MILK • OR MAKE WITH COCONUT WATER (SERVED ICED ONLY)

SPICED CHAI TEA LATTE • BLACK TEA & SPICED CHAI TEA

GINGER TEA LATTE • BLUE BUTTERFLY PEA TEA, GINGER, HONEY

NEW HOMEMADE SUMMER REFRESHER \$6.95

FLAVORS | MANGO PINEAPPLE • STRAWBERRY BLUEBERRY

MADE WITH FRESH FRUIT & LALA LEMONADE



SUPERFOOD SMOOTHIES

GREEN GODDESS 🌱

KIWI, LEMON, CUCUMBER, GREEN APPLE, MINT, HONEY, MATCHA \$10.95

PLAYA PAPAYA 🌱

PAPAYA, PINEAPPLE, COCONUT WATER \$11.95

SUPERGREENS 🌱

SPINACH, KALE, CUCUMBER, GINGER, CELERY, PINEAPPLE, GREEN APPLE, LEMON \$11.95

COCO AZUL 🌱

COCONUT WATER, BANANA, PINEAPPLE, MANGO, BLUE SPIRULINA, COLLAGEN PROTEIN, HEMP SEED, SHAVED COCONUT \$11.95

VITAMIN SEA 🌱

STRAWBERRY, BLUEBERRY, PINEAPPLE, COLD PRESSED ORANGE \$11.95

🌱 MINT CHOCO CHIP

BANANA, DATE, MINT, SPINACH, ALMOND BUTTER, HEMP SEED, SEA SALT, VEGAN CHOCOLATE PROTEIN*, TOPPED WITH CACAO NIBS \$11.95 *CONTAINS COCONUT

🌱 OMER'S POST WORKOUT

BLUEBERRY, BANANA, SPINACH, ALMOND BUTTER, ALMOND MYLK, VEGAN VANILLA PROTEIN* \$11.95 *CONTAINS COCONUT

🌱 WELCOME TO MIAMI

PASSION FRUIT, MANGO, BANANA \$9.95

🌱 CHOCOLATE PB

BANANA, PEANUT BUTTER, ALMOND MYLK, HONEY, CHOCOLATE GRASS-FED WHEY PROTEIN* \$9.95 *CONTAINS COCONUT

🌱 MIAMI MOCHA

ESPRESSO, ALMOND BUTTER, DATES, BANANA, CACAO, ALMOND MYLK, VANILLA GRASS-FED WHEY PROTEIN* \$12.95 *CONTAINS COCONUT

ADD ENHANCERS \$2 | GRASS-FED WHEY • VEGAN PLANT PROTEIN • COLLAGEN • MATCHA • HEMP SEED • SPIRULINA

ACAI BOWLS 🌱

SIGNATURE

RAW ACAI BLENDED WITH BANANA & TOPPED WITH PINEAPPLE, STRAWBERRY, BANANA, SHAVED COCONUT, CHIA SEED, VEGAN GF GRANOLA* \$14.95

PB LOVER

RAW ACAI BLENDED WITH BANANA & TOPPED WITH STRAWBERRY, BLUEBERRY, SHAVED COCONUT, PECAN, GOJI BERRY, PEANUT BUTTER, VEGAN GF GRANOLA* \$15.95

BALI CRUNCH

RAW ACAI BLENDED WITH BANANA & TOPPED WITH BANANA, MANGO, GOJI BERRY, CACAO NIB, ALMOND BUTTER, VEGAN GF GRANOLA* \$15.95

*VEGAN & GLUTEN-FREE HOMEMADE GRANOLA 🌱 CONTAINS TREE NUTS: ALMOND, WALNUT, COCONUT

hello
NEW YORK



ANOTHER DAY IN *paradise*
WHERE HEALTH IS HAPPINESS

AUGUST 2024



NUTRITION INFO | 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY IF YOU HAVE A FOOD ALLERGY, PLEASE NOTIFY US *CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, EGGS OR UNPASTEURIZED MILK MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS. OUR STORE OFFERS PRODUCTS WITH PEANUTS, TREE NUTS, MILK, EGGS AND WHEAT. WHILE WE TAKE STEPS TO MINIMIZE THE RISK OF CROSS CONTAMINATION, WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE SAFE TO CONSUME FOR PEOPLE WITH PEANUT, TREE NUT, MILK, EGGS OR WHEAT ALLERGIES. THIS PRODUCT HAS NOT BEEN PASTEURIZED AND THEREFORE MAY CONTAIN HARMFUL BACTERIA THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY AND PERSONS WITH WEAKENED IMMUNE SYSTEMS*

ALL DAY BREAKFAST

APOLLO TOMATO BAGEL

LOCAL SOURDOUGH BAGEL: SESAME | PLAIN | EVERYTHING
WHIPPED CREAM CHEESE TOPPED WITH FRESH
SLICED TOMATO, EXTRA VIRGIN OLIVE OIL \$9.95

THE NEW YORKER*

TOASTED SOURDOUGH, WHIPPED ZA'ATAR
CREAM CHEESE* WITH CHOPPED SCALLION,
SMOKED SALMON, TOMATO, PICKLED RED
ONION, ALFALFA SPROUT, LEMON OIL DRIZZLE
\$16.50 + SOFT BOILED EGGS \$4.95

*CONTAINS SESAME, TREE NUTS: CASHEW

AVOCADO SMASH TOAST

TOASTED SOURDOUGH TOPPED WITH
SMASHED AVOCADO, CUCUMBER, RADISH,
MICRO CILANTRO, OLIVE OIL DRIZZLE \$11.50
+ SMOKED SALMON \$7.95 + CRUMBLED FETA \$2
+ OVER EASY EGGS \$4.95

TURKEY EGG WRAP*

PASTURE-RAISED SOFT-BOILED EGGS, TURKEY
BACON, SAUTEED MUSHROOM, SWEET POTATO,
AVOCADO, SPINACH, MOZZARELLA, CRUMBLED
FETA, OLIVE OIL, SIDE OF GREEN HARISSA ON
YOUR CHOICE OF WRAP \$19.50

SMOKED SAMMY SANDWICH

MULTIGRAIN SOURDOUGH, SMOKED SALMON,
PASTURE-RAISED SOFT-BOILED EGGS, SMASHED
AVOCADO, WHIPPED ZA'ATAR CREAM CHEESE*
WITH CHOPPED SCALLION, CUCUMBER, SLICED
TOMATO, ARUGULA, RED ONION, DILL, RED
PEPPER FLAKES \$21.95 *CONTAINS SESAME, TREE NUTS: CASHEW

*VEGAN & GLUTEN-FREE HOMEMADE GRANOLA   CONTAINS TREE NUTS: ALMOND, WALNUT, COCONUT

OVERNIGHT OATS

WHOLEGRAIN GF OATS WITH ALMOND MYLK,
SHAVED COCONUT, CHIA SEED, SESAME SEED,
DATES, CINNAMON TOPPED WITH STRAWBERRY,
BLUEBERRY, KIWI, POMEGRANATE SEEDS, ALMOND
BUTTER, VEGAN GF GRANOLA* \$13.50

FRESH FRUIT SALAD

GREEK YOGURT TOPPED WITH VEGAN GF GRANOLA*,
MANGO, KIWI, PINEAPPLE, STRAWBERRY, BLUEBERRY,
BANANA, HONEY DRIZZLE \$13.50

CHARRED FRUIT TOAST

TOASTED SOURDOUGH, WHIPPED RICOTTA WITH
LEMON ZEST & MINT, BLUEBERRY, STRAWBERRY,
CHARRED SEASONAL FRUIT, HONEY DRIZZLE,
VEGAN GF GRANOLA*, MICRO MINT \$13.95
SUB ALMOND BUTTER

*PERFECT EGG SANDWICH

LOCAL SOURDOUGH BAGEL: SESAME | PLAIN | EVERYTHING
PASTURE-RAISED SOFT-BOILED EGGS, ARUGULA,
TOMATO, MOZZARELLA, SMASHED AVOCADO, OLIVE
OIL, RED PEPPER FLAKES, SIDE OF PURA VIDA SAUCE
\$14.50 + TURKEY BACON \$4

*CROISSANT SANDWICH

PASTURE-RAISED EGG SCRAMBLE WITH
MOZZARELLA SERVED ON SOURDOUGH
CROISSANT WITH TOMATO, MIXED GREENS,
SIDE OF SPICY AIOLI \$15.50 SUB TUNA SALAD

*VEGGIE OMELETTE

PASTURE-RAISED EGGS, SPINACH, MOZZARELLA,
SCALLION, RED & GREEN BELL PEPPER, SERVED
WITH A SIDE OF SMASHED AVOCADO, ARUGULA,
TOASTED SOURDOUGH \$16.50

SANDWICHES

CALI CHICKEN

TOASTED CIABATTA, ANTIBIOTIC FREE CHICKEN,
AVOCADO, MOZZARELLA, RED ONION, TOMATO,
MIXED GREENS, HERB VINAIGRETTE, SIDE OF
CHIPOTLE AIOLI \$17.95

PONZU TUNA*

TOASTED CIABATTA, RAW WILD TUNA, AVOCADO,
CUCUMBER, ARUGULA, PICKLED RED ONION,
CARROT, CILANTRO, SESAME SEED, SPICY AIOLI,
PONZU YUZU* \$22.50 *CONTAINS SESAME

PESTO CHICKEN*

TOASTED CIABATTA, ANTIBIOTIC FREE CHICKEN,
ARUGULA, TOMATO, GOAT CHEESE, PESTO
SAUCE*, BALSAMIC GLAZE DRIZZLE, SIDE OF
PURA VIDA SAUCE \$19.50

*CONTAINS TREE NUTS: WALNUT, ALMOND

TUNA SPROUT*

MULTIGRAIN SOURDOUGH*, ARUGULA, TOMATO,
SPROUTS, TUNA SALAD WITH CHOPPED VEGGIES
& MUSTARD AIOLI, SIDE OF VEGAN GF GREEN
TAHINI* \$18.50 *CONTAINS SESAME

MAKE IN A BOWL \$2

WRAPS

CRUNCHY VEGGIE

VEGAN VEGGIE BITES, HUMMUS*, SPINACH,
AVOCADO SMASH, CUCUMBER, TOMATO,
CARROT, ALFALFA SPROUTS, RED ONION, HERB
VINAIGRETTE, SIDE OF VEGAN GF GREEN
TAHINI* \$17.50 *CONTAINS SESAME

TOASTED CHICKEN

ANTIBIOTIC FREE CHICKEN, CILANTRO
JASMINE RICE, AVOCADO SMASH, SWEET
BELL PEPPER, MELTED MOZZARELLA, SIDE OF
PURA VIDA SAUCE \$17.50

KALE CHICKEN CAESAR

ANTIBIOTIC FREE CHICKEN, CHOPPED KALE,
PARMESAN, TOASTED SOURDOUGH
CROUTON*, CAESAR DRESSING \$17.50

*CONTAINS SESAME, TREE NUTS: CASHEW

MEDITERRANEAN SALMON

OVEN-ROASTED SALMON, ARUGULA, CHERRY
TOMATO, CUCUMBER, RED ONION, ZA'ATAR*,
HERB YOGURT DRESSING, HERB VINAIGRETTE
\$18.50 *CONTAINS SESAME, TREE NUTS: CASHEW

WHOLE WHEAT • SPINACH • GLUTEN-FREE \$2
MAKE IN A BOWL \$2

HEALTHY PLATE

BASE: ROASTED POTATO | CILANTRO JASMINE RICE | SWEET POTATO | ORGANIC QUINOA

PROTEIN: ANTIBIOTIC FREE CHICKEN | VEGAN VEGGIE BITES | RAW WILD TUNA* +\$2 | OVEN ROASTED SALMON +\$2
YOUR CHOICE OF BASE & PROTEIN SERVED WITH SESAME SEED, PONZU YUZU* & HOUSE SALAD MADE WITH MIXED
GREENS, GREEN ONION, FENNEL, RADISH, PECAN, PARMESAN, HERB VINAIGRETTE \$24.95 *PONZU YUZU CONTAINS SESAME

BOWLS

MANGO SALMON*

OVEN ROASTED SALMON, QUINOA, ARUGULA,
AVOCADO, MANGO, PICKLED RED ONION,
CHERRY TOMATO, SESAME SEED, SIDE OF
PURA VIDA SAUCE \$25.50


SUMMER CHICKEN

ANTIBIOTIC FREE CHICKEN, CILANTRO JASMINE
RICE, ARUGULA, AVOCADO, PINEAPPLE, SWEET
BELL PEPPER, CARROT, SESAME SEED, MICRO
CILANTRO, SIDE OF SPICY SOY GINGER \$19.50

*SPICY TUNA

RAW WILD TUNA, CILANTRO JASMINE RICE,
ARUGULA, AVOCADO, CUCUMBER, RADISH,
MICRO CILANTRO, SCALLION, SESAME SEED,
PONZU YUZU*, SPICY AIOLI \$24.50 *CONTAINS SESAME

VIDA VEGGIE

VEGAN VEGGIE BITES, CILANTRO JASMINE RICE,
ARUGULA, AVOCADO, RADISH, CRUMBLED FETA,
PICKLED RED ONION, PINEAPPLE, MICRO CILANTRO,
SIDE OF VEGAN GF GREEN TAHINI* \$18.50
MAKE IT VEGAN  NO FETA *CONTAINS SESAME

SALADS

GREEK SALAD

ARUGULA, MIXED GREENS, CHERRY
TOMATO, MARINATED OLIVES, CUCUMBER,
RED ONION, SWEET BELL PEPPER, CRUMBLED
FETA, SOURDOUGH CROUTON CRUMBLES*,
TOSSED IN OUR HERB VINAIGRETTE \$18.50

*CONTAINS SESAME, TREE NUTS: CASHEW

GARDEN GREENS

ARUGULA, SPINACH, MIXED GREENS,
CARROT, CUCUMBER, CHERRY TOMATO,
RADISH, PICKLED RED ONION, SPROUTS,
MICRO CILANTRO, APPLE CIDER VINAIGRETTE,
SIDE OF VEGAN GF GREEN TAHINI* \$15.50

*CONTAINS SESAME

THAI ALMOND SALAD

BASIL, NAPA CABBAGE, MIXED GREENS, EDAMAME,
MANDARIN ORANGE, RED BELL PEPPER, CARROT,
SCALLION, SESAME SEED, THAI ALMOND DRESSING*
\$14.95 *CONTAINS SESAME, TREE NUTS: ALMOND

KALE CAESAR

CHOPPED KALE, TOASTED SOURDOUGH CROUTON*,
SHAVED PARMESAN, TOSSED IN OUR SERIOUSLY
ADDICTING HOMEMADE CAESAR DRESSING \$15.50

*CONTAINS SESAME, TREE NUTS: CASHEW

JEN'S HERB

ARUGULA, KALE, CILANTRO, ITALIAN PARSLEY, MINT,
QUINOA, JALAPENO, SPICED WALNUT, SCALLION,
CRUMBLED FETA, APPLE CIDER VINAIGRETTE \$17.50

ADD PROTEIN

OVEN ROASTED SALMON* 8.95
RAW WILD TUNA* 8.95

SMOKED SALMON* 7.95
TUNA SALAD 6.95

VEGAN VEGGIE BITES 5.95
ANTIBIOTIC FREE CHICKEN 5.95

SNACKS

BAKED EMPANADAS

CHICKEN • BEEF • SPINACH &
CHEESE | SERVED WITH YOUR
CHOICE OF SPICY AIOLI OR
VEGAN GF GREEN TAHINI* \$3.95

*CONTAINS SESAME

TUNA TARTARE*

RAW WILD TUNA, AVOCADO SMASH,
CUCUMBER, JALAPENO, SCALLION,
MICRO CILANTRO, SESAME SEED,
PONZU YUZU*, SPICY AIOLI \$14.95

*CONTAINS SESAME

HARISSA HUMMUS

HUMMUS*, GREEN HARISSA,
OLIVE OIL, POMEGRANATE SEED,
MICRO CILANTRO, TAHINI* | YOUR
CHOICE TOASTED PITA OR CRUDITE
VEGGIES \$10.95 *CONTAINS SESAME

KID'S MENU

SERVED WITH COLD PRESS APPLE JUICE & MANDARIN ORANGE SLICES

KID'S PROTEIN BOWL

OVEN ROASTED SALMON, CILANTRO
JASMINE RICE \$17.95

TINY TOASTED CHICKEN

TOASTED GLUTEN-FREE WRAP, ANTIBIOTIC FREE CHICKEN,
CILANTRO JASMINE RICE, MOZZARELLA \$15.95

TURKEY & CHEESE SANDWICH

MULTIGRAIN SOURDOUGH, TURKEY BACON,
MELTED MOZZARELLA, PARMESAN \$15.95

CHEESE QUESADILLA

TOASTED GLUTEN-FREE WRAP, MOZZARELLA \$13.95

MINI EGG BURRITO

TOASTED GLUTEN-FREE WRAP, PASTURE RAISED
EGGS SCRAMBLED WITH MOZZARELLA \$15.95

BAGEL & SCHMEAR

LOCAL SOURDOUGH BAGEL: SESAME | PLAIN | EVERYTHING
TOASTED BAGEL & WHIPPED CREAM CHEESE \$12.95

KID'S ACAI BOWL

RAW ACAI BLENDED WITH BANANA,
STRAWBERRY & VEGAN GF GRANOLA* \$12.95

PINK PARADISE SMOOTHIE

ALMOND MYLK, STRAWBERRY, BANANA
12oz SMOOTHIE \$8.95

*VEGAN & GLUTEN-FREE HOMEMADE GRANOLA   CONTAINS TREE NUTS: ALMOND, WALNUT, COCONUT