

COFFEE & TEA

WHOLE MILK • ALMOND MYLK • OAT MYLK • PISTACHIO MYLK +\$1

ESPRESSO DOUBLE \$3.95

CORTADITO \$4.50

MACCHIATO DOUBLE \$4.50

CAPPUCCINO \$5.95 | ICED \$6.50

LATTE \$5.95 | ICED \$6.50

AMERICANO \$4.25 | ICED \$4.25

SINGLE ORIGIN DRIP \$3.95 | ICED \$3.95

COLD BREW ON ICE \$6.50

BARISTA BAR SPECIALS

GINGER TEA LATTE \$7.00 | ICED \$7.25

blue butterfly pea tea, oat mylk, ginger
raw local honey

SPICED CHAI TEA LATTE \$7.00 | ICED \$7.25

black tea & spiced chai tea

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

MATCHA LATTE HOT \$7.00 | ICED \$7.50

choose your milk • or make with coconut water (served iced only)
artisanal japanese green tea

MATCHA LEMONADE ICED \$7.95

japanese matcha green tea, lemon, agave

REFRESHER ICED \$6.95

your choice | mango pineapple • strawberry blueberry
made with fresh fruit & lala lemonade | sub coconut water

BANANA BREW ICED \$7.95

espresso, oat mylk, banana, date, cinnamon

SUPERFOOD SMOOTHIES

GREEN GODDESS 🌱

kiwi, lemon, cucumber, green apple,
mint, raw local 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

add enhancers \$2 | grass-fed whey • vegan plant protein • collagen • matcha • hemp seed • spirulina

🌱 **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, raw local honey,
grass-fed whey chocolate protein* \$10.95 *contains coconut

🌱 **MIAMI MOCHA**

espresso, almond butter, dates, banana, cacao, almond mylk,
grass-fed whey vanilla protein* \$12.95 *contains coconut

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



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, EGG 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*

hello
NEW YORK



ANOTHER DAY IN *paradise*
WHERE HEALTH IS HAPPINESS

APRIL 2025

ALL DAY BREAKFAST

AVOCADO SMASH TOAST

toasted sourdough topped with smashed avocado, cucumber, radish, micro cilantro, olive oil drizzle \$11.95 + smoked salmon \$7.95 + crumbled feta \$2 + over easy eggs* \$4.95

PERFECT EGG SANDWICH

bagels: sesame | plain | everything
pasture-raised soft-boiled eggs, arugula, tomato, mozzarella, smashed avocado, olive oil, red pepper flakes, side of pura vida sauce \$14.95
+ turkey bacon \$4

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 a whole wheat tortilla \$19.95

CROISSANT SANDWICH

pasture-raised egg scramble with mozzarella served on sourdough croissant with tomato, mixed greens, side of spicy aioli \$15.95 sub tuna salad

TOMATO BAGEL

bagels: sesame | plain | everything
whipped cream cheese topped with fresh sliced tomato, extra virgin olive oil \$9.95

** vegan & gluten-free homemade granola  contains tree nuts: almond, walnut, coconut*

OVERNIGHT OATS

wholegrain gf oats with almond mylk, dates, goji berries, almonds, pumpkin seed, cinnamon, topped with strawberry, blueberry, vegan gf granola* \$12.95

FRESH FRUIT SALAD

greek yogurt topped with vegan gf granola*, mango, kiwi, pineapple, strawberry, blueberry, banana, raw local honey \$13.95

*VEGGIE OMELETTE

pasture-raised eggs, spinach, mozzarella, scallion, red & green bell pepper, served with smashed avocado, arugula, toasted sourdough \$16.95

* THE NEW YORKER

toasted sourdough, whipped za'atar cream cheese* with chopped scallion, smoked salmon, tomato, pickled red onion, alfalfa sprout, lemon oil drizzle \$16.95 + soft boiled eggs \$4.95
**contains sesame, tree nuts: cashew*

* SMOKED SAMMY

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, lemon oil, red pepper flakes \$21.95
**contains sesame, tree nuts: cashew*

SANDWICHES

served with salt & black pepper pita chips

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* \$22.95 **contains sesame*

PESTO CHICKEN

toasted ciabatta, antibiotic-free chicken, arugula, tomato, goat cheese, pesto sauce*, balsamic glaze drizzle, side of pura vida sauce \$19.95 **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* \$18.95 **contains sesame*

make in a wrap • make in a bowl \$3 • make gf \$2
**gf served with mandarin orange*

WRAPS

served on whole wheat tortilla
with salt & black pepper pita chips

CRUNCHY VEGGIE

roasted sweet potato, hummus*, spinach, avocado, cucumber, tomato, carrot, sprouts, red onion, herb vinaigrette, side of green tahini dressing* \$17.95 **contains sesame*

TOASTED CHICKEN

antibiotic-free chicken, cilantro jasmine rice, avocado smash, sweet bell pepper, melted mozzarella, side of pura vida sauce \$18.95

KALE CHICKEN CAESAR

antibiotic-free chicken, chopped kale, parmesan, toasted sourdough crouton*, caesar dressing \$17.95 **contains sesame, tree nuts: cashew*

*SPICY SALMON

oven-roasted salmon, cilantro jasmine rice, edamame, smashed avocado, carrot, cucumber, scallion, sesame seed, ponzu yuzu*, side of spicy soy ginger | sub raw wild tuna \$19.95 **contains sesame*

NEW *PESTO AHI TUNA

raw wild tuna, cilantro jasmine rice, avocado, spinach, carrot, red onion, pesto*, side of pura vida sauce \$19.95 **contains tree nuts: walnut, almond*
make in a bowl \$3 • gf wrap \$2 **gf served with mandarin orange*

HEALTHY PLATE

base: cilantro jasmine rice | roasted sweet potato | organic quinoa
protein: antibiotic-free chicken | 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

SPICY TUNA

raw wild tuna, cilantro jasmine rice, arugula, avocado, cucumber, radish, micro cilantro, scallion, sesame seed, ponzu yuzu*, spicy aioli \$25.95 **contains sesame*

SUMMER CHICKEN

antibiotic-free chicken, cilantro jasmine rice, arugula, avocado, pineapple, sweet bell pepper, carrot, sesame seed, micro cilantro, side of spicy soy ginger \$19.95

*MANGO SALMON

oven-roasted salmon, quinoa, arugula, avocado, mango, pickled red onion, cherry tomato, sesame seed, side of pura vida sauce \$26.95

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 \$18.95
**contains sesame, tree nuts: cashew*

FALL FARRO

arugula, radicchio, farro, spiced pumpkin seeds, radish, red onion, cucumber, dates, snow peas, crumbled goat cheese, tossed in spiced tahini dressing* \$16.95
**contains sesame*

THAI ALMOND

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 \$15.95 **contains sesame, tree nuts: cashew*

JEN'S HERB

arugula, kale, cilantro, italian parsley, mint, quinoa, jalapeno, spiced pumpkin seed, scallion, crumbled feta, apple cider vinaigrette \$18.95

ADD PROTEIN

oven-roasted salmon* 9.95
raw wild tuna* 8.95

smoked salmon* 7.95
tuna salad 6.95

antibiotic-free chicken 5.95
soft-boiled eggs 4.95

SNACKS

BAKED EMPANADAS

chicken • beef • spinach & cheese
served with your choice of spicy aioli
or vegan gf green tahini* \$4.50
**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, micro cilantro, tahini* | your choice
toasted pita or crudite veggies
\$10.95 **contains sesame*

SOUPS

NEW TUSCAN MUSHROOM

veggie stock, carrot, celery, tomato, mushroom, beans, barley, farro, greens, soy sauce, extra virgin olive oil \$7.95

CHICKEN VEGGIE & RICE

chicken, rice, tomato, garden veggie mix, basil, parsley, olive oil, micro cilantro \$7.95

KIDS MENU *Little Lunch Box*

served with choice of cold-press 8 oz juice & mandarin orange on the side

THE LITTLE BOWL

antibiotic-free chicken, cilantro jasmine rice \$15.95

TURKEY & CHEESE SANDWICH

toasted multigrain sourdough, turkey bacon, melted mozzarella, parmesan \$15.95

CHEESE QUESADILLA

toasted gluten-free wrap, melted mozzarella \$13.95

TINY TOASTED CHICKEN

toasted gluten-free wrap, antibiotic-free chicken, cilantro jasmine rice, melted mozzarella \$15.95

MINI EGG BURRITO

toasted gluten-free wrap, pasture raised eggs scrambled with mozzarella \$15.95

KIDS ACAI BOWL

raw acai blended with banana & topped with strawberry, vegan gf granola* \$12.95

PINK PARADISE SMOOTHIE

almond mylk, strawberry, banana
served in 12 oz kids cup \$8.95

** vegan & gluten-free homemade granola  contains tree nuts: almond, walnut, coconut*