



10 - 12 SERVINGS PER PLATTER **ALL DAY BREAKFAST PLATTERS**

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**AVOCADO SMASH**

TOASTED SOURDOUGH BREAD | SERVED WITH SIDES OF AVO SMASH, RADISH, CUCUMBER, MICRO CILANTRO + PASTURE-RAISED SOFT-BOILED EGGS \$18 | \$70

**THE NEW YORKER**

TOASTED SOURDOUGH BREAD | SERVED WITH SIDES OF WHIPPED SCALLION ZA'ATAR CREAM CHEESE, SMOKED SALMON, TOMATO, PICKLED RED ONION, ALFALFA SPROUTS, LEMON OIL + PASTURE-RAISED SOFT-BOILED EGGS \$18 | \$110

**VEGGIE OMELETTE**

TOASTED SOURDOUGH BREAD | PASTURE-RAISED EGGS SCRAMBLED WITH SCALLIONS, BELL PEPPER, MOZZARELLA, SPINACH, SERVED WITH SIDES OF AVO SMASH, & ARUGULA | \$120

**PERFECT EGG SANDWICH**

TOASTED PLAIN BAGEL OR CIABATTA | PASTURE-RAISED SOFT BOILED EGGS, ARUGULA, MOZZARELLA, TOMATO, OLIVE OIL, RED PEPPER FLAKES | \$110

**ALMOND BERRY TOAST**

GLUTEN-FREE BREAD | ALMOND BUTTER, STRAWBERRY, BLUEBERRY, CHIA SEED, KIWI, COCONUT, CINNAMON, HONEY | \$95

**BAGELS & CREAM CHEESE**

12 BAGEL ASSORTMENT & CREAM CHEESE | EVERYTHING • SESAME • PLAIN + ZA'ATAR SCALLION CREAM CHEESE \$10 + TUNA SALAD \$14 + AVO SMASH \$10 | \$40



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**TUNA SPROUT SANDWICH**

TOASTED CIABATTA | ARUGULA, TOMATO, SPROUTS, TUNA SALAD WITH CHOPPED VEGGIES & MUSTARD AIOLI, WITH OF VEGAN GF GREEN TAHINI | + GF BREAD \$20 | \$135

**PESTO CHICKEN SANDWICH**

TOASTED CIABATTA | FREE-RANGE CHICKEN, ARUGULA, TOMATO, GOAT CHEESE, PESTO SAUCE\*, FINISHED WITH BALSAMIC GLAZE | + GF BREAD \$20 | \$135

**WRAP PLATTER**

SPINACH WRAP | KALE CHICKEN CAESAR • CRUNCHY VEGAN VEGGIE • PONZU TUNA | WITH VEGAN GF GREEN TAHINI & PURA VIDA SAUCE | ASSORTMENT OR PICK ONE FLAVOR | \$120

**VEGGIE BURGER PLATTER**

BIANCA BURGER BUN | MUSHROOM VEGGIE PATTY, CRUMBLLED FETA, PICKLED RED ONION, AVOCADO, MICRO CILANTRO, RADISH, LEMON OIL, CHIPOTLE AIOLI | \$135



## FAMILY STYLE SALADS 10 - 12 SERVINGS PER SALAD + PROTEIN

### GREEK SALAD

ARUGULA, MIXED GREENS, CHERRY TOMATO, CUCUMBER, MARINATED OLIVES, RED ONION, SWEET BELL PEPPER, CRUMBLED FETA, SOURDOUGH CROUTON CRUMBLES, HERB VINAIGRETTE | \$80

### GARDEN GREENS

ARUGULA, SPINACH, MIXED GREENS, CHERRY TOMATO, CUCUMBER, PICKLED RED ONION, RADISH, CARROT, ALFALFA SPROUTS, SUNFLOWER SEEDS, MICRO CILANTRO, VEGAN GF GREEN TAHINI | \$80

### JEN'S HERB

ARUGULA, KALE, MINT, CILANTRO, PARSLEY, QUINOA, JALAPENO, SCALLION, SPICED WALNUTS, CRUMBLED FETA, APPLE CIDER VINAIGRETTE | \$80

### KALE CAESAR

LOCALLY SOURCED CHOPPED KALE, SHAVED PARMESAN, TOASTED SOURDOUGH CROUTONS, CAESAR DRESSING | \$80

FREE-RANGE CHICKEN  
\$70 | HALF PLATTER \$35

OVEN ROASTED SALMON  
\$90 | HALF PLATTER \$45

VEGAN VEGGIE PROTEIN  
\$50 | HALF PLATTER \$25

## SNACK PLATTERS 10 - 12 SERVINGS PER PLATTER

### BAKED EMPANADAS

CHICKEN • BEEF • SPINACH & CHEESE | ASSORTMENT OR PICK ONE FLAVOR SERVED WITH VEGAN GF GREEN TAHINI & SPICY AIOLI | 12 EMPANADAS | \$50

### HUMMUS VEGGIES & PITA

TOASTED PITA | HUMMUS, GREEN HARISSA, OLIVE OIL, POMEGRANATE SEED, MICRO CILANTRO | SERVED WITH TAHINI | CRUDITE VEGGIES | \$55

### FRESH FRUIT SALAD

STRAWBERRY, BLUEBERRY, MANGO, PINEAPPLE, KIWI  
+ ADD GREEK YOGURT & VEGAN GF GRANOLA\* \$25 | \$65

### BAKERY PLATTER ASSORTMENT

GF GUAVA COCONUT COOKIE, VEGAN WALNUT CHOCOLATE CHIP COOKIE, & VEGAN GF WALNUT BANANA BREAD | \$35

## KIDS MENU 10 - 12 SERVINGS PER PLATTER

### TINY TOASTED CHICKEN

GF WRAP | FREE-RANGE CHICKEN, CILANTRO RICE, MELTED MOZZARELLA CHEESE, SIDE OF CUCUMBER SLICES SERVED WITH VEGAN GF GREEN TAHINI | \$100

### MINI EGG BURRITO

GF WRAP | PASTURE-RAISED EGGS SCRAMBLED WITH MOZZARELLA, SIDE OF APPLE SLICES AND AVOCADO SMASH | \$100



## INDIVIDUAL BUNDLES 12 | 16 | 20 SERVINGS PER BUNDLE

ENJOY A COMBINATION OF OUR SIGNATURE ITEMS INDIVIDUALLY PACKED

### PERFECT EGG SANDWICH • THE NEW YORKER • VEGGIE OMELETTE

BREAKFAST BUNDLES \$175 | \$220 | \$270

### MANGO SALMON • SPICY TUNA • SUMMER CHICKEN • VIDA VEGGIE

BOWLS BUNDLES \$210 | \$270 | \$330

### JEN'S HERB • KALE CAESAR • GARDEN GREENS

SALADS BUNDLES \$195 | \$255 | \$300

### TOASTED CHICKEN • KALE CHICKEN CAESAR • CRUNCHY VEGAN VEGGIE • PONZU TUNA

WRAPS BUNDLES \$175 | \$225 | \$275

## DRINKS 12 PACKS

### COLD PRESSED JUICE \$100

GREEN DELUXE • IMMUNE BOOSTER  
MIAMI BEET • THE GLOW • LULU'S LEMON

### ORANGE JUICE \$85

### LALA LEMONADE \$75

### MOROCCAN MINT TEA \$65

### COLD BREW COFFEE \$65

ORGANIC & NITRO INFUSED

### ORGANIC KOMBUCHA \$65

GINGER LEMON • WATERMELON CUCUMBER

### WELLNESS SHOTS \$45

FLU SHOT • THE GLOW • ETERNAL YOUTH  
IMMUNITY SHOT • DETOX SHOT



## SNACK PACKS

### ENERGY BITES \$55

GLUTEN-FREE OATMEAL CHOCOLATE PB & VEGAN  
ALMOND BUTTER | 12 PACK

### HEALTHY FIBER BITES \$65

BAKED WITH PSYLLIUM HUSK FIBER | 12 PACK

### GREEK YOGURT PROTEIN PARFAIT \$105

GREEK YOGURT, DRIED CHERRIES, PECANS, HONEY,  
GRANOLA | 12 PACK



## PLANNING AN EVENT?

HOST IN OUR PRIVATE DINING SPACES WHETHER YOU'RE PLANNING A SPECIAL BRUNCH, BIRTHDAY PARTY, OR CHILL GET-TOGETHER, OUR SPACES MAKE YOU FEEL RIGHT AT HOME



### SCAN TO LEARN MORE | AVAILABLE LOCATIONS

SOUTH OF FIFTH • SOUTH MIAMI • LAS OLAS • WEST AVE • EDGEWATER  
SUNSET HARBOR • FLAMINGO • WELLINGTON • WEST BOCA

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ORDER PICK-UP & DELIVERY • 24 HOUR NOTICE REQUIRED • SERVICE FEE \$15 | APRIL 2024

NUTRITION INFO | 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY



\* OUR VEGAN & GF HOMEMADE GRANOLA CONTAINS TREE NUTS: ALMOND, WALNUT, COCONUT • 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 & THEREFORE MAY CONTAIN HARMFUL BACTERIA THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY & PERSONS WITH WEAKENED IMMUNE SYSTEMS