

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

LOCALLY ROASTED COLD BREW \$5.95

ARTISANAL HOUSE 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

SUMMER REFRESHER • COCONUT WATER INFUSED WITH FRUIT

WATERMELON CUCUMBER 70 CAL • PASSIONFRUIT MANGO \$5.95

BARISTA BAR SPECIALS

ICED BANANA BREW \$7.95

ESPRESSO, OAT MYLK, BANANA, DATE, CINNAMON

NEW MATCHA LEMONADE \$7.95

JAPANESE MATCHA GREEN TEA, LEMON, AGAVE

NEW CHAI FRAPPE \$10.95

SPICED CHAI TEA, OAT MYLK, BANANA, DATE,
ALMOND BUTTER, VANILLA GRASSFED WHEY

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

SUPERFOOD SMOOTHIES

WELCOME TO MIAMI 🌱

PASSION FRUIT, MANGO, BANANA \$9.95

VITAMIN SEA 🌱

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

COCO AZUL 🌱

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

SUPERGREENS 🌱

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

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

🌱 **PLAYA PAPAYA**

PAPAYA, PINEAPPLE, COCONUT WATER \$11.95

🌱 **OMER'S POST WORKOUT**

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

🌱 **CHOCOLATE PB**

BANANA, PEANUT BUTTER, ALMOND MYLK,
HONEY, CHOCOLATE GRASS FED WHEY \$9.95

🌱 **MIAMI MOCHA**

ESPRESSO, ALMOND BUTTER, DATES,
BANANA, CACAO, ALMOND MYLK
VANILLA GRASS FED WHEY \$11.95

ORGANIC ACAI BOWLS 🌱

SIGNATURE

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

PB LOVER

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

BALI CRUNCH

RAW ORGANIC 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

APRIL 2024



ANOTHER DAY IN *paradise*
WHERE HEALTH IS HAPPINESS



NUTRITION INFO | 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY
PLEASE NOTE FOR YOUR CONVENIENCE A SERVICE CHARGE IS INCLUDED ON YOUR CHECK THANK YOU XO PURA VIDA

ALL DAY BREAKFAST

AVOCADO SMASH TOAST

TOASTED SOURDOUGH BREAD TOPPED WITH SMASHED AVOCADO, CUCUMBER, RADISH, MICRO CILANTRO, OLIVE OIL DRIZZLE \$10.95
+ SMOKED SALMON \$7.95 + CRUMBLLED FETA \$2
+ OVER EASY EGGS \$4.95

NEW THE BREAKFAST WRAP*

PASTURE-RAISED EGG SCRAMBLE WITH CRUMBLLED FETA & TURKEY BACON, SAUTEED MUSHROOM, ROASTED POTATO, ARUGULA, SPICY AIOLI, SIDE OF GREEN HARISSA ON YOUR CHOICE OF WRAP \$18.95

PERFECT EGG SANDWICH*

BAGELS: SESAME | PLAIN | EVERYTHING
PASTURE-RAISED SOFT-BOILED EGGS, ARUGULA, TOMATO, MOZZARELLA, AVOCADO, OLIVE OIL, RED PEPPER FLAKES, SIDE OF PURA VIDA SAUCE \$13.95 + TURKEY BACON \$4

THE NEW YORKER*

TOASTED SOURDOUGH, WHIPPED CREAM CHEESE* WITH CHOPPED SCALLION AND SPICED ZA'ATAR, SMOKED SALMON, TOMATO, PICKLED RED ONION, ALFALFA SPROUT, LEMON OIL DRIZZLE \$15.95 + SOFT BOILED EGGS \$4.95

*CONTAINS TREE NUTS

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

ALMOND BERRY TOAST

GLUTEN-FREE BREAD TOPPED WITH ALMOND BUTTER, STRAWBERRY, BLUEBERRY, CHIA SEED, KIWI, COCONUT, CINNAMON, HONEY \$12.95

OVERNIGHT OATS

WHOLEGRAIN GF OATS WITH ALMOND MYLK, SHAVED COCONUT, CHIA SEED, SESAME SEED, DATES, CINNAMON | STRAWBERRY, BLUEBERRY, KIWI, POMEGRANATE SEEDS, ALMOND BUTTER, VEGAN GF GRANOLA* \$12.95

FRESH FRUIT SALAD

GREEK YOGURT TOPPED WITH VEGAN GF GRANOLA*, MANGO, KIWI, PINEAPPLE, STRAWBERRY, BLUEBERRY, BANANA, HONEY DRIZZLE \$12.95

*VEGGIE OMELETTE

PASTURE-RAISED EGGS, SPINACH, MOZZARELLA, SCALLION, RED & GREEN BELL PEPPER, SERVED WITH A SIDE OF SMASHED AVOCADO, ARUGULA, TOASTED SOURDOUGH \$15.95

*CROISSANT SANDWICH

PASTURE-RAISED EGG SCRAMBLE WITH MOZZARELLA SERVED ON PLAIN CROISSANT WITH TOMATO, MIXED GREENS, SIDE OF SPICY AIOLI \$14.95 SUB TUNA SALAD

SANDWICHES & WRAPS

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

PONZU TUNA*

TOASTED CIABATTA, RAW WILD TUNA, AVOCADO, CUCUMBER, ARUGULA, PICKLED RED ONION, CARROT, CILANTRO, SESAME SEED, SPICY AIOLI, PONZU YUZU* \$21.95 *CONTAINS SESAME

PESTO CHICKEN*

TOASTED CIABATTA, FREE-RANGE CHICKEN, ARUGULA, TOMATO, GOAT CHEESE, PESTO SAUCE*, FINISHED WITH BALSAMIC GLAZE DRIZZLE \$18.95

*CONTAINS TREE NUTS

TUNA SPROUT*

TOASTED CIABATTA, ARUGULA, TOMATO, SPROUTS, TUNA SALAD WITH CHOPPED VEGGIES & MUSTARD AIOLI, SIDE OF VEGAN GF GREEN TAHINI* \$17.95 *CONTAINS SESAME

VEGGIE BURGER

MUSHROOM VEGGIE PATTY, CRUMBLLED FETA, PICKLED RED ONION, AVOCADO, RADISH, MICRO CILANTRO, LEMON OIL, CHIPOTLE AIOLI, SERVED ON FRESH BAKED BIANCA BUN \$17.95

CRUNCHY VEGGIE

VEGAN VEGGIE BITES, HUMMUS, SPINACH, AVOCADO SMASH, CUCUMBER, TOMATO, CARROT, ALFALFA SPROUTS, RED ONION, HERB VINAIGRETTE*, SIDE OF VEGAN GF GREEN TAHINI* \$16.95 *CONTAINS TREE NUTS, SESAME

TOASTED CHICKEN

FREE-RANGE CHICKEN, CILANTRO RICE, AVOCADO SMASH, BELL PEPPER & ONION BLEND, MELTED MOZZARELLA, SIDE OF PURA VIDA SAUCE \$16.95

KALE CHICKEN CAESAR

FREE-RANGE CHICKEN, CHOPPED KALE, PARMESAN, TOASTED SOURDOUGH CROUTON*, CAESAR DRESSING \$16.95

*CONTAINS SESAME, TREE NUTS

MEDITERRANEAN SALMON

OVEN-ROASTED SALMON, ARUGULA, CHERRY TOMATO, CUCUMBER, RED ONION, ZA'ATAR, HERB YOGURT DRESSING* \$17.95

*CONTAINS TREE NUTS

SNACKS

BAKED EMPANADAS

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

NEW 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

BOWLS

MANGO SALMON*

OVEN ROASTED SALMON, QUINOA, ARUGULA, AVOCADO, MANGO, PICKLED RED ONION, CHERRY TOMATO, SESAME SEED, SIDE OF PURA VIDA SAUCE \$24.95


SUMMER CHICKEN

FREE-RANGE CHICKEN, CILANTRO RICE, ARUGULA, AVOCADO, PINEAPPLE, BELL PEPPER & ONION BLEND, CARROT, SESAME SEED, MICRO CILANTRO, SIDE OF SPICY SOY GINGER \$18.95

*SPICY TUNA

RAW WILD TUNA, CILANTRO RICE, ARUGULA, AVOCADO, CUCUMBER, RADISH, MICRO CILANTRO, SCALLION, SESAME SEED, PONZU YUZU*, SPICY AIOLI \$23.95 *CONTAINS SESAME

VIDA VEGGIE

VEGAN VEGGIE BITES, CILANTRO RICE, ARUGULA, AVOCADO, RADISH, CRUMBLLED FETA, PICKLED RED ONION, PINEAPPLE, MICRO CILANTRO. SIDE OF VEGAN GF GREEN TAHINI* \$17.95
MAKE IT VEGAN  NO FETA *CONTAINS SESAME

SALADS

NEW GREEK SALAD

ARUGULA, MIXED GREENS, CHERRY TOMATO, MARINATED OLIVES, CUCUMBER, RED ONION, SWEET BELL PEPPER, CRUMBLLED FETA, SOURDOUGH CROUTON CRUMBLES, TOSSED IN OUR HERB VINAIGRETTE* \$17.95 *CONTAINS TREE NUTS

GARDEN GREENS

ARUGULA, SPINACH, MIXED GREENS, CARROT, CUCUMBER, CHERRY TOMATO, RADISH, PICKLED RED ONION, SPROUTS, SUNFLOWER SEED, MICRO CILANTRO, APPLE CIDER VINAIGRETTE, SIDE OF VEGAN GF GREEN TAHINI* \$14.95 *CONTAINS SESAME

KALE CAESAR

CHOPPED KALE, TOASTED SOURDOUGH CROUTON*, SHAVED PARMESAN, TOSSED IN OUR SERIOUSLY ADDICTING HOMEMADE CAESAR DRESSING \$14.95

*CONTAINS SESAME, TREE NUTS

JEN'S HERB

ARUGULA, KALE, CILANTRO, ITALIAN PARSLEY, MINT, QUINOA, JALAPENO, SPICED WALNUT, SCALLION, CRUMBLLED FETA, APPLE CIDER VINAIGRETTE \$16.95

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

FREE-RANGE CHICKEN 5.95

PLATES

ROASTED POTATO | CILANTRO RICE | SWEET POTATO | ORGANIC QUINOA & HOUSE SALAD | MIXED GREENS, GREEN ONION, DRIED CHERRY, FENNEL, RADISH, PECAN, HERB VIN.*

FREE-RANGE CHICKEN

BELL PEPPER & ONION, PONZU YUZU* \$24.95

RAW WILD TUNA

SCALLION, SESAME, PONZU YUZU* \$26.95

VEGAN VEGGIE BITES

BELL PEPPER & ONION \$24.95

OVEN ROASTED SALMON

BELL PEPPER & ONION, SESAME, PONZU YUZU* \$26.95

HERB VINAIGRETTE *CONTAINS TREE NUTS | PONZU YUZU *CONTAINS SESAME

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