

EAT DIRT

COMPLETE NUTRITION INFO
AVAILABLE UPON REQUEST OR
ONLINE AT DIRTEATCLEAN.COM

BREAKFAST

[SERVED ALL DAY]

☀️ APPLE–CINNAMON OATMEAL — 9 🌱🥥

Oats, almond milk, maple syrup, house-made organic agave berry coulis, sliced oven-roasted local apples, sliced banana, organic chia seeds, shredded coconut flakes

[sweet tooth: add honey or organic agave] [house-made granola +2 or gluten-free granola +3 / peanut or almond butter +2 / Bulletproof Bark crumbles +2 / organic whey or organic plant protein powder +3]

BASIC BAGEL X CALL YOUR MOTHER — 3.5 🍷🥗

Toasted plain, sesame, everything, or zaa'tar bagel made by Call Your Mother

[add cheesy scrambled eggs +3.75 / add grass-fed butter +0.5 / organic cream cheese +1 / vegan cream cheese +1.5 / organic agave berry coulis +1 / peanut or almond butter +2]

BASIC BREAKFAST SANDWICH — 8 🍷🥗

Scrambled cage-free eggs, provolone, sautéed peppers + onions, Lyon Bakery brioche bun or Pluma country sourdough [+1], served with choice of sriracha, house-made horseradish hot sauce, salsa verde, or cashew chipotle sauce

[on CYM bagel +2 / add avocado mash +2 / turkey bacon +3 / chicken apple sausage +4]

CLEAN BOWL — 12 🌱🥗

Cage-free egg whites, turkey bacon, avocado mash, sautéed peppers + onions, sautéed kale, roasted Burch Farms sweet potato, house-made salsa verde

[vegan: sub Adashah for eggs + turkey bacon] 🌱🥗

VEGAN SAUSAGE + EGG + CHEESE SANDWICH — 12 🌱🥗

Vegan “sausage” patty [contains gluten + soy], tofu scramble, cheddar “cheese”, Lyon Bakery vegan multigrain roll, served with house-made salsa verde or spicy cashew chipotle sauce

[on CYM bagel +2 — note: contains honey]

SO–CAL BURRITO — 11.5 🍷🥗

Scrambled cage-free eggs, pepper jack cheese, sautéed onions, organic quinoa, DIRTy de gallo, spinach tortilla wrap, pickled onions, served with sriracha or house-made horseradish hot sauce salsa verde, or cashew chipotle sauce

[add turkey bacon +3 / chicken apple sausage +4]

[vegan: sub tofu scramble + vegan cheddar +1 / add vegan “sausage” patty +3] 🌱🥗

☀️ MATCHA PROTEIN PANCAKES — 14 🌱🥗

3 pancakes made with Paromi Tea organic stone-ground matcha, activated organic chia seeds, Sunwarrior organic plant protein powder, almond milk, and gluten-free flour, topped with sliced banana and oven-roasted local apples, shredded coconut, house-made organic agave berry coulis, cinnamon-spiced maple syrup

[treat yo’ self: add almond butter drizzle +2] 🥗

AVOCADO TOAST — 9.5 🌱

Smashed avocado, pickled onions, extra virgin olive oil, Little Wild Things Farm sprouts, Maldon sea salt, Pluma country sourdough bread

[pro tip: add two cage-free eggs +3.75 / cheese +1.5 / cherry tomatoes +0.5] 🍷🥗

À LA CARTE

Logan’s Chicken Apple Sausage [3 links] – 5.5 🌱🥗

Cage-Free Eggs [2 eggs] – 3.75 🌱🥗🍷

Turkey Bacon [3 slices] – 4 🌱🥗

Pluma Country Sourdough Toast [2 slices] – 4 🌱

Adashah – 5 🌱🥗

Avocado Mash – 4.5 🌱🥗🌱

Fruit Cup – 5 🌱🥗🌱

SOUPS

[SERVED AT 11 AM]

[ADD RUSTICO OR GLUTEN–FREE BREAD +1.25]

☀️ BUTTERNUT SQUASH — 5 [CUP] / 7 [BOWL] 🌱🥗

Roasted butternut squash, almond milk, carrots, garlic, and sweet onions, topped with garlic cashew cream + mixed seeds

CHICKEN + BONE BROTH — 7 [CUP] / 10 [BOWL]

FreeBird antibiotic-free chicken thigh, organic farro, chicken bone broth, celery, carrots, onions, DIRT spice mix, garnished with sliced green onions

LENTIL — 5 [CUP] / 7 [BOWL] 🌱🥗

Garnished with extra virgin olive oil + sliced green onions

SIDES

☀️ SEASONAL VEGGIES — 6.5 🌱🥗🍷

Herb-roasted Brussels sprouts + butternut squash tossed in house-made honey cashew Dijon glaze

OVEN–ROASTED TATER TOTS — 4 [SMALL] / 7 [LARGE] 🍷🥗

Oven-roasted tater tots tossed in DIRT spice mix, served with house-made ranch

[load it up with chili + cheese +3 [small] / +4 [large]]

CURRY + CASHEW CREAM CAULIFLOWER — 6 🌱🥗

Curried cauliflower drizzled with house-made garlic cashew cream, topped with sesame seeds and scallions

VEGAN “MAC” + CHEESE — 6 🌱🥗

Organic farro cooked with vegan cheddar “cheese”, almond milk, onions, DIRT spice rub, house-made garlic cashew cream, and almond “Parmesan”, topped with cherry tomatoes + green onions

SAUTÉED VEGGIES — 4 🌱🥗🌱

Sautéed kale + roasted sweet potatoes

ROASTED SWEET POTATOES — 4 🌱🥗🌱

Diced Burch Farms sweet potatoes tossed in olive oil, salt and pepper, and DIRT spice mix, served with vegan cashew chipotle sauce

MIXED GREENS — 4 🌱🥗🌱

Mixed greens, tomatoes, cucumbers, choice of dressing

MIXED FRUIT — 4 [SMALL] / 5 [LARGE] 🌱🥗🌱

Blueberries, sliced strawberries, sliced banana

SANDWICHES + WRAPS

[SERVED AT 11 AM]

[GLUTEN–FREE BREAD AVAILABLE +1.25 / ADD SIDE SALAD OR CUP OF LENTIL OR BUTTERNUT SQUASH SOUP +3.5]

BASIC BLT — 8 🥗

Turkey bacon, sliced tomato, spinach, house-made garlic cashew cream or ranch dressing, Lyon Bakery rustico bread

[add pepperjack or provolone cheese +1 / avocado mash +2 / lemongrass-marinated FreeBird antibiotic-free chicken thigh +3.5]

LEMONGRASS CHICKEN — 12

Lemongrass-marinated FreeBird antibiotic-free chicken thigh, spinach, avocado lime “aioli”, carrot kimchee slaw, Lyon Bakery hoagie roll or rustico bread [note: contains soy]

[add avocado mash +2]

DIRTy BURGER — 13 🍷🥗🌱 [optional]

Grass-fed or vegan burger, tomato, traditional provolone or vegan cheddar “cheese”, sautéed onions, Gordy’s pickles, spicy vegan cashew chipotle sauce, Lyon Bakery brioche bun or vegan multigrain roll [make it extra DIRTy: add another patty +4 / avocado mash +2 / turkey bacon +3 / two sunnyside eggs +3 / all four +10] [burger + beer special: add any beer +3]

DIRTy STEAK + CHEESE — 15 🍷

Grass-fed + grain-finished shredded steak, provolone, sautéed peppers + onions, horseradish Greek yogurt “aioli”, pepperoncini, sriracha, Lyon Bakery hoagie roll or rustico bread

[paleo: drop provolone + sriracha and wrap it in a collard green] 🌱🥗

QUINOA–CRUSTED SALMON PO’ BOY — 14 🍷

Quinoa-cruste ASC-certified salmon [pan-seared], citrus-marinated Napa cabbage-carrot mix, sliced tomatoes, spinach, horseradish Greek yogurt “aioli” hot sauce, Lyon Bakery hoagie roll or rustico bread

[paleo: wrap it in a collard green] 🌱🥗

SALADS

[SERVED AT 11 AM]

[ADD RUSTICO OR GLUTEN–FREE BREAD +1.25 / CUP OF LENTIL OR BUTTERNUT SQUASH SOUP +3.5]

BASIC CHOPPED CHICKEN SALAD — 10.5

FreeBird antibiotic-free chicken thigh, shredded kale, spinach, grape tomatoes, cucumbers, sunflower seeds, house-made ranch dressing

☀️ AUTUMN SALAD — 13 🌱🥗

Warm organic farro, shredded kale, Autumn veggies [herb-roasted Brussels sprouts + butternut squash], shaved almond “Parmesan”, pickled onions, lemon juice + olive oil drizzle, house-made honey cashew Dijon glaze

[go old school: sub house-made ranch for honey cashew Dijon glaze] 🍷🥗

DIRTy VEGAN SALAD — 9.75 🌱🥗

Shredded kale, organic quinoa, roasted shaved 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] 🍷🥗

[go old school: sub house-made ranch for garlic cashew cream] 🍷🥗

MEXI–CALI SALAD — 12 🌱🍷

Arugula, DIRTy de gallo, feta, avocado mash, tostada crumbles, cherry tomatoes, organic quinoa, house-made jalapeño-cucumber vinaigrette

[vegan: sub house-made cashew ricotta for feta +3] 🌱🥗

[go old school: sub house-made ranch for jalapeno-cucumber vinaigrette]

BOWLS

[SERVED AT 11 AM]

[ADD RUSTICO OR GLUTEN–FREE BREAD +1.25 / CUP OF LENTIL OR BUTTERNUT SQUASH SOUP +3.5]

BOMBAY BOWL — 11.5 🌱🥗🌱

Arugula, curried cauliflower, house-made citrus-curry tossed chickpeas + lentils, cucumber, house-made butternut squash cashew “cream”, pomegranate seeds, organic quinoa, citrus vinaigrette

CHIMAYO CHILI BOWL — 12 🌱🍷

Sweet potatoes, peppers, zucchini, heirloom beans, and lentils slow-simmered in tomato sauce, topped with organic Greek yogurt, pepper jack cheese, and spring onion. Served over gluten-free jasmine rice.

[vegan: sub house-made cashew ricotta for Greek yogurt + cheese +3] 🌱🥗

[treat yo’ self: add vegan Beyond Burger crumbles +5] 🌱🥗

☀️ AUTUMN POKE BOWL * — 15 🌱🍷🥗

Line-caught citrus-marinated raw tuna [contains sesame seeds], Autumn veggies [herb-roasted Brussels sprouts + butternut squash] garnished with house-made honey cashew Dijon glaze, sliced local apples, raw beets, arugula, sweet sake-tossed jasmine rice, house-made strawberry sriracha dressing

[vegan: sub Adashah for tuna] 🌱

☀️ AUTUMN PESTO SPAGHETTI SQUASH — 14 🌱🥗🌱

Roasted spaghetti squash tossed with Autumn veggies [herb-roasted Brussels sprouts + butternut squash], sautéed onions, house-made spinach-basil pesto sauce, and extra virgin olive oil, garnished with shaved almond “Parmesan”, lemon zest, cherry tomatoes, Little Wild Things Farm sprouts

[add house-made cashew ricotta +3] 🥗 [pro tip: pairs well with Lemongrass Chicken Thigh and Quinoa-Crusted Salmon]

SUSTAINABLE PROTEINS + ADD ONS

Lemongrass-Marinated FreeBird Antibiotic-Free Chicken Thigh [contains soy] – 4.5

Quinoa-Crusted ASC-Certified Salmon [pan-seared] – 8 🌱🥗

Line-Caught Citrus-Marinated Raw Tuna [contains sesame seeds]* – 8 🌱🥗

Turkey Bacon [3 slices] – 4 🌱🥗

Logan’s Chicken Apple Sausage [3 links] – 5.5 🌱🥗

Cage-Free Eggs [2 eggs] – 3.75 🌱🥗🍷

Adashah [meat alternative: lentils, chickpea flour, flax seed] – 5 🌱🥗

Citrus-Curry Tossed Chickpeas + Lentils – 4 🌱🥗

Avocado Mash – 4.5 🌱🥗🌱

House-Made Cashew Ricotta – 5 🌱🥗🌱

These symbols indicate items that are naturally gluten-free, vegetarian, vegan, or paleo; or can be made gluten-free, vegetarian, vegan, or paleo. **Please inform us of any allergies prior to ordering. Thank you!**

*Contains raw or undercooked ingredients. Additional written information is available upon request.

MENU KEY



SEASONAL



GLUTEN–FREE



VEGETARIAN



VEGAN



PALEO–FRIENDLY



SPICY



NUTS

1% OF THE PROCEEDS FOR ALL SEASONAL ITEMS ARE DONATED TO THE ARLINGTON FOOD ASSISTANCE CENTER TO FIGHT LOCAL FOOD INSECURITY

COFFEE

[ALL DRINKS PREPARED WITH YOUR CHOICE OF ORGANIC WHOLE MILK, ALMOND MILK, OAT MILK +0.5, HOUSE-MADE ALMOND + MACADAMIA NUT MYLK +1.5, OR HOUSE-MADE COCONUT MYLK +1.5]

DRIP — 2

Blend of single-origin dark beans from Dalat, Vietnam [tasting notes of bourbon, cacao, vanilla] and single-origin medium-bodied beans from Alvaro, Colombia [tasting notes of orange, basil, dark chocolate], sourced by Grace Street Coffee

ESPRESSO — 2.5

Blend of Colombian beans from La Echaverría 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, sourced by Blanchard’s Coffee

☀️ AUTUMN ESPRESSO— 3

Single-origin beans from the Finca La Concepción farm in Honduras, tasting notes of cherry, cola, honeysuckle, sourced by Grace Street Coffee

MACCHIATO — 3

AMERICANO — 2.75

CAPPUCCINO — 4

LATTE — 4.5

☀️ SPICED PUMPKIN NUT LATTE — 5.25 🥥

DIRT Black Label Espresso, house-made spiced pumpkin nut blend [made with real pumpkin], cinnamon, nutmeg, choice of milk

CBD X SHROOM LATTE — 6

Blend of organic Ultimate CBD + Ultimate Shrooms, choice of milk
[note: does not contain espresso / add a double shot +1.5]

DOUBLE BARREL COFFEE — 6

DIRT Black Label Espresso, Bulletproof XCT Oil™, grass-fed butter, raw cacao
[add organic grass-fed whey or Sunwarrior organic plant protein powder +2.5]
[make it a smoothie +3.5]

NITRO COLD BREW ON TAP — 4.5

Locally crafted by Alchemist Coffee Company

ORGANIC TEAS BY PAROMI TEA [SERVED HOT/COLD]

MATCHA GREEN TEA LATTE — 5.5

Stone-ground matcha green tea + vanilla with your choice of milk, sweetened upon request

GOLDEN MATCHA LATTE — 6.5

Stone-ground matcha green tea + vanilla, turmeric, cardamom, and black pepper mixed with house-made ginger maple syrup and your choice of milk

HIBISCUS TEA ON TAP [COLD ONLY] — 3.5

Hibiscus blended with rose hips, apple, mango, and clover honey, locally crafted by Alchemist Coffee Company

CINNAMON CHAI + ROOIBOS — 3

Caffeine-free

CHAMOMILE LAVENDER + ROOIBOS — 3

Caffeine-free

EARL GREY — 3

Caffeinated

ROYAL BREAKFAST — 3

Caffeinated

JASMINE GREEN — 3

Lightly caffeinated

TURMERIC GINGER GREEN — 3

Lightly caffeinated

VEGAN MYLKSHAKES

PEANUT BUTTER + CACAO + NITRO COLD BREW MYLKSHAKE — 12 🌱🥥🥜

Ice Cream Jubilee vegan Peanut Butter Chocolate ice cream blended with Alchemist Coffee Company cold brew and banana, topped with Sticky Fingers vegan chocolate chip cookie crumbles and cacao nibs

MATCHA + LYCHEE + LIME MYLKSHAKE — 12 🌱🥥🥜

Ice Cream Jubilee vegan Coconut Lychee Lime ice cream blended with Paromi Tea organic stone-ground matcha green tea, banana, dates, and almond milk

TOPPINGS

Vegan Chocolate Chip Cookie Crumbles – 2 🌱🥥🥜	Cacao Nibs – 1 🌱🥥
Bulletproof Bark Crumbles – 2 🌱🥜🥥🥜	Honey– 0.5 🌱🥛
Mixed Fruit – 1.5 🌱🥜🥜	Organic Agave – 1 🌱🥥

HOUSE-MADE LEMONADES

MATCHA LAVENDER LEMONADE — 3.25

Stone-ground organic matcha green tea + vanilla, lemon juice, house-made lavender simple syrup

BLUE MAJIK LEMONADE — 3.5

Blue Majik spirulina extract, lemon juice, organic agave

☀️ SPICED APPLE TURMERIC CIDER — 3.5

Apple puree mixed with McCutcheon’s apple sauce, ginger, turmeric, cinnamon, lemon juice, cane sugar

SMOOTHIES + BOWLS [SMOOTHIES ARE 16 OZ]

[ADD ANY SUPPLEMENT BELOW TO YOUR SMOOTHIE OR BOWL]

GLOW SMOOTHIE — 8 🌱🥜🥥🥜

Spinach, mango, coconut water, and organic agave, topped with shredded coconut + pomegranate seeds

DEFENSE SMOOTHIE — 9 🌱🥜🥜🥥

Mixed berries, pineapple, mango, banana, coconut water, and mint, topped with blueberries and a mint leaf

ACAI BOWL — 12.5 🥥🥜

UNSWEETENED organic acai blended with banana and almond milk, topped with shredded coconut, blueberries, banana, organic chia seeds, and house-made granola

[sweet tooth: add honey or organic agave] [add paleo + gluten-free granola +2] 🌱🥜

DRAGON FRUIT BOWL — 13 🥥🥜

UNSWEETENED organic dragon fruit blended with mango, pineapple, banana, and almond milk, topped with shredded coconut, blueberries, strawberries, and house-made granola

[sweet tooth: add honey or organic agave] [add paleo + gluten-free granola +2] 🌱🥜

SUPPLEMENTS

Organic Grass-Fed Whey Protein– 3	Organic Chia Seeds – 2
Sunwarrior Organic Plant Protein – 3	Almond Butter– 2 🥥
Bulletproof Collagelatin™ – 3	Shaved Ginger– 1.5
Bulletproof XCT Oil™ – 2.5	Shaved Turmeric Root – 1.5
Ultimate CBD– 4	Ultimate Shrooms – 3
Ultimate Elixir– 3	

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 + JELLY OVERNIGHT OATS — 8 🥥🥜

Oats, peanut butter, organic jam, maple syrup, and almond milk

COCO X CACAO CHIA SEED PUDDING — 8 🌱🥜🥥🥜

Coconut mylk + organic chia seed pudding, lightly sweetened with maple syrup, topped with toasted coconut chips + cacao nibs

BULLETPROOF BARK — 6 🌱🥜🥜🥥

Bulletproof XCT Oil™, Sunwarrior organic plant protein powder, house-made paleo + gluten-free granola, dark chocolate

KOMBUCHA ON TAP

☀️ SEASONAL KOMBUCHA— 4.5

Locally crafted by Craft Kombucha

CRAFT BEER + WINE + MIMOSAS

WE OFFER A CURATED LIST OF CRAFT BEER, SUSTAINABLE + BIODYNAMIC WINES, AND REFRESHING MIMOSAS FIND A LIST OF OUR CURRENT OFFERINGS AT THE CASH REGISTER

OUR FARMS + FRIENDS

OUR CURRENT MENU FEATURES THE FOLLOWING FARMS + FOOD ARTISANS:

ANXO Cidery	Live Ultimate (supplements)
Alchemist Coffee Company	Logan's Sausage
Alewerks Brewing Company	Martin's Quality Eggs
Blanchard's Coffee	McCutcheon’s Apple Products (apple sauce)
Bulletproof (supplements)	Mustang Sally Brewing Company
Burch Farms (sweet potato)	Natural Force (organic grass-fed whey protein)
Call Your Mother (bagels)	Pamela Wasabi (vegan pastries)
Caprikorn Farms (goat cheese)	Paromi Tea
Craft Kombucha	Pequea Valley Farm (yogurt)
Davis Mushroom	Pluma by Bluebird Bakery
Dirty Lemon (juices)	Port City Brewing
Evolution Craft Brewing Co.	Pure Protein Project (Adashah)
FreeBird (antibiotic-free chicken)	Scott Farms (sweet potato)
Grace Street Coffee	Seven Hills Foods (steak + burgers)
Ice Cream Jubilee	Sip City (switchel)
Little Wild Things Farm (sprouts)	Solace Brewing Company
	Sticky Fingers (vegan pastries)
	Sunwarrior (organic plant protein)

ORDER PICKUP at dirteatclean.com or text DIRT2GO to 33733

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COMMENTS / QUESTIONS / WANT TO CHAT? Text: 305.770.6468 / Email: connect@dirteatclean.com

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-FRIENDLY	SPICY	NUTS

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DIRT MENU NUTRITION FACTS

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	CALORIES	PROTEIN (g)	FAT (g)	CARBS (g)
BREAKFAST				
Almond SuperBerry Toast	500	12	16	81
Apple-Cinnamon Oatmeal	720	16	17	136
Autumn Breakfast Bowl	860	32	38	117
Autumn Frittata Tostada	960	30	49	105
Avocado Toast	600	9	43	52
Basic Bagel x Call Your Mother	310	9	3	60
Basic Breakfast Sandwich	620	31	28	63
CLEAN Bowl	640	26	40	49
Glazed Yam + Goat Cheese Toast	500	16	30	47
Matcha Protein Pancakes	770	20	19	135
So-Cal Burrito	770	32	34	85
Vegan Sausage + Egg + Cheese Sandwich	670	36	38	43
SALADS				
Autumn Salad	600	20	19	111
Basic Chopped Chicken Salad	460	47	20	28
DIRTy Vegan Salad	630	11	42	58
Mexi-Cali Salad	750	15	55	58
BOWLS				
Autumn Pesto Spaghetti Squash	580	14	42	49
Autumn Poke Bowl	720	39	14	102
Bombay Bowl	530	18	28	61
Chimayo Chili Bowl	530	20	13	86
SANDWICHES + WRAPS				
Basic BLT	540	20	25	62
DIRTy Burger [Grass-Fed Burger]	810	66	41	57
DIRTy Burger [Beyond Burger]	700	32	39	60
DIRTy Steak + Cheese [Sandwich]	830	71	31	60
DIRTy Steak + Cheese [Wrap]	570	62	31	7
Lemongrass Chicken [Sandwich]	550	48	10	66
Lemongrass Chicken [Wrap]	300	39	9	14
Quinoa-Crusted Salmon Po' Boy [Sandwich]	630	35	21	80
Quinoa-Crusted Salmon Po' Boy [Wrap]	380	25	20	27
SOUPS				
Butternut Squash [Cup]	180	2	11	22
Butternut Squash [Bowl]	360	4	22	44
Chicken + Bone Broth [Cup]	240	17	13	19
Chicken + Bone Broth [Bowl]	480	34	26	38
Lentil [Cup]	320	15	11	44
Lentil [Bowl]	640	30	22	88
A LA CARTE / PROTEINS + ADD-ONS				
Adashah	90	6	1	4
Avocado Mash	170	2	16	8
Cage-Free Eggs	160	13	11	1
Chicken Apple Sausage	450	36	27	15
Citrus-Curry Tossed Chickpeas + Lentils	150	8	4	23
House-Made Cashew Ricotta	430	14	34	24
Lemongrass-Marinaded FreeBird Antibiotic-Free Chicken Thigh	240	36	6	5
Line-Caught Citrus-Marinaded Raw Tuna	280	42	3	20
Quinoa-Crusted Faroe Island Salmon	280	31	6	14
Toast [2 Slices]	260	10	1	54
Turkey Bacon	160	13	1	12
SIDES				
Curry + Cashew Cream Cauliflower	270	6	22	15
Mixed Fruit [Small]	90	--	--	24
Mixed Fruit [Large]	180	--	--	48
Mixed Greens	100	1	9	4
Oven-Roasted Tater Tots	170	1	11	17
Roasted Sweet Potatoes	90	2	--	20
Sauteed Veggies	70	2	5	6

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Seasonal Veggies	120	4	3	24
Vegan "Mac" + Cheese	270	11	16	29
COFFEE				
Americano	--	--	--	--
Autumn Espresso	--	--	--	--
Cappuccino	90	5	5	7
CBD x Shroom Latte	40	1	3	2
Double Barrel Coffee	330	17	28	7
Drip	--	--	--	--
Espresso	--	--	--	--
Latte	150	8	8	12
Macchiato	35	2	2	3
Nitro Cold Brew	--	--	--	--
Spiced Pumpkin Nut Latte	250	8	9	36
TEA				
Chamomile Chai + Rooibos	--	--	--	--
Cinnamon Chai + Rooibos	--	--	--	--
Earl Grey	--	--	--	--
Golden Matcha Latte	240	9	8	32
Jasmine Green	--	--	--	--
Matcha Green Tea Latte	220	10	9	23
Royal Breakfast	--	--	--	--
Turmeric Ginger Green	--	--	--	--
HOUSE-MADE LEMONADES				
Blue Majik	110	--	--	30
Matcha Lavender	90	1	--	21
Spiced Apple Turmeric Cider	200	--	--	49
VEGAN MYLKSHAKES				
Cacao Cold Brew Mylkshake	490	4	23	71
Matcha Date Mylkshake	520	5	22	79
FRUIT BOWLS				
Acai	440	8	15	74
Dragon Fruit	460	7	15	80
SMOOTHIES				
DEFENSE	210	3	2	52
GLOW	170	3	2	37
GRAB + GO				
Bulletproof Bark	190	4	10	25
Coco x Cacao Chia Pudding	240	4	13	27
Peanut Butter + Jelly Overnight Oats	590	18	24	80
LITTLE SPROUTS (BREAKFAST)				
DIRT Brekkie	300	14	15	27
Lil Bowl	300	12	15	29
Yogurt + Berries + Granola	310	7	11	49
LITTLE SPROUTS (LUNCH + DINNER)				
Chicken Little [chicken only]	240	36	6	5
Melting Grilled Cheese [sandwich only]	490	24	20	55