

BREAKFAST

[SERVED ALL DAY]

CLEAN BOWL — 12



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

[vegan: sub Adashah for eggs + turkey bacon]



BASIC BREAKFAST SANDWICH — 8.5



Scrambled cage-free eggs, provolone, sautéed peppers + onions, Zak the Baker poppyseed brioche bun or multigrain bread, served with sriracha, house-made horseradish hot sauce, salsa verde, or cashew chipotle sauce

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

VEGAN SAUSAGE + EGG + CHEESE SANDWICH — 12



Vegan “sausage” patty [contains gluten + soy], tofu scramble, vegan cheddar “cheese”, L’Artisane Creative Bakery vegan brioche bun, served with house-made salsa verde or spicy cashew chipotle sauce

[add avocado mash +2]

SO-CAL BURRITO — 12.5



Scrambled cage-free eggs, pepper jack cheese, sautéed onions, organic quinoa, DIRTy de gallo, spinach tortilla wrap, pickled onions, served with sriracha, 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 JoJo Tea stone-ground matcha, activated organic chia seeds, VeganSmart plant protein powder, almond milk, and gluten-free flour, topped with sliced banana and oven-roasted 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, Harpke Family Farm sprouts, Maldon sea salt, Zak the Baker bread

[pro tip: add two cage-free eggs +4.5 / cheese +1.5 / cherry tomatoes +0.5]



À LA CARTE

Chicken Apple Sausage [3 links] — 5.5



Turkey Bacon — 4



Cage-Free Eggs [2 eggs] — 4.5



Mixed Fruit — 4 [SMALL] / 5 [LARGE]



Adashah — 5



Avocado Mash — 4



Toast [2 slices] — 3



SOUPS

[SERVED AT 11 AM]

[ADD MULTIGRAIN OR GLUTEN-FREE BREAD +1.25]

LENTIL SOUP — 5 [CUP] / 7 [BOWL]



Garnished with extra virgin olive oil + sliced green onions

TOMATO SOUP — 4.5 [CUP] / 6.5 [BOWL]



Garnished with arugula

[add shaved almond “Parmesan” +1]



SIDES

[SERVED AT 11 AM]

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 sweet potatoes tossed in olive oil, salt and pepper, and Adashah rub, 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 UPON REQUEST +1.25 / ADD SIDE SALAD OR CUP OF SOUP +3.5]

DIRTy BURGER — 13



[OPTIONAL]

Grass-fed or vegan burger, tomato, traditional provolone or vegan cheddar “cheese,” sautéed onions, spicy vegan cashew chipotle sauce, Zak the Baker brioche or vegan bun

[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 [Brickell only]]

DIRTy STEAK + CHEESE — 15



Grass-fed shredded steak, provolone, sautéed peppers + onions, horseradish Greek yogurt “aioli”, pepperoncini, sriracha, Zak the Baker brioche bun or multigrain bread

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



QUINOA-CRUSTED SALMON PO’ BOY — 14



Quinoa-cruste Faroe Island salmon [pan-fried], citrus-marinated Napa cabbage-carrot mix, sliced tomatoes, spinach, horseradish Greek yogurt “aioli” hot sauce, Zak the Baker brioche bun

[paleo: wrap it in a collard green]



LEMONGRASS CHICKEN — 12

Lemongrass-marinated all-natural chicken breast, spinach, avocado lime “aioli”, carrot kimchee slaw, Zak the Baker bread [note: contains soy]

[add avocado mash +2]

SALADS

[SERVED AT 11 AM]

[ALL SALADS ARE CHOPPED + TOSSED] [ALL SALADS CAN BE MADE INTO WRAPS!]

[ADD MULTIGRAIN OR GLUTEN-FREE BREAD +1.25 / CUP OF SOUP +3.5]

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 — 9.5



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 jalapeño-cucumber vinaigrette]



BOWLS

[SERVED AT 11 AM]

[ADD MULTIGRAIN OR GLUTEN-FREE BREAD +1.25 / CUP OF SOUP +3.5]

BOMBAY BOWL — 12



Arugula, curried cauliflower, 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]



AUTUMN POKE BOWL — 15.5



Wild-caught citrus-marinated raw tuna, Autumn veggies [herb-roasted Brussels sprouts + butternut squash] garnished with house-made honey cashew Dijon glaze, sliced 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, Harpke Family Farm sprouts

[add house-made cashew ricotta +3] [pro tip: pairs well with Lemongrass-Marinated Chicken Breast and Quinoa-Cruste Salmon]



SUSTAINABLE PROTEINS + ADD ONS

Lemongrass-Marinated All-Natural Chicken Breast [contains soy] — 5

Quinoa-Cruste Faroe Island Salmon [pan-fried] — 8



Wild-Caught Citrus-Marinated Raw Tuna [contains sesame seeds] — 8



Turkey Bacon — 4



Chicken Apple Sausage [3 links] — 5.5



Cage-Free Eggs [2 eggs] — 4.5



Adashah [meat alternative: lentils, chickpea flour, flax seed] — 5



Citrus-Curry Tossed Chickpeas + Lentils — 4



Avocado Mash — 4



House-Made Cashew Ricotta — 5



MENU KEY



SEASONAL



GLUTEN-FREE



VEGETARIAN



VEGAN



PALEO-FRIENDLY



SPICY



NUTS

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!**

COFFEE

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

DRIP — 2

From Fazenda Mirante Farm in the Cerrado Mineiro region of Brazil, tasting notes of cocoa powder, honey, roasted hazelnuts

ESPRESSO — 2.5

Blend of Colombian beans from La Echaverria 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

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 + locally-made Ultimate CBD + Ultimate Shrooms, served with 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 VeganSmart plant protein powder +2.5] [make it a smoothie +3.5]

NITRO COLD BREW ON TAP — 4.5

Locally roasted by Argyle Coffee

TEA BY JOJO TEA [SERVED HOT OR COLD]

MATCHA GREEN TEA LATTE — 5.5

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

GOLDEN MATCHA LATTE — 6.5

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

OOLONG — 4

Oolong tea leaves from the Yilan, Taipei, and Nantou regions of Taiwan

SENSEI — 3.5

Vietnamese green tea, lemongrass, spearmint, ginger

FLORAL — 3.5

Hibiscus, fresh raspberry, rose petal, ginger

CHAMOMILE — 3

ENGLISH BREAKFAST — 3

JASMINE GREEN — 3

HOUSE-MADE LEMONADES

MATCHA LAVENDER LEMONADE — 4

Stone-ground JoJo Tea matcha green tea, fresh-squeezed lemon juice, house-made Sonoma lavender simple syrup

☀️ SPICED APPLE TURMERIC CIDER — 4

Apple puree, ginger, turmeric, cinnamon, lemon juice, cane sugar

VEGAN ICE CREAM + MYLKSHAKES

☀️ ALMOND SKY ICE CREAM — 7 🌱🥥🥑

Locally crafted by Pamela Wasabi

CACAO + COLD BREW MYLKSHAKE — 12 🌱🥥🥑

Almond Sky ice cream blended with Argyle Coffee nitro cold brew and banana, topped with a Zak the Baker banana bread wedge and cacao nibs

MATCHA + DATE MYLKSHAKE — 12 🌱🥥🥑

Almond Sky ice cream blended with JoJo Tea stone-ground matcha green tea, dates, banana, and almond milk

TOPPINGS

Banana Bread Crumbles — 2 🥥  
Bulletproof Bark Crumbles — 2 🥥  
Mixed Fruit — 1.5

Cacao Nibs — 1  
Honey— 0.5  
Organic Agave — 1

SMOOTHIES + BOWLS [SMOOTHIES ARE 16 OZ]

[ADD ANY SUPPLEMENT BELOW TO YOUR SMOOTHIE OR BOWL]

GLOW SMOOTHIE — 9 🌱🥥🥑🥥

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— 3	Organic Chia Seeds — 2
VeganSmart 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 — 5.5 🌱🥥🥑🥥

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

KOMBUCHA

KOMBUCHA [ON TAP] — 4.5

Locally crafted by Counter Culture Kombucha [Brickell only]

KOMBUCHA [CANNED] — 6

Locally crafted by Radiate Miami




COLD-PRESSED JUICES + SHOTS

WE OFFER A SELECTION OF USDA-CERTIFIED, ORGANIC, NON-GMO, HPP JUICES + SHOTS

CRAFT BEER + SUSTAINABLE WINES

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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

NUTRITIONAL VALUES ARE APPROXIMATIONS BASED ON OUR RECIPES AND INGREDIENTS.

WE DO OUR BEST TO BE TRANSPARENT AND PROVIDE INFORMATION THAT IS AS ACCURATE AS POSSIBLE.

	CALORIES	PROTEIN (g)	FAT (g)	CARBS (g)
<b>BREAKFAST</b>				
Almond SuperBerry Toast	500	12	16	81
Autumn Breakfast Bowl	630	25	27	96
Autumn Frittata Tostada	880	28	48	84
Avocado Toast	600	9	43	52
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	670	36	38	43
<b>SALADS</b>				
Autumn Salad	760	25	32	122
DIRTy Vegan Salad	630	11	42	58
Mexi-Cali Salad	750	15	55	58
<b>BOWLS</b>				
Autumn Pesto Spaghetti Squash	580	14	42	49
Autumn Poke Bowl	640	38	6	104
Bombay Bowl	530	18	28	61
Chimayo Chili Bowl	530	20	13	86
<b>SANDWICHES + WRAPS</b>				
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
<b>SOUPS</b>				
Lentil Soup [Cup]	320	15	11	44
Lentil Soup [Bowl]	640	30	22	88
Tomato [Cup]	230	7	7	38
Tomato [Bowl]	460	14	14	76
<b>A LA CARTE / PROTEINS + ADD-ONS</b>				
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-Marinated All-Natural Chicken Breast	240	36	6	5
Oven-Roasted Tater Tots	170	1	11	17
Quinoa-Crusted Faroe Island Salmon	280	31	6	14
Toast [2 Slices]	260	10	1	54
Turkey Bacon	160	13	1	12
Wild-Caught Citrus-Marinated Raw Tuna	280	42	3	20
<b>SIDES</b>				
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
Seasonal Veggies	120	4	3	24
Vegan "Mac" + Cheese	270	11	16	29
<b>COFFEE</b>				
Americano	--	--	--	--
Cappuccino	90	5	5	7
CBD x Shroom Latte	40	1	3	2

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	CALORIES	PROTEIN (g)	FAT (g)	CARBS (g)
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	180	2	5	34
<b>TEA</b>				
Chamomile	--	--	--	--
English Breakfast	--	--	--	--
Floral	--	--	--	--
Golden Matcha Latte	240	9	8	32
Jasmine Green	--	--	--	--
Matcha Green Tea Latte	220	10	9	23
Oolong	--	--	--	--
Sensei	--	--	--	--
<b>HOUSE-MADE LEMONADES</b>				
Matcha Lavender	90	1	--	21
Spiced Apple Turmeric Cider	220	--	--	54
<b>VEGAN ICE CREAM + MYLKSHAKES</b>				
Almond Sky Ice Cream	260	1	16	27
Cacao Cold Brew Mylkshake	490	4	23	71
Matcha Date Mylkshake	520	5	22	79
<b>FRUIT BOWLS</b>				
Acai	440	8	15	74
Dragon Fruit	460	7	15	80
<b>SMOOTHIES</b>				
DEFENSE	210	3	2	52
GLOW	170	3	2	37
<b>JUICES + SHOTS</b>				
COCO	70	2	1	14
FLOW	80	--	--	14
KISS	80	1	--	20
LEAF	50	3	1	10
LIVE	20	1	--	5
PRO BIO	60	1	4	6
REHAB	35	1	--	8
REUP	35	1	--	9
ROOT	90	1	--	21
ROSE	70	1	--	18
SOUL	110	--	--	29
<b>GRAB + GO</b>				
Bulletproof Bark	190	4	10	25
Coco x Cacao Chia Pudding	240	4	13	27
Peanut Butter + Jelly Overnight Oats	590	18	24	80
<b>LITTLE SPROUTS (BREAKFAST)</b>				
DIRT Brekkie	300	14	15	27
Lil Bowl	300	12	15	29
Yogurt + Berries + Granola	310	7	11	49
<b>LITTLE SPROUTS (LUNCH + DINNER)</b>				
Chicken Little [chicken only]	240	36	6	5
Melting Grilled Cheese [sandwich only]	490	24	20	55