

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

🌱 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

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

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

PLEASE NOTE FOR YOUR CONVENIENCE A 5% SERVICE CHARGE IS INCLUDED ON YOUR CHECK THANK YOU XO PURA VIDA

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

APRIL 2025



ANOTHER DAY IN *paradise*
WHERE HEALTH IS HAPPINESS

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

VEGGIE OMELETTE*

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

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 plain croissant with tomato, mixed greens, side of spicy aioli \$15.95

*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

*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 \$18.95 *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 | organic quinoa | roasted sweet potato

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 \$24.95 *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 \$25.95

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 \$17.95

ADD PROTEIN

oven-roasted salmon* 8.95
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

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