



DINNER

by SARAH H



SOUP

Spinach Basil *
pistachios, macadamia, spices
\$15

Soup du Jour
\$15

SALAD

Tricolore Salad
arugula, endive, radicchio, parmesan with lemon vinaigrette
\$15

Beet Salad *
pistachio, chèvre
\$17

OG Kale Salad *
ricotta salata, fennel, radish, toasted almonds
\$17

SIDES

Purple Majesty Yams \$12

Black or Yellow Rice \$7

Mixed Greens \$7

Potatoes \$10

Asparagus \$12

VS Pizza Cracker with Sauce \$7

ORGANIC. GLUTEN FREE. FRESH
women-owned/locally-connected

4016 Shoreline Dr, Spring Park, MN 55384

vitalistsuperfood.com

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MEZZE PLATTER

Socca Bread Pan
\$12 Large / \$7 for Small
contains sesame

Crudité
assorted raw vegetables
\$12

Tasting Spread
5 - 1.5oz dip sampler
\$15

Mezze Sampler
Cauliflower with Tahini
VS Red Pepper Harissa Hummus
Baba Ganoush
Tzatziki
Spiced Warm Olives
\$27

Small Dishes
Cauliflower with Tahini
VS Red Pepper Harissa Hummus
Baba Ganoush
Tzatziki
Spiced Warm Olives
Hemp Sesame Seed Tabbouleh
Pickled Raddish
Pickled Beets
Manchego Cheese

1 for \$9 / 3 for \$21

Balls
Falafel \$10
Lamb Meatballs \$16
Eggplant Beatballs \$12

ENTRÉE

Cauliflower Steak (v)
black rice, Tunisian lentils, cucumber tomato garnish
\$25

Lasagna alla Norma (veg) #
zucchini, eggplant, spicy tomato sauce
\$27

Halibut
forbidden black rice noodles, kiwi and cucumber confetti
\$36

Salmon #
golden rice, beurre blanc, roasted veggies
\$29

Mediterranean Chicken #
saffron rice with olive, lemon and seed pizzazz
\$27

SUB: black rice for dairy-free option

VS SIGNATURES

VS Pizza of the Day *
VS Paleo Pizza Cracker, pinenut pesto, tomato, VS Mac Nut Cheese
\$17

VS Zucchini Pasta *
zucchini noodles, macadamia nut sauce, mushrooms, spices
\$25

VS Mediterranean Taco *
cabbage shell, VS Harissa Hummus, quinoa tabbouleh, mint, seeds
\$22

+ spiced shredded chicken \$7

PLANT FORWARD.

ALLERGEN INFORMATION: *contains nuts #contains dairy