

# VITALIST

by SARAH H

## BREAK FAST

PUMPKIN SPICE SEEDREAL\*  
*with oat milk*  
\$12

*Sub Brazil Nut milk +\$4 Sub Irish Moss Whip +\$6*

CHIA PROTEIN PORRIDGE\*  
chia protein superfood blend, nuts, berries  
\$15

AVOCADO **Scookie**\*  
VITALIST version of an avocado toast  
\$14

BREAK FAST BOWL #  
grains, beans, egg, mushrooms, avocado, greens, tomato, goat cheese  
\$17

EGG S'WICH\*  
eggs, avocado, tomato, arugula, mayo on a savory **Scookie**  
\$16

BREAK FAST TOSTADA  
refried beans, cheddar, eggs, avocado, hot sauce  
\$14

VEGAN BF TOSTADA  
refried beans, VS Nutcho cheese\*, mushrooms, avocado, hot sauce  
\$15

QUICHE #\* (weekends)  
asparagus, chives, ricotta salata  
\$17

ADD-ON:  
Egg or Avocado \$3  
Purple Majesty Yams or Potatoes \$5  
Salmon \$7

4016 Shoreline Dr, Spring Park, MN 55384  
[vitalistsuperfood.com](http://vitalistsuperfood.com)  
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## SOUPS

KALE WHITE BEAN  
*with almond crumble\**  
\$12

SPINACH BASIL SOUP\*  
*pistachios, macadamia, spice*  
\$14

ADD: VS Paleo Pizza Cracker with VS Mac Sauce \$7

## SALADS

OG KALE SALAD #\*  
*kale, ricotta salata, radish, fennel, lemon vinaigrette, toasted almonds*  
ADD: chicken \$5 salmon \$7 egg \$3  
\$17

SUPERFOOD SALAD #\*  
*kale, seed blend, Dr. Schulz Superfood powder, broccoli, fennel, sundried tomato, avocado, nori*  
\$25

MISO GINGER SALAD\*  
*spinach, arugula, kale, seed mix, red cabbage, avocado, cilantro*  
ADD: purple majesty yam \$5  
\$17

SPRING SALAD #\*  
*arugula, asparagus, manchego, pistachios, radish*  
ADD: chicken \$5 salmon \$7 egg \$3  
\$17

BEET SALAD  
*beets, greens, pistachio, chèvre*  
\$17

## BOWLS

GLOBAL BOWL #\*  
*purple yams, golden rice, lentils, kale salad, olives, ricotta salata*  
\$17

## VITALIST SIGNATURES

VS SMOOTHIE BOWL\*  
VS SeedReal, cashew, coconut oil, honey, fresh mixed berries  
\$18

PINENUT PESTO PIZZA\*  
VS Paleo Pizza Cracker, pinenut pesto, tomato, VS Mac Nut Cheese  
\$17

ZUCCHINI PASTA\*  
*zucchini noodles, macadamia nut sauce, mushrooms, spices*  
ADD: chicken \$5  
\$21

MEXICAN TACO\*  
*cabbage shell, VS walnut mushroom meat, cumin guacamole, cilantro, cherry tomatoes*  
\$21

MEDITERRANEAN TACO\*  
*cabbage shell, VS Harissa Hummus, quinoa tabbouleh, mint, seeds*  
ADD: chicken \$5  
\$18

ASIAN FUSION ROLL\*  
*nori and collard, VS Nut and Seed Spread, VS Fusion sauce, zucchini, avocado, sun-dried tomato, cilantro*  
ADD: chicken \$5 egg \$3  
\$18

MUSHROOM TOSTADA #\*  
wild mushrooms, cheese, seasonal toppings  
\$15

## SIDES

purple majesty yams \$10  
black or yellow# rice \$7  
greens \$7  
3 eggplant beatballs \$9  
3 falafel \$9



## DRINKS

Shizzle  
\$12

Passion Rise  
\$12

Electrolyte Lemonade  
\$12

Aloe Detox  
\$12

Skin Refresh  
\$12

Purple Reign  
\$12

Chia Protein\*  
*Chocolate / Various*  
\$12

Chia Protein\*  
*Blue Beauty Collagen #*  
\$14

ELEVATED NUTRITIONAL CUISINE  
MADE WITH SUPERFOODS.

Fiber Rich, Nutrient Dense, Real Food in every bite.

## PIES

Vanilla Cashew Cheesecake  
\$12

Smoothie Pie\*  
*Unicorn, Matcha Mint Chocolate, Cappuccino Torte*  
\$12

## SWEETS

BreakFast Jammin Dot\*  
*chocolate / berry*  
\$7

Scookies  
*gluten-free scone cookie: sweet/savory*  
\$7

Irish Moss Whip\*  
*various - 4 oz*  
\$9

## SNACKS

UNICORN BALLS  
*various flavors*  
2 for \$5  
8 for \$20

Chips  
*Kale / Chia - various flavors*  
\$17

Crackers  
*Various*  
\$21

## TO GO

Hummus  
\$12

Nut and Seed Cheese  
\$12

Soup Jars  
\$21

# VITALIST HAUTE

## MUGS (16oz)

London Fog  
*earl grey with VS oat milk*  
\$7

Matcha Latte  
*Sweet, nutty, grassy flavor*  
\$9

Green Mate Latte\*  
*green mate, ormus superfood green powder,  
VS Brazil Nut milk*  
\$15

Chai Latte  
*Strong, sweet, well-rounded flavor*  
\$9

Golden Milk\*  
*turmeric, cinnamon, VS Brazil Nut milk*  
\$13.75

## COFFEE

Espresso Latte  
*Made with in-house VS oat milk\**  
12oz \$7 / 16oz \$9  
*+Brazil nut milk\* 12oz \$5 or 16 oz \$6.75*

Organic Drip Coffee  
\$5

Espresso  
\$3

Cold Brew  
\$5

*+VS oat milk creamer\* \$2*