

VITALIST

by SARAH H

SOUPS

KALE WHITE BEAN
with almond crumble*
\$12

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

ADD: VS Buckwheat Genesis 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

SIDES

purple stoke yams \$10
black rice or greens \$7
golden rice \$7
3 eggplant beatballs \$9
3 falafel \$9

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

MEDITERRANEAN PIZZA*
VS Paleo Pizza Cracker, cucumber, tomato, mint, tahini
\$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
\$15

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

LASAGNA ALLA NORMA
zucchini, eggplant, spicy tomato sauce
\$21

BOWLS

GLOBAL BOWL *
purple yams, golden rice, lentils, kale salad, olives,
ricotta salata
\$18

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

JAPANESE BOWL
black rice, cucumber, salmon, avocado, nori, sesame seeds,
pickled ginger, radishes
SUB: mushroom
\$21

RAMEN BOWL
ramen noodles, broth, mushroom, spinach, spices
ADD: chicken \$5 salmon \$7 egg \$3
\$15

TREATS

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

Jammin Hearts *
Raw Cacao / Berry
\$7

Frozen Whips *
various - 4 oz
\$7

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

ALLERGEN INFORMATION:

*contains nuts contains dairy spicy

Consuming raw or undercooked meats, poultry, seafood, shellfish,
or eggs may increase your risk of foodborne illness.

GLUTEN-FREE. PLANT-FORWARD.