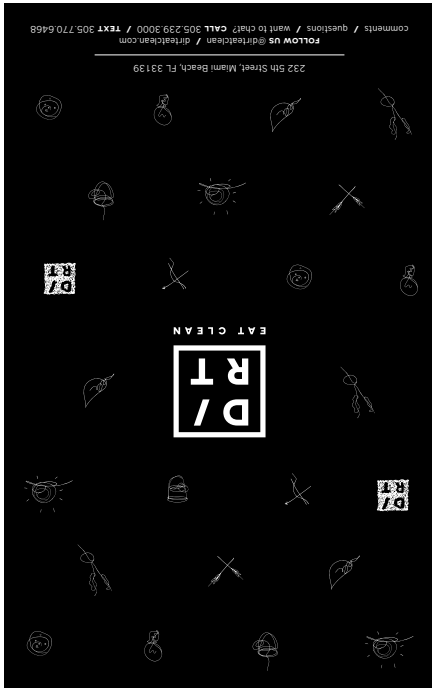


FRONT







TEA / COFFEE / SODA

DIRT BLACK LABEL COFFEE

100% Arabica with flavor notes of ripe cranberries and milk chocolate

ESPRESSO 2.5

MACCHIATO 3

AMERICANO 3 (HOT / COLD)

CAPPUCCINO 4 (HOT / COLD)

LATTE 4.5 (HOT / COLD)

NEED AN EXTRA BOOST?

Add an espresso shot +1.5

DOUBLE BARREL COFFEE 8.5

DIRT Black Label Coffee, Bulletproof XCT OITM grass-fed butter, organic grass-fed whey or plant protein powder

COLD BREW CONCENTRATE 11 / 8 (REFILL)

Bottled Finca El Osoo Colombian

ALL DRINKS MADE WITH YOUR CHOICE OF HOUSE-MADE ALMOND OR BRAZIL NUT MILK. GRASS-FED DAIRY AVAILABLE UPON REQUEST.

HOUSE-MADE DIRT

HERBAL 4 (HOT)

Thyme, rosemary, mint, basil, sage, fresh lemon, raw honey

FLORAL 4 (COLD)

Hibiscus, fresh raspberry, rose petal, ginger

SPICE 4 (HOT / COLD)

Black tea of Assam, India with cinnamon, ginger, cardamom, vanilla

RELAX 4 (HOT / COLD)

Rooibos, chamomile, star anise, rose petal, lavender

BEER + WINE

BEER

El Jefe, J. Wakefield Brewing, Miami, Hefeweizen 6.5

La Rubia, Wynwood Brewing Company, Miami, Blonde Ale 6.5

Tropic of Passion, Concrete Beach Brewery, Miami, Passion Fruit Wheat Ale 6.5

Concrete Common, Concrete Beach Brewery, Miami, Amber Lager 6.5

SINGLE ORIGIN TEAS

MAO FENG 4 (HOT)

Green tea from Meng Ding, Sichuan, China, Spring 2015 harvest

EVERSPRING OOLONG 4 (HOT)

Oolong from Nanyang, Taiwan, Summer 2015 harvest

HOUSE-MADE SPARKLING 4.5

Watermelon + Raspberry + Rose Water

WATERMELON + RASPBERRY + ROSE WATER

CAL / 140 PROTEIN / 0g FAT / 0g CARBS / 30g

BEER

WINE

Marquis de Goulaine Rose d'angou (white peach, dried cherries), Val de Loire, France GLASS 10 / BOTTLE 40

Macdonald Pinot Noir (dark fruits, honey), Gradiško, Slovenia GLASS 9 / BOTTLE 36

Marquis de Goulaine Vouvray (honey, ripe fruit), Val de Loire, France GLASS 9 / BOTTLE 32

Grandin Bril (dried fruit, citrus, lime), Val de Loire, France GLASS 7 / BOTTLE 28

Gocato Sauvignon Blanc (Asian pear, citrus, minerals), Goriska, Brda, Slovenia GLASS 7 / BOTTLE 28

BREAKFAST

RISE + GLOW (AVAILABLE ALL DAY)

PURITY 12

Acai, strawberries, chia seeds, and goji berries, blended with almond & Brazil nut mylk, topped with strawberries, kiwi, banana, granola

CLARITY 11

Green apple, spinach, kale, banana, cucumber, lemon, mint, blended with almond & Brazil nut mylk, topped with blueberries, raspberries, banana, granola

GRACE 11

Dragon fruit, banana, pineapple, blended with almond & Brazil nut mylk, topped with blueberries, banana, kiwi, granola

SUPPLEMENTS

Organic Grass-Fed Whey Protein +3

Plant Protein +3

Bulletproof CollaGelatin™ +3

Bulletproof Brain Octane Oil™ +2.5

Bulletproof XCT OITM™ +2.5

Guarana Seed Extract +2

Organic Hemp Seeds +2

Organic Chia Seeds +2

Organic Maca +2

CAGE-FREE EGGS

01. SIZE

SMALL (2 EGGS) 8.5

LARGE (2 EGGS) 10

03. STYLE

RUNNY

SCRAMBLED

WHITE

05. SAUCE (CHOOSE 1)

Salsa verde

Cucumber Greek Yogurt

Chimichurri

02. SANDWICH OR BOWL (CHOOSE 1)

ZTB MULTIGRAIN BREAD

BOWL (with choice of quinoa or farro)

04. SELECT ADD-INS (CHOOSE 2, +1.5/EACH ADDITIONAL)

VEGETABLES

Spinach & kale

Roasted tomatoes

Mixed herofom beans

Roasted fennel

Caramelized sweet onions

Branded beets

Baby eggplant & sprouts

Roasted peppers

Avocado

CHEESE

Jalapeno Monterey Jack

Parmigiano Reggiano

Goat cheese

06. SOME MORE

Grass-Fed Beef Tenderloin +7

House-Made Chicken Apple Sausage +4

Pasture-Raised Turkey Bacon +2

Toasted Zak the Baker Bread +2

Cage-Free Eggs +1.5

MARKET-RUN OATMEAL (ASK ABOUT TODAY'S SEASONAL PREPARATION)

SAVORY OR SWEET 7

CAL / 230 PROTEIN / 10g FAT / 0g CARBS / 25g

(Nutritional information does not include savory or sweet toppings)

CREATE

01. GRAINS OR GREENS

GRAINS 9

Quinoa or farro, served warm with fresh herbs and cold-pressed olive oil

GREENS 9

DIRT lettuce blend: baby lettuces, torn herbs, sunflower sprouts, kale, spinach

02. VEGGIES + FRUITS

AWAKE

+ ENERGY + STAMINA + MOOD ENHANCER

Apples, spiced almonds, celery, roasted grapes, Parmigiano Reggiano, dried cranberries, turkey bacon vinaigrette

CAL / 350 PROTEIN / 14g FAT / 7g CARBS / 70g (bowl)

REVIVE

+ HYDRATE + CIRCULATION + ENERGY

Roasted pineapple, watermelon, cucumber, shaved fennel, pickled red onion, avocado, cilantro, jalapeno-lime vinaigrette

CAL / 260 PROTEIN / 10g FAT / 2.5g CARBS / 65g (bowl)

FOCUS

+ BRAIN + HEART + MOOD ENHANCER

Red cabbage, watermelon radish, mango, jicama, green onion, toasted sesame seeds, carrot chili vinaigrette

CAL / 280 PROTEIN / 10g FAT / 2.5g CARBS / 71g (bowl)

NOURISH

+ ENERGY + HEART + BODY

Sprouted chickpeas & lentils, roasted curried cauliflower, caramelized onions, roasted red pepper, golden raisins, shaved carrots, mole vinaigrette, cucumber mint yogurt

CAL / 460 PROTEIN / 16g FAT / 15g CARBS / 84g (bowl)

DETOX

+ LIVER + KIDNEYS + CIRCULATION

Roasted beets, shaved fennel, orange segments, crumbled goat cheese, toasted hazelnuts, taragon, honey sherry vinaigrette

CAL / 450 PROTEIN / 15g FAT / 21g CARBS / 68g (bowl)

03. LAND + SEA

Grass-Fed Beef Tenderloin +7

Quinoa-Crusted Day Boat Fish +7

Free-Range Orange Basil Chicken +5

Free-Range Rosemary Dijon Roasted Turkey +4

Cage-Free Eggs +1.5 PER EGG



CLASSICS

SEASONAL

SALAD 11

DIRT X LULEMON SALAD BY CRISTINA

Baby lettuces, torn herbs, sunflower sprouts, kale, spinach, spiced lentils, avocado, green apple, roasted sweet potato, fig + oat crumble, apple cider vinaigrette

CAL / 330 PROTEIN / 0g FAT / 1.5g CARBS / 30g

BOWL 12

DIRT AUTUMN BOWL

Arugula, roasted curried cauliflower, cucumber, pomegranate seeds, fine herbs, butternut squash cashew "cream", golden quinoa, extra virgin olive oil

CAL / 450 PROTEIN / 15g FAT / 16g CARBS / 66g

PLATE 16

DIRT AUTUMN PLATE

Grilled Brussels sprouts, shaved radishes, farro, cranberries, chimichurri

CAL / 290 PROTEIN / 27g FAT / 21g CARBS / 37g

SERVED WITH YOUR CHOICE OF:

Free-Range Orange Basil Chicken

Grass-Fed Beef Tenderloin

Rosemary Dijon Free-Range Turkey

Quinoa-Crusted Day Boat Fish

Cage-Free Eggs

CLASSICS

Served on ZTB bread or rolled in a Paleo-friendly collard wrap

B.B.A.T. 13

Burrata, free-range turkey bacon, avocado, tomato, extra virgin olive oil, aged balsamic

(NO TURKEY BACON +3)

CAL / 740 PROTEIN / 37g FAT / 37g CARBS / 71g (sandwich)

DIRTY STEAK + CHEESE 14.5

Herb-marinated Grass-Fed Beef Tenderloin, jalapeno Monterey Jack cheese, roasted peppers, caramelized onions, local tomatoes, sunflower sprouts, horserash "aioli"

CAL / 750 PROTEIN / 68g FAT / 24g CARBS / 65g (sandwich)

CRISPY FISH PO'BOY 14

Quinoa-crusted day boat fish, zucchini jalapeño slaw, local tomatoes, basil leaves, Greek yogurt remoulade

CAL / 630 PROTEIN / 25g FAT / 21g CARBS / 80g (sandwich)



JUICE / SMOOTHIES

JUICES

16 oz. Bottled Cold Pressed Juices

ALL JUICES ARE BOTTLED IN GLASS BOTTLES. PRICING DOES NOT INCLUDE \$2 REFUNDABLE BOTTLE DEPOSIT. DEPOSITS ARE REFUNDABLE WHEN BOTTLES ARE RETURNED.

ROOT 9

Pineapple, ginger, apple, carrot, sweet potato, celery, cinnamon, lime, turmeric

CAL / 160 PROTEIN / 3g FAT / 1g CARBS / 40g

STEM 9

Chard, celery, apple, cabbage, acai, red grapes, blueberry, lemon

CAL / 160 PROTEIN / 0g FAT / 1g CARBS / 38g

LEAF 10

Kale, spinach, spirulina, lemon, wheygrass, red grape

CAL / 170 PROTEIN / 3g FAT / 1.5g CARBS / 38g

FRUIT 10

Strawberry, apple, red grape, beet, goji berry, cayenne, vanilla

CAL / 140 PROTEIN / 2g FAT / 0g CARBS / 35g

NUTS 9

Dark cocoa, cashews, vanilla bean, house-made almond & Brazil nut mylk

CAL / 480 PROTEIN / 15g FAT / 37g CARBS / 30g

SHOTS 3

REFRESH

Organic Grass-Fed Whey Protein +3

Plant Protein +3

Bulletproof CollaGelatin™ +3

GO GO

Guarana, pineapple, lemongrass, cayenne

CAL / 60 PROTEIN / <1g FAT / 0g CARBS / 16g

STRETCH

Turmeric, goji berry powder, apple, carrot, sweet potato, raw honey

CAL / 80 PROTEIN / 3g FAT / 1.5g CARBS / 15g

GET OFF MY LAWN (MADE ON THE SPOT)

Wheatgrass juice

CAL / 10 PROTEIN / 1g FAT / 0g CARBS / 1g

LITTLE SPROUTS 8

FREE-RANGE CHICKEN TENDERS

Tender slices of pasture-raised, Cage-Free chicken grilled and seasoned with fresh herbs

SERVED WITH FARRO AND YOUR CHOICE OF FRUIT, YOGURT, OR SALAD

CAL / 400 PROTEIN / 46g FAT / 19g CARBS / 10g

WARM BURRATA + TOMATO SANDWICH

Our take on grilled cheese: burrata and local tomatoes melted between

two slices of ZTB multigrain bread

SERVED WITH YOUR CHOICE OF FRUIT, YOGURT, OR SALAD

CAL / 480 PROTEIN / 16g FAT / 27g CARBS / 43g

ALMOND BUTTER + BANANA + STRAWBERRY JELLY SANDWICH

SERVED WITH YOUR CHOICE OF FRUIT, YOGURT, OR SALAD

CAL / 490 PROTEIN / 13g FAT / 19g CARBS / 72g

(Nutritional information includes a salad with each dish)

SWEETS / TREATS

ROSEMARY DARK CHOCOLATE RICE KRISPY TREATS 4

CAL / 330 PROTEIN / 2g FAT / 11g CARBS / 59g

OATMEAL + BLUEBERRY COOKIES 5

CAL / 150 PROTEIN / 2g FAT / 6g CARBS / 23g

PINEAPPLE + ZUCCHINI BREAD 4

CAL / 280 PROTEIN / 3g FAT / 15g CARBS / 39g

SMOOTHIES

Small (16 oz.) or Large (24 oz.)

RISE 9 / 11

Cold brewed coffee, almond & Brazil nut mylk, banana, cashew, cinnamon, chia seeds, dark cacao, maple syrup

CAL / 670 PROTEIN / 11g FAT / 33g CARBS / 89g

CAL / 860 PROTEIN / 21g FAT / 42g CARBS / 117g

GLOW 10 / 12

Mango, spinach, Thai coconut meat, Himalayan pink salt

CAL / 240 PROTEIN / 5g FAT / 11g CARBS / 37g

CAL / 320 PROTEIN / 7g FAT / 14g CARBS / 50g

RECOVER 10 / 12

Strawberries, cucumber, watermelon, lime, Bee Free Honey

CAL / 230 PROTEIN / 3g FAT / 1g CARBS / 59g

CAL / 310 PROTEIN / 4g FAT / 15g CARBS / 79g

POWER 10 / 12

Carrot, sweet potato, banana, coconut water, almond butter, cinnamon, nutmeg, maple, orange zest

CAL / 320 PROTEIN / 7g FAT / 10g CARBS / 59g

CAL / 420 PROTEIN / 9g FAT / 13g CARBS / 14g

DEFENSE 10 / 12

Pineapple, blueberries, acai, aloe, Grapty Smith apple & Brazil nut milk, lime

CAL / 270 PROTEIN / 3g FAT / 7g CARBS / 38g

CAL / 270 PROTEIN / 4g FAT / 9g CARBS / 50g

SUPPLEMENTS

Organic Grass-Fed Whey Protein +3

Plant Protein +3

Bulletproof CollaGelatin™ +3

Bulletproof Brain Octane Oil™ +2.5

Bulletproof XCT OITM™ +2.5

Guarana Seed Extract +2

Organic Hemp Seeds +2

Organic Chia Seeds +2

