

SoUL FVL salads

All served with our soulful greens blend – green leaf, romaine, kale pb, gf, df, nf

malibum 10.95^{gf}

tomato, dressed black beans, seasoned corn, pickled onion, feta, toasted almonds, orange, cashew vinaigrette

abbot kinney 10.95^{gf}

tajin-lime jicama & cucumber mix, pickled onion, toasted almonds, strawberries, goat cheese, hemp seeds, cashew vinaigrette

marina del ray 10.95^{gf}

basil garbanzo & dressed black beans, tomato, lemon quinoa, dried cherries, walnuts, feta, olives, balsamic vinaigrette

beach... please 10.95^{gf, nf}

tajin-lime jicama & cucumber mix, edamame beans, seasoned corn, blueberries, goat cheese, crispy chickpeas, tomato, balsamic vinaigrette

venice canal 10.95^{pb, gf, df}

granny smith apples, crispy peruvian corn, basil garbanzo & dressed black beans, tomato, cashew vinaigrette

rose ave 10.95^{pb, gf, df}

marinated mushrooms, orange, tomato, toasted almonds, sesame seeds, lemon quinoa, dried cherries, tajin-lime jicama & cucumber mix, sesame ginger vinaigrette

add some premium

- ♥ chilled lemon herb chicken breast 4^{gf, df, nf}
- ♥ warm lemon herb chicken breast 4^{gf, df, nf}
- ♥ chimichurri chicken salad 4^{gf, df, nf}
- ♥ thai sesame chicken salad 4^{gf, df}
- ♥ seared sesame-crusting tuna** 7^{gf, df, nf}
- ♥ marinated mushrooms 4^{pb, gf, df, nf}
- ♥ traditional hummus 4^{pb, gf, df, nf}
- ♥ seasonal hummus 4^{pb, gf, df, nf}

SoUL FVL bowls & wraps

Choice of bowl base: coconut forbidden sticky rice^{pb, gf, df, nf} ♥ ancient grains w/ fresh herbs^{pb, gf, df, nf} ♥ kale, cherry & carrot quinoa^{pb, gf, df} ♥ cashew dressed broccoli slaw^{pb, gf, df}

Or wrap it up: Locally made black bean or flour tortilla (both contain gluten)

We add cashew-dressed soulful greens to all wraps.

mar vista 12.95^{pb, gf}

traditional or seasonal hummus, edamame beans, seasoned corn, tajin-lime jicama & cucumber mix, cashew vinaigrette

bi-coastal 16.95^{gf, df}

seared sesame-crusting tuna**, mango & mint mix, cashew dressed broccoli slaw, edamame beans, pickled onion, cashew vinaigrette

all thai'd up 12.95^{gf}

thai sesame chicken salad, cashew dressed broccoli slaw, seasoned corn, edamame beans, sesame ginger vinaigrette

santa cruz 12.95^{gf, nf}

chilled or warm lemon herb chicken breast, traditional or seasonal hummus, crispy peruvian corn, feta, tomato, balsamic vinaigrette

el primo 12.95^{gf, nf}

chimichurri chicken salad, three bean & corn salad, pickled onion, chimi vinaigrette

monterey 12.95^{gf, nf}

marinated mushrooms, tomato & mozzarella salad, fresh parmesan, basil garbanzo beans, crispy chickpeas, red wine vinaigrette

plant peeps: replace natural chicken with marinated mushrooms

pescatarians: replace natural chicken with seared sesame-crusting tuna**

SoUL FVL add a side

- ♥ basil garbanzo beans 3
- ♥ three bean & corn salad 3
- ♥ cashew dressed broccoli slaw 3
- ♥ kale, cherry & carrot quinoa 3
- ♥ ancient grains w/ fresh herbs 3
- ♥ coconut forbidden sticky rice 3
- ♥ tomato & mozzarella salad 5
- ♥ street corn salad 5
- ♥ chimichurri chicken salad 6
- ♥ thai sesame chicken salad 6
- ♥ traditional hummus w/ veggies 6
- ♥ seasonal hummus w/ veggies 6

SoUL FVL thirst-quenchers

- ♥ 24oz unsweet florida citrus green tea 3.75
- ♥ 24oz lite-sweet dragon fruit tea 3.75
- ♥ 24oz lite-sweet blood orange tea 3.75
- ♥ 24oz himalayan pink salt lemonade 4.25
add fresh strawberry +1 or add matcha +1
- ♥ 24oz arnold "soulful" palmer 4
- ♥ 12oz bottled dirty chai 5
- ♥ 12oz bottled matcha latte 5
- ♥ 12oz bottled turmeric latte 5

pb plant-based gf gluten-free df dairy-free nf nut-free

SOULFUL IS NOT A GLUTEN FREE, DAIRY FREE, OR VEGAN RESTAURANT. SOME ITEMS ARE PREPARED ON SHARED EQUIPMENT AND CROSS CONTACT MAY OCCUR. WE CANNOT GUARANTEE ALL ITEMS FOR THOSE WHO ARE HIGHLY SENSITIVE. **CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

