



salads 10.95

All served with our soulful greens blend – butter lettuce, romaine, kale **pb, gf, df, v**

malibum **gf, v**

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

abbot kinney **gf, v**

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

marina del ray **gf, v**

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

beach... please **gf, v**

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

venice canal **pb, gf, df, v**

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

rose ave **pb, gf, df, v**

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

add some premium +4

- ♥ chilled lemon herb chicken breast **gf, df**
- ♥ warm lemon herb chicken breast **gf, df**
- ♥ chimichurri chicken salad **(gf, df)**
- ♥ thai sesame chicken salad **(gf, df)**
- ♥ seared sesame–crusted tuna +3 **(gf, df)**
- ♥ plant–based “tuna” salad **(pb, gf, df, v)**
- ♥ marinated mushrooms **(pb, gf, df, v)**
- ♥ seasonal hummus **(pb, gf, df, v)**



bowls & wraps 12.95

Choice of bowl base: coconut forbidden sticky rice **pb, gf, df, v** ♥ purple sticky rice **pb, gf, df, v** ♥ kale, cherry & turmeric quinoa **pb, gf, df, v**

Or wrap it up: Locally made black bean or flour tortilla. We add cashew–dressed soulful greens to all wraps.

mar vista **pb, gf, v**

seasonal hummus or plant–based “tuna” salad, edamame beans, seasoned corn, tajin–lime jicama & cucumber mix, furikake seasoning, cashew vinaigrette

bi-coastal +4 **gf, df**

seared sesame–crusted tuna, mango & mint mix, cashew dressed broccoli slaw, edamame beans, pickled onion, cashew vinaigrette

all thai'd up **gf**

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

santa cruz **gf**

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

el primo **gf**

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

monterey **gf, v**

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–crusted tuna



add a side 3

- ♥ basil garbanzo beans
- ♥ three bean & corn salad
- ♥ cashew dressed broccoli slaw
- ♥ kale, cherry & turmeric quinoa
- ♥ purple sticky rice
- ♥ coconut forbidden sticky rice
- ♥ tomato & mozzarella salad +2
- ♥ seasonal hummus w/ veggies +3
- ♥ plant–based “tuna” w/ veggies +3
- ♥ chimichurri chicken salad +3
- ♥ thai sesame chicken salad +3



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 ♥ **v** vegetarian

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 OR FOOD-BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.