

BUILD YOUR OWN SUPERFOOD BAR

served with maple vanilla granola



LIL' SWEET (SMALL)

serves 5 - \$65

- 1 CHOOSE 1 BASE
- 2 PICK 3 SWEETS
- 3 PICK 1 DRIZZLE
- 4 ADD 1 TOPPING

BIG BADDIE (LARGE)

serves 10 - \$130

- 1 CHOOSE 2 BASES
- 2 PICK 3 SWEETS
- 3 PICK 1 DRIZZLE
- 4 ADD 1 TOPPING

BASES

- pure acai (acai & cane sugar)
- coconut blend (coconut & cane sugar)
- dragon fruit blend (dragon fruit & cane sugar)
- vanilla chia pudding (chia seeds, almond milk, maple, vanilla)
- coconut chia pudding (chia seeds, coconut milk, agave, blue algae)

SWEETS

- banana • blueberry • boba tapioca pudding • chocolate chips • coconut chia pudding • kiwi • mango • overnight oats • pineapple • strawberry • vanilla chia pudding

DRIZZLES

- agave • almond butter • chocolate almond butter • honey • peanut butter

TOPPINGS

- almond slices • bee pollen • cacao nibs • chia seeds • coconut flakes • hemp seeds • pumpkin seeds

EXTRAS (BY THE DOZEN)

- chocolate chip cookies.....\$20
- double chocolate chip cookies.....\$20

BEVERAGES

- matcha latte..... \$5
- turmeric latte \$5
- dirty chai latte..... \$5
- cold brew..... \$5
- healthy haterade..... \$4
- dragon fruit limeade..... \$4
- bottled water..... \$2.5

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salads

Serves 5 | Serves 10
\$43.99 | \$87.99



Served with our soulful greens blend - green leaf, romaine, kale **pb, gf, df, nf**

malibum ^{gf}

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

abbot kinney ^{gf}

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

marina del ray ^{gf}

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

beach... please ^{gf, nf}

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

venice canal ^{pb, gf, df}

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

rose ave ^{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 protein

Serves 5 | Serves 10
\$20 | \$40

♥ chilled lemon herb chicken breast ^{gf, df, nf}

♥ seared sesame-crusting tuna** ^{gf, df, nf} +\$15 | +\$30

♥ chimichurri chicken salad ^{gf, df, nf}

♥ thai sesame chicken salad ^{gf, df}

♥ marinated mushrooms ^{pb, gf, df, nf}

♥ traditional hummus ^{pb, gf, df, nf}

♥ seasonal hummus ^{pb, gf, df, nf}

bowls & wraps

Serves 5 | Serves 10
Bowl \$57.99 | Bowl \$109.99
Wrap \$62.99 | Wrap \$119.99

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 ^{pb, gf}

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

bi-coastal ^{gf, df} +\$20 | +\$40

seared sesame-crusting 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, nf}

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

el primo ^{gf, nf}

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

monterey ^{gf, nf}

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

sides 16oz.

traditional hummus with veggies \$14.99
seasonal hummus with veggies \$14.99
tomato & mozzarella salad \$12.99
basil garbanzo beans \$11.99
three bean corn salad \$11.99

thirst-quenchers (gallon)

himalayan pink salt lemonade \$20
unsweet florida citrus green tea \$18
lite-sweet blood orange tea \$18
lite-sweet dragon fruit tea \$18

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