

salads

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

malibum 11.95 gf

tomato, dressed black beans, seasoned corn, pickled onion, feta, toasted almonds, granny smith apples, cashew vinaigrette

abbot kinney 11.95 gf

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

marina del ray 11.95 gf

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

beach... please 11.95 gf, nf

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

venice canal 11.95 pb, gf, df

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

peruvian caesar 11.95 pb, gf, df

soulful greens, lemon quinoa, pickled onions, marinated tomatoes, crispy peruvian corn, plant-based parmesan, plant-based caesar dressing

add some premium

- ♥ chilled lemon herb chicken breast 4 gf, df, nf
- ♥ warm roasted chicken 4 gf, df, nf
- ♥ chimichurri chicken salad 4 gf, df, nf
- ♥ thai sesame chicken salad 4 gf, df
- ♥ santa fe chicken salad 4 gf, nf
- ♥ seared sesame-crusting tuna** 7 gf, df, nf
- ♥ traditional hummus 4 pb, gf, df, nf
- ♥ seasonal hummus 4 pb, gf, df, nf

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 spinach or flour tortilla (both contain gluten)

We add cashew-dressed soulful greens to all wraps.

calle olvera 12.95 gf, nf

santa fe chicken salad, seasoned black beans, pickled onions, tajin-lime jicama & cucumber mix, sliced jalapeno, cilantro lime vinaigrette

bi-coastal 16.95 gf, nf

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

warm roasted chicken or chilled lemon herb chicken, 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

warm roasted chicken, tomato & mozzarella salad, fresh parmesan, basil garbanzo beans, crispy chickpeas, red wine vinaigrette





plant peeps: replace natural chicken with traditional or seasonal hummus
pescatarians: replace natural chicken with seared sesame-crusting tuna +4 **

add a side

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

refreshments

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

 plant-based  gluten-free  dairy-free  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.

