



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

beach... please 10.95 gf, nf

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

abbot kinney 10.95 gf

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

venice canal 10.95 pb, gf, df

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

marina del ray 10.95 gf

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



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-crusted 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-crusted tuna**



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



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.