

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, apple, 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

peruvian caesar ^{pb, gf, df}

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

add some protein

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

- ♥ chilled lemon herb chicken breast ^{gf, df, nf}
- ♥ warm roasted chicken ^{gf, df, nf}
- ♥ chimichurri chicken salad ^{gf, df, nf}
- ♥ thai sesame chicken salad ^{gf, df}

- ♥ santa fe chicken salad ^{gf, nf}
- ♥ seared sesame–crusted tuna* +15 | +30 ^{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} ♥ lemon quinoa ^{pb, gf, df} ♥ cashew dressed broccoli slaw ^{pb, gf, df}

Or wrap it up: Spinach or flour tortilla (both contain gluten)

calle olvera ^{pb, gf}

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

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

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, 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}

warm roasted chicken, tomato & mozzarella salad, fresh parmesan, basil garbanzo beans, crispy chickpeas, balsamic 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



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.

BREAKFAST CATERING



the morning spread

BYO lincoln blvd. nf

choice of sourdough bread or bagel, scrambled eggs with pickled onions, seasoned corn, dressed black beans, cheddar cheese; served with salsa verde dipping sauce

serves 5 - \$34.99 | serves 10 - \$64.99

BYO breakfast basics nf

choice of sourdough bread or bagel, scrambled eggs, cheddar or gouda cheese

serves 5 - \$34.99 | serves 10 - \$64.99

a la carte add ons

turkey sausage or bacon gf, df, nf

serves 5 (10 pcs) - \$14.99 | serves 10 (20pcs) - \$29.99

scrambled eggs gf, df, v, nf

serves 5 (20oz) - \$14.99 | serves 10 (40oz) - \$29.99

bayshore parfait pb, gf, df, v

choice of overnight oats, vanilla or coconut chia pudding, strawberry, banana, blueberry, maple vanilla granola, and choice of drizzle

serves 5 - \$48.99 | serves 10 - \$94.99

fresh fruit platter pb, gf, df, v

a vibrant mix of blueberries, pineapple, and strawberries freshly sliced and arranged for a refreshing and healthy addition to your meal

serves 5 - \$22.99 | serves 10 - \$39.99

bagel platter

choice of plain or everything bagels, served with our house-made cream cheese in a variety of flavors: plain | strawberry | jalapeno cilantro | red pepper & cheddar

serves 5 - \$24.99 | serves 10 - \$44.99

power egg bites (recommended 2 per person)

choose your style:

carni: turkey sausage, red bell pepper, cheddar cheese gf, nf

veggie: spinach, feta v

serves 5 (10 pcs) - \$27.99 | Serves 10 (20pcs) - \$49.99

beverages

half gallon \$24.99

cold brew coffee pb, gf, df, v, nf

rich, and refreshing cold brew coffee served ready to pour and enjoy

fresh squeezed OJ pb, gf, df, v, nf

made with 100% fresh-squeezed oranges for a sweet, citrus refresh

dirty chai latte pb, gf, df, v, nf

smooth oat milk, bold house-made cold brew, spiced chai tea blend, and a hint of cinnamon

matcha latte pb, gf, df, v, nf

earthy matcha, smooth oat milk, and a touch of agave for just the right amount of sweetness



plant-based



gluten-free



dairy-free



vegetarian



nut-free