



breakfast & sandwiches

byo egg handwich 7 nf

scrambled eggs, cheddar or smoked gouda cheese, served on sourdough or flour tortilla, with a side of salsa verde
add turkey sausage or bacon (+3)

lincoln blvd. wrap 7 nf

scrambled eggs, cheddar cheese, pickled onion, seasoned corn, dressed black beans, served on a flour tortilla with a side of salsa verde
add turkey sausage or bacon (+3)

power egg bites (2) 5.5

carni bite: turkey sausage, red bell pepper, cheddar cheese gf, nf
veggie bite: spinach & feta v

gold coast oats 7 gf, df, v

chilled overnight oats, blueberries, dates, cinnamon, toasted almonds, hemp seeds, honey drizzle

bayshore parfait 8 pb, gf, df, v

vanilla chia pudding layered with fresh strawberry puree, topped with boba tapioca pudding, strawberries, blueberries

chicken salad sandwich 9

choice of thai sesame, chimichurri or santa fe chicken salad, green leaf, served on sourdough or choice of tortilla



salads & wraps

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

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

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–crusted 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 ♥
lemon quinoa pb, gf, df ♥ cashew dressed broccoli slaw pb, gf, df

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

We add cashew dressed soulful greens to all wraps.

calle olvera 13.95 pb, gf

santa fe chicken salad, seasoned black beans, pickled onions, tajin–lime jicama & cucumber mix, sliced jalapeno, cilantro lime 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 13.95 gf

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

santa cruz 13.95 gf, nf

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

el primo 13.95 gf, nf

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

monterey 13.95 gf, nf

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



refreshments

- ♥ unsweet florida citrus green tea 3.75
- ♥ lite–sweet dragon fruit tea 3.75
- ♥ lite–sweet blood orange tea 3.75
- ♥ himalayan pink salt lemonade 4.25
add fresh strawberry +1 or add matcha +1
- ♥ arnold palmer 4
- ♥ warm or iced dirty chai 6
- ♥ warm or iced matcha latte 6
- ♥ warm or iced turmeric latte 6
- ♥ warm or iced matcha–turmeric latte 6
- ♥ iced strawberry–matcha latte 6

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.

