

## SMOOTHIES

### **FITNESS FUEL \$9**

almond milk, banana, Vega protein, almond butter,  
cinnamon, salt, GF oats + pecan

### **AZTEC DREAM \$9**

almond milk, cacao powder, banana, maca,  
cinnamon, cayenne, clove + dates

### **IMMUNITY \$9**

orange juice, coconut water, berries, banana,  
cinnamon + ginger

### **HAPPY HIPPIE \$9**

coconut water, spinach, spirulina, pineapple,  
banana + coconut oil

## JUICES

### **SPICE UP YOUR LIFE \$10**

orange juice, lemon, ginger, cayenne

### **24 CARROT MAGIC \$10**

pineapple, orange, carrot, turmeric

### **G BEET K \$10**

beet, carrot, apple

### **HARDER THAN GREEN \$10**

spinach, kale, celery, cucumber, parsley, lemon

### **SWEET GREENS \$10**

celery, cucumber, pineapple, green apple

### **ONE IN A MELON \$10**

watermelon juice

### **PINEAPPLE JUICE \$10**

**GINGER SHOT \$4 | TURMERIC SHOT \$6**

## BEVERAGES

**WATER \$3+**

**TEA \$3**

**COFFEE \$3+**

espresso, latte, cappuccino

**green bar**  
— & KITCHEN —

## MENU

3429 Galt Ocean Drive,  
Ft. Lauderdale, FL 33308

954.541.2061

greenbarkitchen.com | @greenbarkitchen

## BREAKFAST

SERVED ALL DAY

### AÇAI BOWL \$9.75

açai + banana base, granola, agave, blueberries, strawberries, coconut shavings + chia seeds

ADD PEANUT BUTTER +1.20

### DRAGON BOWL \$9.75

pitaya + banana base, granola, agave, blueberries, strawberries, coconut shavings + chia seeds

### COCONUT CHIA PUDDING \$7.50

mango-turmeric chutney + hibiscus syrup

### ALMOND YOGURT +

### KEY WEST GRANOLA \$7.50

toasted coconut, dried pineapple, dried banana, toasted almonds + cinnamon agave drizzle

### ASSORTED BAGELS \$4.99

cinnamon-raisin, plain, everything

add tofu cream cheese or whipped vegan sweet butter

### BAGEL SANDWICH \$7.99

choice of bagel, Just egg + Chao cheeze

ADD TEMPEH BACON +1.99

### SMOKED CARROT LOX \$6.99

lemon-chive cream cheese, shaved red onion, crispy capers on toasted bagel

### GBKBLT BREAKFAST SANDWICH \$9.99

Just egg, Chao cheeze, smoky tempeh bacon, pesto seared organic tomato, green leaf, mayo on a toasted bagel

### OCEAN MILE BREAKFAST TACOS \$12.99

Just egg scramble, chorizo "sausage," grilled peppers, cheddar cheese, garden salsa, avocado + grilled corn tortillas

### FRESH FRUIT BOWL \$8.50

seasonal fruits with cinnamon agave drizzle

### PASTRIES \$4

fresh baked muffins including blueberry, zucchini, cranberry + vanilla

### ORGANIC OATMEAL OF THE DAY \$7.99



## LUNCH

SERVED 11 A.M. - 3 P.M.

### GREEK SALAD \$12

salad medley, chickpeas, house feta, kalamata olives, red onion, tomato, cucumber + greek dressing

### TACO SALAD \$12

salad medley, walnut meat, onion, tomato, avocado, jalapeño, chips, sunflower cheeze, cashew cheeze + santa fe dressing

### POWER SALAD \$12

energy greens, goji berries, red quinoa, pickled red onions, hemp seeds + cashew truffle dressing

### CUBAN MIX \$10.99

house made and smoked seitan "ham," swiss cheeze, pickles, yellow mustard + mojo mayo

### IMPOSSIBLE BURGER \$11.99

veggie + soy protein patty, lettuce, tomato, red onion, Chao cheeze, ketchup, mayo + pickles

### BEYOND BURGER \$10.99

veggie protein patty, lettuce, tomato, red onion, Chao cheeze, ketchup, mayo + pickles

### COCONUT BURGER\* \$12.75

veggie protein patty, toasted coconut panko, lettuce, tomato, red onion, chipotle mayo + mango salsa

### BACKYARD BBQ BURGER \$13.50

Impossible patty, tempeh bacon, bbq sauce, onion rings, cole slaw + pickles

### CHICK'N SALAD SANDWICH \$8.75

house made soy protein chick'n salad, topped with tomato, lettuce, veganaise, on bun

### AVOCADO TOAST \$9

cashew truffle dressing, pink peppercorn, on gf toast

### CHICK'N NUGGETS\* \$5.75

pea soy protein + 1/2 order of fries

### FRIES \$4.75

regular + sweet potato

### SIDE SALAD \$4

lettuce, tomato, onion, carrot, cucumber with house lemon dressing

### BRUSSELS SPROUTS \$7.25

fried sprouts, lemon, creeper dressing + agave

SLAW + PICKLE \$4 | SOUP \$4 cup / \$8 bowl

\*CONTAINS GLUTEN

Subject to Change, Based on Availability