



*upbeet*SM

WINTER 2024

Only the good stuff.



**ORGANIC
INGREDIENTS**



**NON-GMO
INGREDIENTS**



**100% GLUTEN-FREE
MENU**



**FOOD COOKED
WITH EVOO**



**GRASS-FED
BEEF**



**HUMANELY-RAISED
MEATS**



**ANTIBIOTIC & HORMONE
FREE MEATS**



**WILD-CAUGHT &
SUSTAINABLE SEAFOOD**



**HEXANE-FREE
OILS**



**rBST-FREE
CHEESES**



**NOTHING
ARTIFICIAL**



**PFAS-FREE
PACKAGING**

Salads

BEYOND TACO (V)

Seasoned Beyond Beef™, organic mixed greens, organic romaine, organic grape tomatoes, organic sweet corn, red onions, cilantro, non-gmo tortilla chips with housemade chipotle lime vinaigrette **16.70**

BUFFALO CHICKEN (D) (N)

Crispy humanely-raised chicken, organic mixed greens, organic romaine, purple cabbage, organic dill pickles, organic grape tomatoes, blue cheese crumbles and za'atar breadcrumbs with Buffalo sauce and housemade ranch dressing **17.70**

CLUB MED (V)

Organic kale, organic romaine, basil, purple cabbage, organic chickpeas, organic cucumbers, green olives, organic grape tomatoes, hummus, and za'atar breadcrumbs with housemade pesto vinaigrette **14.70**

COCONUT KALE (S)

Grilled pasture-raised chicken, organic kale, avocado, purple cabbage, mango, toasted organic coconut and organic pumpkin seeds with housemade ginger miso dressing **15.45**

FIESTA BOWL (D) (N)

Grilled pasture-raised chicken, organic romaine, avocado, organic black beans, organic sweet corn, organic grape tomatoes, pepper jack cheese, and non-gmo tortilla chips with housemade ranch dressing **16.70**

LITTLE ITALY (D)

Grilled pasture-raised chicken, organic mixed greens, organic romaine, basil, organic chickpeas, organic cucumbers, green olives, red onion, pepperoncini, organic grape tomatoes and shredded mozzarella with housemade red wine vinaigrette **16.70**

PESTO MANIFESTO (D)

Grilled pasture-raised chicken, organic spinach, organic quinoa, roasted organic broccoli, organic sweet corn, organic grape tomatoes, lime squeeze, and cheddar cheese with housemade pesto vinaigrette **16.70**

STEAK OUT (D)

Grilled grass-fed steak, organic mixed greens, organic romaine, red onion, organic grape tomatoes, scallions, blue cheese crumbles and nitrate-free bacon with housemade balsamic vinaigrette **19.45**

SWEATHER WEATHER (D) (N) (SEASONAL)

Grilled pasture-raised chicken, organic kale, organic wild rice, organic apples, roasted agave sweet potatoes, goat cheese and pecans with housemade balsamic vinaigrette **19.45**

THAI CRUNCH (N) (S)

Grilled pasture-raised chicken, organic mixed greens, organic romaine, avocado, purple cabbage, carrots, cilantro and cashews with Thai peanut dressing **19.45**

Grain Bowls

ALOHA BOWL (F) (N) (S) RAW FAVORITE

Wild-caught tuna poké, organic bamboo rice, avocado, organic jalapenos, mango, scallions, macadamia nuts, and toasted organic coconut with housemade ginger miso dressing **19.70**

CHINESE TAKEOUT (V) (S)

Agave sriracha organic tofu, organic brown rice, purple cabbage, shredded organic carrots, scallions, roasted broccoli, organic sesame seeds with housemade ginger miso dressing **15.45**

CHICKEN & BRUSSELS (N) SEASONAL

Grilled pasture-raised chicken, organic brown rice, roasted Brussels sprouts, roasted golden beets, organic apples and chopped pecans with housemade balsamic vinaigrette **15.45**

CURRY UP (N) FAVORITE

Grilled pasture-raised chicken, organic brown rice, spicy roasted organic chickpeas, cilantro, roasted carrots, roasted agave sweet potatoes, toasted organic coconut, cashews, lime squeeze with housemade curry coconut dressing **16.95**

GUAC IT OUT (D) FAVORITE

Grilled pasture-raised chicken, organic brown rice, organic black beans, organic sweet corn, housemade guacamole, fresh organic jalapeños, lime squeeze, housemade pico de gallo and pepper jack cheese with housemade agave lime dressing **19.70**

MACRO BOWL (V)

Organic brown rice, organic green lentils, roasted brussels sprouts, roasted cauliflower, roasted agave sweet potatoes and organic sunflower seeds with housemade detox dressing **14.95**

THE BACHELOR (S)

Grass-fed steak, organic brown rice, basil, roasted organic broccoli, umami mushrooms and red onions with housemade pesto vinaigrette **19.95**

(V) Vegan **(D)** Contains dairy **(F)** Contains fish or shellfish **(N)** Contains nuts **(S)** Contains soy

RAW

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

BUILD YOUR OWN

Bowl

From 10.45

Plate

From 6.95

Build Your Own

Bowl From 10.45

BASES up to 2
TOPPINGS up to 4*
PROTEINS + PREMIUMS additional cost
DRESSINGS up to 2

* some toppings extra as noted

Plate From 6.95

BASES choose 1
TOPPINGS choose 2*
PROTEINS + PREMIUMS additional cost
DRESSINGS choose 1

* some toppings extra as noted

Bases **V** Extra Base +1.5

ORGANIC GREENS

Arugula / Kale / Mixed greens / Romaine / Spinach

ORGANIC GRAINS

Bamboo rice / Brown rice / Forbidden rice / Quinoa

Proteins Additional Cost | Prices Vary

MEAT + SEAFOOD

Crispy Chicken +6
Humanely-raised

Grilled Lemon Chicken +3.5
Pasture-raised

Miso Glazed Salmon **\$** +8.95
Sustainably-sourced, never frozen

Sweet Chili Glazed Salmon +8.95
Sustainably-sourced, never frozen

Citrus Shrimp +7.5
Wild-caught

Grass-Fed Steak **\$** +6.5
Regenerative, pasture-raised

Tuna Poke **RAW** +6.25
Wild-caught

Seasoned Beyond Beef™ +5.5
Non-GMO | 20g protein

Baked Falafel +5.5
Non-GMO

Buffalo Meati™ Chicken +7.5
Non-GMO | 14g protein

PLANT-BASED **V**

BBQ Tempeh **N** +7
Non-GMO | 22g protein

Agave Sriracha Tofu +3
Organic | 14g protein

Toppings Extra Topping +.75

COLD TOPPINGS

Veggies + Legumes **V**

Purple cabbage
Shredded carrots
Organic chickpeas
Spicy organic chickpeas
Organic sweet corn
Organic cucumber
Organic edamame
Organic fresh jalapeños
Green olives
Kalamata olives +1.5
Pickled onions
Red onions
Scallions
Organic grape tomatoes

Fruit **V**

Avocado +1.5
Organic apples
Organic blueberries +1.5
Mango
Organic strawberries +1.5

Citrus **V**

Lemon squeeze
Lime squeeze

Fresh Herbs **V**

Basil
Cilantro

Eggs

Chopped egg

Cheeses

Blue Cheese +1.25
White Cheddar +1.25
Goat cheese +2.5
Shaved parmesan +1.25
Pepper jack +1.25

Dips + Spreads **V**

Housemade guacamole +3.25
Hummus +2
Housemade pico de gallo +1.5

HOT TOPPINGS **V**

Roasted Veggies

Roasted organic broccoli +1.5
Roasted Brussels sprouts +1.5
Lemon pepper cauliflower +1.5
Herbed carrots
Golden beets
Umami mushrooms **\$** +1.5
Agave sweet potatoes +1.5

Legumes

Organic black beans

WE PROUDLY
ROAST ALL VEGGIES WITH
NON-GMO EXTRA
VIRGIN OLIVE OIL

DRY TOPPINGS

Dried Fruit **V**

Toasted organic coconut
Organic cranberries

Other

Nitrate-free bacon +1.5
Red pepper flakes
Non-gmo tortilla chips

Nuts + Seeds **V** **N**

Organic almonds
Cashews
Macadamia nuts
Pecans
Pistachios
Non-gmo hemp seeds +1.5
Organic pumpkin seeds
Organic sunflower seeds

Dressings **V** Additional Dressing +2

Creamy

Ranch **N**

Global

Curry **N**
Coconut
Ginger Miso **\$**
Thai Peanut **N**

Mexican

Agave Lime
Chipotle
Vinaigrette

Savory

Detox
Pesto
Vinaigrette

Simple

Organic Red
Wine Vinegar*
Non-GMO Extra
Virgin Olive Oil

Spicy

Non-GMO Buffalo
Sauce
Hot Honey Mustard
Non-GMO Sriracha*

Sweet

Balsamic
Vinaigrette
Organic BBQ*

Vinaigrettes

Lemon Vinaigrette
Organic Red Wine
Vinaigrette

* Oil-free dressings



Bevvies

LEMONADES & LIMEADES

HOUSEMADE

Cayenne Ginger 5
Charcoal Lemonade 5
Majik Lemonade 5
Pink Lemonade 5

KOMBUCHA

Health-Ade 8
Walker Bros. 6.75

TEPACHE

De La Calle 6.25

FUNCTIONAL SODAS

Olipop 4.75
Poppi 4.75

CBD & ADAPTOGENIC

VYBES 12.5

TEA

Half Day 5
Just Ice Tea 5

SPARKLING WATER

Aura bora 3.75
Recess 5.5
Ruby 4.75
Topo Chico 3

WATER

Just Water 3
Mountain Valley 3.75

Treats

COOKIES & BROWNIES

Rule Breaker 5.75
Toto 6.75

CHOCOLATE

Raaka VARIES

Smoothies

BEACH HOUSE

Organic pineapple, organic mango, mint, organic banana, dates, honey, organic vanilla coconut milk 11

BROTEIN SHAKE (N)

Organic peanut butter, organic plant-based vanilla protein powder, organic banana, dates, honey, organic almond milk 13

COFFEE DATE (V) (N)

Organic cold-brew coffee, organic cacao, organic peanut butter, organic banana, dates, organic almond milk 11

DETOX (V)

Organic kale, organic spinach, organic celery, organic mango, organic banana, ginger, organic apple, lemon, coconut water 10

GLOW GETTER (N)

Organic blueberries, organic strawberries, organic banana, basil, dates, collagen protein, organic coconut milk 12

GOLDEN STATE (N)

Turmeric, non-gmo almond butter, organic banana, honey, dates, cinnamon, organic cashew milk 10

GREEN DAY (V) (N)

Organic kale, organic spinach, avocado, organic banana, organic apple, dates, organic almond milk 13

MATCHA RADIANCE (N)

Organic matcha, kiwi, organic pineapple, organic banana, honey, collagen protein, organic vanilla almond milk 12

PINK DRINK (V)

Organic pitaya, organic pomegranate, organic strawberries, organic banana, dates, organic vanilla coconut milk 12

STRAWBERRY BASIL (V) (N)

Organic strawberries, basil, organic pomegranate, organic banana, organic vanilla almond milk 10

UPGRADES

Collagen protein (+3.5), CBD powder (+2), MCT oil (+3.25), probiotics + prebiotics (+2.25), unflavored organic vegan protein (+2.75), vanilla organic vegan protein (+2.75), grass-fed whey protein (+2.25)

Smoothie Bowls

ALMOND JOY (V) (N)

Base / Organic acai, almond butter, organic banana, organic almond milk
Toppings / Organic banana, organic strawberries, almond butter, organic cacao nibs, gluten-free granola **13**

BERRY GREEN (V) (N)

Base / Organic acai, organic banana, organic blueberries, organic kale, organic mango, organic spinach, organic almond milk
Toppings / Organic banana, organic blueberries, hemp seeds, gluten-free granola **13**

LITTLE MERMAID (V) (N)

Base / Organic acai, organic banana, blue majik, organic cashew milk
Toppings / Organic banana, organic blueberries, sprinkles, gluten-free granola **11**

O.G ACAI (N)

Base / Organic acai, organic banana, organic blueberries, organic almond milk
Toppings / Organic banana, organic strawberries, bee pollen, gluten-free granola **12**

PEANUT BUTTER BLISS (V) (N)

Base / Organic acai, organic banana, organic blueberries, organic peanut butter, organic cashew milk
Toppings / Organic banana, organic strawberries, organic cacao nibs, organic peanut butter, gluten-free granola **14**

PRETTY IN PINK (V) (N)

Base / Organic pitaya, organic banana, organic goji berries, organic strawberries, organic vanilla almond milk
Toppings / Organic banana, organic strawberries, hemp seeds, gluten-free granola **13**

UPGRADES

Collagen protein (+3.5), CBD powder (+2), MCT oil (+3.25), probiotics + prebiotics (+2.25), unflavored organic vegan protein (+2.75), vanilla organic vegan protein (+2.75), grass-fed whey protein (+2.25)