



Try Ours

Good Vibes Only!

- no gmOs
- mostly organic*
- no artificial colors, flavors, sweeteners, or preservatives
- no antibiotics or added growth hormones
- no high fructose corn syrup



*conventional ingredients denoted by an asterisk

Grains

Aloha Bowl 13.45 GF

bamboo rice, mango*, fresh jalapeños, scallions*, avocado, toasted coconut, macadamia nuts and housemade ginger miso dressing* with fair trade, wild-caught tuna poke

Curry Up 11.75 GF

quinoa, kale, cilantro*, roasted carrots, roasted sweet potatoes, spicy roasted chickpeas, toasted coconut, lime squeeze and housemade coconut curry dressing* with grilled chicken

Eggcellent 9.45 GF

forbidden rice, kale, roasted brussels sprouts*, roasted mushrooms, roasted sweet potatoes and housemade roasted red pepper dressing* with soft-boiled egg

Guac It Out™ 13.45 GF

brown rice, black beans, charred corn, fresh jalapeños, housemade guacamole*, housemade pico de gallo, lime squeeze, pepper jack cheese and housemade cashew lime dressing* with grilled chicken

Greens

Cobb Your Enthusiasm™ 13.95 GF

mesclun, heirloom cherry tomatoes, avocado, nitrate-free bacon, egg, blue cheese crumbles and housemade ranch dressing* with grilled chicken

Coconut Kale 11.45 GF

curly kale, avocado, purple cabbage*, mango*, toasted pumpkin seeds, toasted coconut and housemade ginger miso dressing* with grilled chicken

Fiesta Bowl 13.75 GF

romaine, black beans, heirloom cherry tomatoes, charred corn, avocado, pepper jack cheese, crushed gluten-free tortilla chips and housemade ranch dressing* with grilled chicken

Hale Caesar 12.45 GF

kale, romaine, shaved parmesan*, gluten-free, non-gmo croûtons*, lime squeeze and housemade greek yogurt caesar dressing* with grilled chicken

Hot Chickpea™ 9.45 GF IV

mesclun, quinoa, shredded carrots, cilantro*, cucumber, edamame, fresh jalapeños, lentils, scallions*, avocado, golden raisins, spicy roasted chickpeas and housemade lime vinaigrette*

My Thai™ 11.25 GF

kale, basil, purple cabbage*, shredded carrots, cucumber, scallions, cashews and housemade thai peanut dressing* with citrus sustainable shrimp

Macro Bowl™ 10.95 GF IV

brown rice, kale, lentils, roasted brussels sprouts*, roasted cauliflower, roasted sweet potatoes, sunflower seeds and housemade detox dressing*

Oh-Mega 14.45 GF

brown rice, quinoa, spinach, edamame, watermelon radish*, cashews, hemp seeds and housemade ginger miso dressing* with sustainable steelhead trout

Thai Chia 10.75 GF

forbidden rice, kale, shredded carrots, purple cabbage*, basil, chia seeds, cashews, lime squeeze and housemade thai peanut dressing* with sustainable shrimp

The Bachelor 13.95 GF

brown rice, red onions, heirloom cherry tomatoes, basil, charred broccoli, roasted mushrooms, roasted fingerling potatoes and housemade pesto vinaigrette* with grilled grass-fed steak

Pesto Manifesto™ 12.45 GF

spinach, quinoa, spicy broccoli, chickpeas, charred corn, heirloom cherry tomatoes, lime squeeze, white cheddar and housemade pesto vinaigrette* with grilled chicken

So Cali™ 11.45

mesclun, mango*, toasted coconut, hemp granola, macadamia nuts and housemade toasted sesame dressing* with fair trade, wild-caught tuna poke

Spin Class™ 12.75 GF

romaine, spinach, blueberries, cilantro*, watermelon radish*, crushed pistachios, local goat cheese* and housemade lemon vinaigrette* with grilled chicken

Steak Out 14.95 GF

mesclun, romaine, heirloom cherry tomatoes, chives*, red onions, nitrate-free bacon*, blue cheese crumbles and housemade balsamic vinaigrette* with grilled grass-fed steak

Them Apples™ 13.45 GF

mesclun, romaine, apples, local goat cheese*, dried cranberries, pecans, walnuts and housemade blackberry vinaigrette with grilled chicken

Very Vegan 8.95 GF IV

kale, quinoa, chickpeas, pomegranate seeds*, sunflower seeds, lemon squeeze and housemade sweet cashew dressing* with agave sriracha tofu

Build Your Own Bowl 8.45+

GF gluten-free V vegan *conventional

1 CHOOSE A BASE

up to 2
all organic and gluten-free

- bamboo rice GFIV
- brown rice GFIV
- forbidden rice GFIV
- quinoa GFIV
- arugula GFIV
- kale GFIV
- mesclun GFIV
- romaine GFIV
- spinach GFIV

2 CHOOSE YOUR FRUITS + VEGGIES

up to 4 from hot + cold sections
each additional +.50

3 ADD PROTEIN

prices vary

GRILLED CHICKEN 5 GF

organic chicken

CITRUS SHRIMP 5 GF

domestic, sustainable shrimp

GRILLED FLAT IRON STEAK 6.5 GF

grass-fed, organic steak

4 ADD PREMIUMS

prices vary

- chopped egg .50 GF
- nitrate-free bacon* 1 GF
- soft-boiled egg 1 GF
- grated parmesan cheese* 1 GF
- shaved parmesan cheese* 1 GF
- pepper jack cheese 1 GF
- blue cheese 1.5 GF
- white cheddar cheese 1.5 GF
- feta cheese 1.5 GF
- local goat cheese* 1.5 GF
- avocado half 2 GFIV
- non-gmo vegan cheddar 2 GFIV
- non-gmo vegan parmesan 2 GFIV
- non-gmo vegan pepper jack 2 GFIV
- non-gmo tempeh bacon 2 V
- housemade guacamole 3 GFIV

STEELHEAD TROUT 7 GF

sustainable trout

TUNA POKE 5 GF

fair trade, wild-caught tuna with roasted macadamia nuts

BLACK BEANS 3 GFIV

organic | 7g protein

5 CHOOSE YOUR DRESSING

choose 1 | all dressings are housemade and gluten-free

- balsamic vinaigrette V
- blackberry vinaigrette V
- cashew lime V
- chipotle lime V
- coconut aminos V
- curry coconut V
- detox V
- ginger miso V
- greek yogurt caesar
- lemon squeeze V
- lime vinaigrette V
- lime squeeze V
- olive oil + vinegar V
- pesto vinaigrette
- ranch
- sweet cashew V
- roasted red pepper V
- thai peanut V
- toasted sesame V
- sriracha V

6 CHOOSE YOUR DRY TOPPING

choose 1 | each additional +.75

- cashews GFIV
- chia seeds GFIV
- dried cranberries GFIV
- non-gmo croûtons GFIV
- hemp granola V
- hemp seeds GFIV
- macadamia nuts GFIV
- pecans GFIV
- pine nuts GFIV
- pumpkin seeds GFIV
- golden raisins GFIV
- sesame seeds GFIV
- sunflower seed GFIV
- tortilla chips GFIV
- walnuts GFIV

KIDNEY BEANS 3 GFIV

organic | 7g protein

GREEN LENTILS 2 GFIV

organic | 26g protein

BBQ TEMPEH 6 GFIV

non-gmo, soy-free
(contains peanuts) | 22g protein

THREE-GRAIN TEMPEH 5 V

organic | 20g protein

AGAVE SRIRACHA TOFU 3 GFIV

organic tofu | 12g protein

DUE TO OUR LARGE NUMBER OF ORGANIC INGREDIENTS, SOME PRODUCTS MAY NOT ALWAYS BE AVAILABLE. IF POSSIBLE, WE SUBSTITUTE THE MOST SUSTAINABLE OPTION (I.E. NON-GMO FOR ORGANIC) FOR UNAVAILABLE INGREDIENTS. OUR GLUTEN-FREE BREAD IS CERTIFIED GLUTEN-FREE BY THE GLUTEN-FREE CERTIFICATION ORGANIZATION AND TOASTED IN A DEDICATED TOASTER. WHILE WE TAKE CARE IN ADDRESSING THE NEEDS OF OUR GLUTEN AND ALLERGEN SENSITIVE GUESTS, WE CANNOT GUARANTEE THAT GUESTS WITH FOOD AND/OR BEVERAGE ALLERGIES MAY NOT BE EXPOSED TO ALLERGENS THROUGH CROSS-CONTAMINATION. IF YOU HAVE A FOOD AND/OR BEVERAGE ALLERGY, PLEASE NOTIFY YOUR SERVER WHEN ORDERING. PLEASE UNDERSTAND, HOWEVER, THAT UPBEET CANNOT BE RESPONSIBLE FOR ANY INJURY, LOSS, OR DAMAGE CLAIMED BY ANY GUEST WITH A FOOD AND/OR BEVERAGE ALLERGY WHO CONSUMES OUR FOOD AND/OR BEVERAGES, REGARDLESS OF THE CIRCUMSTANCES. FINALLY, OUR FRIENDLY NEIGHBORHOOD HEALTH INSPECTOR WOULD LIKE YOU TO KNOW THAT CONSUMING RAW OR UNDERCOOKED FOODS SUCH AS MEAT, POULTRY, EGGS, OR SEAFOOD MAY CAUSED SERIOUS ILLNESS. HERE'S TO CLEAN FOOD AND GOOD VIBES!

Smoothies

upgrades + 2 | collagen protein*, grass-fed ghee, mct oil, probiotics + prebiotics, vanilla vegan protein (contains peanuts), whey protein*

Beach House 10 GF

pineapple, mango, mint, banana, dates, honey, vanilla coconut milk

Brotein Shake 12 GF

peanut butter, vegan vanilla protein powder, banana, dates, honey, almond milk

Coffee Date™ 10 GF IV

coffee, cacao powder, peanut butter, banana, dates, almond milk

Detox 9 GF IV

kale, spinach, celery, mango*, banana, ginger, cold-pressed apple juice, lemon, coconut water

Glow Getter™ 11 GF IV

blueberries, strawberries, banana, dates, collagen protein*, coconut milk

Golden State 9 GF

turmeric, non-gmo almond butter, banana, honey, dates, cinnamon, cashew milk

Green Day 12 GF IV

kale, spinach, avocado, banana, cold-pressed apple juice, dates, almond milk

Matcha-Cha 11 GF

matcha, kiwi, pineapple, banana, honey, vanilla almond milk

Pink Drink 11 GF IV

pitaya, pomegranate, strawberries, banana, dates, vanilla coconut milk

Strawberry Basil 9 GF IV

strawberries, basil, pomegranate, banana, vanilla almond milk

Smoothie Bowls

upgrades + 2 | collagen protein*, gluten-free granola, mct oil, probiotics + prebiotics, vanilla vegan protein (contains peanuts), whey protein*

Almond Joy 12 V

base acai, non-gmo almond butter, banana, almond milk
toppings banana, strawberries, non-gmo almond butter*, cacao nibs, hemp granola

Berry Green 11 V

base acai, banana, blueberries, mango, spinach, almond milk
toppings banana, blueberries, hemp granola, hemp seeds

Little Mermaid 9 V

base acai, banana, blue majik, cashew milk
toppings banana, blackberries, hemp granola, sprinkles

O.G. Acai 10

base acai, banana, blueberries, almond milk
toppings banana, strawberries, local bee pollen*, hemp granola

Peanut Butter Bliss 10 V

base acai, banana, blueberries, peanut butter, cashew milk
toppings banana, strawberries, cacao nibs, hemp granola, peanut butter

Pretty In Pink 12 V

base pitaya, banana, goji berries, strawberries, vanilla almond milk
toppings banana, strawberries, hemp granola, hemp seeds

Superfood Lattes

served hot or cold

Beetnik 5 GF IV

beetroot, vanilla almond milk

Cacao 6 GF IV

raw cacao, herbs + spices, coconut milk

Chai 5 GF IV

black tea, herbs + spices, almond milk

Golden Milk 6 GF IV

turmeric, ashwagandha, cardamom, ginger, maple, black pepper, cashew milk

Magic Mushroom 6 GF IV

wild-crafted chaga mushroom, peppermint, rose hips, agave, vanilla almond milk

Matcha 6 GF IV

matcha, vanilla almond milk

Smurf Latte 6 GF IV

blue majik, sprinkles, vanilla almond milk

Coffee

Hot or Iced 3 GF IV

dark roast decaf

Butter Coffee 6 GF

coffee, grass-fed ghee, mct oil

upgrades +2 | cacao powder, coconut butter, collagen protein*, ghee, maple syrup, mct oil, whey protein*

Yogurt Bowls

Savory

served with plain greek yogurt or make it vegan+ with non-gmo coconut yogurt

Avocado + Olive Oil 7 GF IV+

avocado, cilantro*, fresh jalapeño, lime squeeze, pineapple, olive oil, sea salt*

It's About That Thyme™ 5.5 GF

thyme*, honey, walnuts

Tomato Basil 7 GF IV+

basil, heirloom cherry tomatoes, pine nuts, olive oil, sea salt and cracked pepper

Sweet

served with vanilla greek yogurt or make it vegan+ with non-gmo vanilla coconut yogurt*

Beautify 6.5 V+

blackberries, raspberries, chlorophyll*, hemp granola

Bee Awesome 5.5 GF

blueberries, lemon squeeze, local bee pollen*

Love You So Matcha 8 GF IV+

blackberries, mint, cacao nibs, matcha, crushed pistachios, sea salt*

Mango Tango 7 GF IV+

mango*, cacao nibs, pistachios

PB+J 8 GF IV+

grapes, local strawberry jam*, peanut butter, roasted peanuts

Bevvies

LEMONADES 4.5

made in-house with organic ingredients

cayenne ginger lemonade
charcoal lemonade
majik lemonade
turmeric lemonade
pink lemonade

KOMBUCHA

221 bc 5.5
brew doctor 4
buchi 5
the bu 4
gt's 4.75
health-ade 5.25
holy 4.5
humm 5
lupa's kitchen 3.75
suja 5

TEA

guayaki yerba mate 5
honest tea 2.5
matchabar 4.25

WATER

just water 1.5
mountain valley 2

SPARKLING WATER

dry sparkling 2.5
lacroix 1
montane 1.25
spindrift 2
topo chico 2

ETC.

harmless harvest coconut water 3.75
honest kids juice 1
horizon milk 2.5
koia 7
larry's nitro cold brew 4.25
vybes 12

BEER & WINE NOW AVAILABLE!

Toast

on sprouted wheat, or make it gluten-free+ with udi's gluten-free millet-chia bread*

upgrades +1 | cage-free egg, gluten-free granola

Savory

Avocado Toast 6 GF+ IV

avocado, lemon squeeze, red pepper flakes*, olive oil, sea salt*

Labne Long Time™ 4 GF+

hormone-free labne*, heirloom cherry tomatoes, housemade pesto*, olive oil, sea salt

Pearfection 3.5 GF+

pear*, blue cheese, walnuts, honey

Sweet

Almond Butter Bing 3.5 GF+

non-gmo almond butter*, banana, local bee pollen*, flax seeds

Berries + Basil 4 GF+

cream cheese, basil, blackberries, raspberries

G.O.A.T. 3.5 GF+

local goat cheese*, lime zest, mango*, sea salt

O-M-Ghee™ 3.5 GF+

grass-fed ghee, almonds, cinnamon, coconut, agave

Sister Hazelnut™ 4 GF+ IV

dark chocolate hazelnut butter, strawberries, sea salt*

That's My Jam 6 GF+

ricotta, local strawberry jam*, crushed pistachios

Tree Hugger 5

peanut butter, apple, hemp granola, hemp seeds, honey