



*upbeet*SM

SPRING 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 **16.95**

BUFFALO CHICKEN (D) (N) NEW

Crispy 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 **15.45**

CLUB MED (V) NEW

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) FAVORITE

Grilled free-range 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)

Organic romaine, avocado, organic black beans, organic sweet corn, organic grape tomatoes, pepper jack cheese, and non-gmo tortilla chips with housemade ranch dressing **12.95**

LITTLE ITALY (D) NEW

Organic mixed greens, organic romaine, basil, organic chickpeas, organic cucumbers, red onion, pepperoncini, organic grape tomatoes and shredded mozzarella with housemade red wine vinaigrette **13.20**

PESTO MANIFESTO (D) FAVORITE

Grilled free-range chicken, organic spinach, organic quinoa, roasted organic broccoli, organic sweet corn, organic grape tomatoes, lime squeeze, and cheddar cheese with housemade pesto vinaigrette **16.20**

SWEATER WEATHER (D) (N) NEW

Grilled free-range chicken, organic kale, organic wild rice, organic apples, roasted agave sweet potatoes, goat cheese and pecans with housemade balsamic vinaigrette **17.70**

THAI CRUNCH (N) (S) NEW

Grilled free-range chicken, organic mixed greens, organic romaine, avocado, purple cabbage, carrots, cilantro and cashews with Thai peanut dressing **15.45**

Grain Bowls

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

Wild-caught tuna poke†, organic bamboo rice, avocado, organic jalapenos, mango, scallions, macadamia nuts, and toasted organic coconut with housemade ginger miso dressing **18.95**

CHINESE TAKEOUT (V) (S)

Agave sriracha organic tofu, organic brown rice, roasted organic broccoli, purple cabbage, shredded carrots and scallions with housemade ginger miso dressing **13.95**

CHICKEN & BRUSSELS (N)

Grilled pasture-raised chicken, organic brown rice, roasted Brussels sprouts, roasted golden beets, organic apples and 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, lime squeeze, roasted agave sweet potatoes, toasted organic coconut and cashews, with housemade curry coconut dressing **16.45**

GUAC IT OUT (D) FAVORITE

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 lime vinaigrette **15.45**

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 **11.20**

THE BACHELOR (S)

Grass-fed steak†, organic brown rice, basil, roasted organic broccoli, umami mushrooms and red onions with housemade pesto vinaigrette **18.70**

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

† 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 7.45

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 7.45

BASES choose 1
 TOPPINGS choose 2*
 PROTEINS + PREMIUMS additional cost
 DRESSINGS choose 1
 * some toppings extra as noted

Bases Extra Base +1.75

ORGANIC GREENS

Arugula / Kale / Mixed greens / Romaine / Spinach

ORGANIC GRAINS

Bamboo Rice / Brown Rice / Quinoa / White Rice / Wild Rice

Proteins Additional Cost | Prices Vary

MEAT + SEAFOOD

Crispy Chicken **+3.75**
 Antibiotic & hormone-free

Grilled Chicken **+3.75**
 Free-range

Grass-Fed Steak†  **+7.5**
 Regenerative, pasture-raised

Miso Glazed Salmon  **+8.5**
 Sustainably-sourced, never frozen

Citrus Shrimp **+5.5**
 Wild-caught

Tuna Poke† **+5.75**
 Wild-caught

PLANT-BASED


Seasoned Beyond Beef™ **+5.75**
 Non-GMO | 20g protein


Agave Sriracha Tofu **+3.5**
 Organic | 14g protein

Buffalo Meati™ Chicken **+7**
 Non-GMO | 14g protein

Toppings Extra Topping +.75

COLD TOPPINGS

Veggies + Legumes 
 Purple cabbage
 Shredded carrots
 Organic chickpeas
 Spicy organic chickpeas
 Organic sweet corn
 Cucumber
 Organic edamame
 Organic jalapeños
 Pickled jalapeños
 Green olives
 Organic green lentils
 Kalamata olives **+1.5**
 Pickled onions
 Red onions
 Organic grape tomatoes
 Scallions

Fruit 
 Avocado **+1.25**
 Organic apples
 Mango
 Organic strawberries **+1.5**

Citrus 
 Lemon squeeze
 Lime squeeze

Fresh Herbs 
 Basil
 Cilantro

Cheeses
 Blue cheese **+1.25**
 White cheddar **+1.25**
 Crumbled feta **+1.25**
 Goat cheese **+2.25**
 Mozzarella **+1.25**
 Shaved parmesan **+1.25**
 Pepper jack **+1.25**

Dips + Spreads 
 Housemade guacamole **+2.5**
 Hummus **+2**
 Housemade pico de gallo **+1.25**

Eggs
 Cage-free chopped egg **+2**

ALL OF OUR CHEESES ARE rBST-FREE


HOT TOPPINGS

Roasted Veggies
 Roasted broccoli
 Roasted Brussels sprouts
 Lemon pepper cauliflower
 Herbed carrots
 Golden beets
 Umami mushrooms 
 Agave sweet potatoes

Legumes
 Organic black beans

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

DRY TOPPINGS

Dried Fruit 
 Toasted organic coconut
 Cranberries

Other
 Nitrate-free bacon **+1.25**
 Red pepper flakes
 Non-GMO tortilla chips




Nuts + Seeds  
 Cashews
 Macadamia nuts **+1.5**
 Pecans **+1.25**
 Organic pumpkin seeds
 Organic sunflower seeds

Dressings Additional Dressing +1.5

Creamy

Ranch 

Global

Curry 
 Coconut
 Ginger Miso 
 Thai Peanut 

Mexican

Lime Vinaigrette
 Chipotle
 Lime

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

Vinaigrettes

Lemon Vinaigrette
 Organic Red Wine Vinaigrette

* Oil-free dressings

ALL OF OUR DRESSINGS ARE DAIRY FREE!

Sides

ROASTED VEGGIES **V**

- Broccoli **2.25**
- Brussels Sprouts **2.25**
- Lemon Pepper Cauliflower **3**
- Herbed Carrots **2**
- Golden Beets **2**
- Umami Mushrooms **(S) 3**
- Agave Sweet Potatoes **2**

PROTEINS

Meat + Seafood

- Grilled Chicken **4.25**
- Crispy Chicken **4.25**
- Miso Glazed Salmon **(S) 9**
- Citrus Shrimp **6**
- Grass-Fed Steak† **(S) 8**
- Tuna Poket **6.25**

Plant-Based **V**

- Seasoned Beyond Beef™ **6.25**
- Agave Sriracha Tofu **4**
- Buffalo Meati™ Chicken **7.5**

ORGANIC GRAINS **V**

- Bamboo Rice **2.75**
- Brown Rice **2**
- Quinoa **2**
- White Rice **2.5**
- Wild Rice **3**

TOPPINGS **V**

- Black Beans **3**
- Guacamole **3.25**

Bevvies

LEMON-AIDES

HOUSEMADE WITH ORGANIC AGAVE

- Cayenne Ginge 6
- Charcoal Lemonade 6
- Cucumber Mint 6
- Majik Lemonade 6
- Turmeric Lemonade 6

FUNCTIONAL SODAS

- Olipop 4.75
- Poppi 4.75

KOMBUCHA + TEPACHE

- Health-Ade 8
- Kea 7
- De La Calle 6.25

SPARKLING WATER

- Montane 2
- Topo Chico 4

CACTUS WATER

- Pricklee 6

TEA

- Half Day 5
- Just Ice Tea 5

WATER

- Just Water 3
- Mountain Valley 3.75

CBD & ADAPTOGENIC

- Recess 5.75
- VYBES 12.5

Treats

COOKIES & BROWNIES

- Rule Breaker 4.75
- 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 13

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 (+2.5), 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 (+2.5), 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)