



EAT • DRINK • RELAX

GREAT FOOD & GOOD VIBES ARE SELF-CARE!

NEW SMYRNA BEACH: 105 Magnolia Street, 386-957-3597
MILL VALLEY: 247 Shoreline Highway, 415-388-1852
SAN RAFAEL: 1408 4th Street, 415-457-5400



ORGANIC SOUP

We offer two organic, dairy-free & gluten-free soup selections each day.

\$5.95

Add organic tofu.....	\$2.00
Add gmo-free chicken.....	\$3.75
Add vegan cheese.....	\$3.00
Add quinoa.....	\$2.00
Add brown rice.....	\$1.00
Add cheese.....	\$0.50
Add avocado.....	\$2.35

STARTERS & MORE

Chips & Dip

Our one-of-a-kind housemade dip served with chips. Perfect snack or starter.

\$6.20

Our Notorious D.I.P

A house favorite, our dip is a wonderful blend of hummus, roasted eggplant and chipotle. Its creamy, smoky & has a gentle kick to it. Plant-based option available.

\$4.20

Bottle of Hot Sauce 5oz

This is very own housemade hot sauce. Not to hot but brings some heat and offers a nice smoky flavor. It's available in our refrigerated case.

\$7.15

Maple Kissed Walnuts

It's a lightly sweet snack with a nice crunch. Nourishing snack that tastes like a treat.

\$8.35

Made with Love Macaroons

Our raw chocolate and coconut macaroons are made in-house by dehydrating them on low temperature for hours. Easy to digest, treat to eat.

\$6.55

RICE DISHES

Cilantro Lime Lovely

Brown rice, spinach and feta cheese tossed in our house-made cilantro-lime vinaigrette.

\$11.30

Chipotle Sun Goddess

Brown rice, onions, avocado, tomato and cheddar cheese tossed in our house-made chipotle dressing.

\$13.05

Curry Soul Good

Brown rice, cranberries, spinach and almonds tossed in our house-made mustard-curry dressing.

\$12.45

GORGEOUS WRAPS

Sun Salutation

A fresh, delicious wrap made of lovely combination of red leaf lettuce, tomato, avocado, onion, and cheddar cheese tossed in a citrus cumin vinaigrette, served in a wheat tortilla.

\$8.65

Mediterranean Muse

Robust Mediterranean flavors are found in this delicious wrap. Made of combination of red leaf lettuce, cucumber, cranberries, feta cheese, tossed in tahini, topped with our signature Mediterranean dip and wrapped in a spinach tortilla.

\$8.95

Cilantro Lime-ilicious

Brown rice, spinach, feta cheese tossed in our house-made cilantro lime vinaigrette, served in a wheat tortilla.

\$9.50

Chipotle Sunrise

Brown rice, cheddar cheese, tomato, avocado and onion tossed in our house-made chipotle dressing, served in a spinach tortilla.

\$9.95

Curry Don't Stop!

Brown rice, cranberries, spinach and almonds tossed in our house-made mustard curry dressing, served in a wheat tortilla.

\$10.55

Quinoa Wrap

Quinoa, spinach, jack cheese, feta cheese, black beans and avocado tossed in our house-made chipotle dressing, served in a spinach tortilla.

\$11.90

Hummus Yummus

red leaf lettuce, feta cheese, edamame, lettuce, onion, cucumber and almonds tossed in our house-made ginger vinaigrette, topped with our house-made hummus that is wrapped in a spinach tortilla.

\$11.30

QUESADILLAS

Quinoa Quesadilla

A blend of Monterey jack and feta cheeses melted, topped and smooshed with quinoa, spinach, black beans, avocado and tossed in our house-made chipotle dressing in a spinach tortilla.

\$11.30

Curry Quinoa Quesadilla

A blend of Monterey & feta cheeses melted, topped and smooshed with quinoa, spinach, cranberry tossed in both our house-made curry and hot sauce dressings in a wheat tortilla.

\$11.30

UNBELIEVABLE NACHOS

Na' cho everyday Nachos

Tortilla chips, smothered in cheddar cheese, chipotle dressing, onion and topped with avocado.

\$11.30

Nachos de Maria

Tortilla chips smothered in cheddar cheese, organic black beans, and our house-made chipotle dressing, topped with an organic lettuce, tomato, avocado, garlic, cilantro fresco and lightly dressed in olive oil and fresh lime – it's half nachos/half salad!

\$13.65

Nachos del Soul

Tortilla chips, organic onion, black beans, tomatoes, smothered in cheddar cheese and our house-made chipotle dressing topped with fresh, organic avocado.

\$13.10

Quinoa Nachos

Tortilla chips, organic quinoa, spinach, black beans, smothered in cheddar & feta cheeses with our house-made chipotle dressing and topped with fresh, organic avocado.

\$14.25

CRAZY FOR QUINOA

Quinoa Cilantro

Organic quinoa, spinach and feta cheese tossed in our house-made cilantro dressing and topped with avocado.

\$13.70

Quinoa Chipotle

Organic Quinoa, spinach, black beans, tomatoes tossed in our chipotle dressing and topped with avocado.

\$13.70

Quinoa Curry

Organic Quinoa, spinach, dried cranberry, feta cheese & hot sauce tossed in our house-made hot sauce and curry dressing.

\$13.70



Quinoa Cool

Organic quinoa, spinach, black beans, tomatoes tossed in our house-made lime and olive oil vinaigrette and topped with avocado.




\$13.10

Add organic tofu.....	\$2
Plant-based (vegan) ingredients.....	\$3
Add gmo-free chicken.....	\$3.75



SALADS

Southwestern Salad   
Organic red leaf lettuce, tomato, onion, avocado and cheddar cheese tossed in our house-made chipotle dressing.



\$11.90

Ishtar’s Delight Salad   
Organic red leaf lettuce, cranberry, feta cheese & cucumber tossed in a light tahini and topped with our signature dip.



\$11.30

Sunshine Salad  
Organic red leaf lettuce, tomato, onion, avocado and cheddar cheese tossed in our house-made citrus cumin vinaigrette.



\$11.90

Curry Delicious Salad  
Organic red leaf lettuce, spinach, brown rice, almond and cranberry tossed in our house-made mustard-curry dressing.

\$12.70

Kale & Quinoa Greek  
Organic red leaf lettuce, spinach, kale, quinoa, feta cheese and black olives tossed in our house-made lime and olive oil vinaigrette.

\$12.50


Remix Salad  
Organic red leaf lettuce, feta cheese, edamame, onion, cucumber, almonds tossed in a tamarind-ginger vinaigrette and topped with organic, house-made hummus.

\$14.85


KIDS MENU

Mini Me Quesadilla 
Slices of organic avocado in melted jack cheese are smooshed in a wheat tortilla.



\$5.95

Kids Nachos  
Tortilla chips, smothered in cheddar and feta cheese, organic avocado & black beans.


\$6.55

Yummy Tummy Wrap 
Organic brown rice, black beans, a blend of feta and cheddar cheeses and avocado served in a wheat tortilla.

\$6.86

Kindness Bowl  
Organic brown rice, avocado, black beans, topped with feta and cheddar cheeses.

\$9.25

Large Yummy Tummy Wrap 
Organic brown rice, black beans, a blend of feta and cheddar cheeses and avocado served in a wheat tortilla.

\$9.00

- Add organic tofu.....

\$2
- Plant-based (vegan) ingredients.....

\$3
- Add gmo-free chicken.....




\$3.75

HOUSE-MADE DRINKS

All drinks are 16 oz

Iced Tea   
Our iced tea is lightly sweetened with organic agave nectar




\$4.75

Yogi Tea (hot or chilled)   
Like a traditional chai but it is made vegan with soy milk and caffeine-free by using red tea. Lightly sweetened with agave nectar.

\$4.75

Special Ginger Limeade   
Our most popular drink! It's lightly sweetened with agave nectar and has a nice spicy gingery kick. Its light, warming and refreshing.

\$4.75

Ginger Palmer   
Our version of an Arnold Palmer. It's a delightful blend of our Ginger limeade and our chilled black tea.

\$4.75

VEGETABLE JUICES




All juices are 16 oz

The Last Carrot   
Organic carrot, carrot & more carrot

\$9.90

Enlightened   
Organic beet, carrot & orange juice




\$9.35

Clarity   
Organic beet, carrot & celery




\$9.90

Wonder   
Organic carrot, apple & ginger




\$9.65

Compassion   
Organic apples, carrot, kale, celery & ginger

\$11.00

Swamp Juice   
Organic celery, kale & cucumber

\$8.80

Citrus Swamp   
Organic cucumber, celery, kale, and a splash of lime juice

\$9.90






ORGANIC TEA & COFFEE

Organic coffees & milks. Plant-based (vegan) milk options




Hot Teas		
Made to order, our tea selection includes, organic black and red.	\$3.30	  
Double Espresso	\$3.30	  
Drip Coffee	\$3.30	  
Chilled Coffee	\$4.75	  
Chilled Coffee with Milk	\$4.75	  
Caffè Americano	\$3.85	  
Caffè Latte	\$5.50	  
Cappuccino	\$5.50	  
Maca Mocha	\$5.75	  

SMOOTHIE LOVE



All smoothies are 16 oz

Banana Bliss   
Organic Banana, almond milk, yogurt, almonds, honey and date



\$7.15

Strawberry Passion   
Organic strawberries, passion-fruit, yogurt, banana & date



\$8.35

Berry Beautiful  
Organic blueberry, blueberry nectar, banana, almond milk, almonds & date

\$8.35

Caribbean Love  
Mango, Pineapple, Passion fruit, banana, coconut milk and date

\$7.70

Passionate First Date  
Organic mango, passion-fruit, yogurt, banana, honey and date

\$9.50

ONLINE ORDERING
AVAILABLE!

Let us cater your next event!
Catering always available.

Call for details.



www.cafedelsoul.net