



# 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



## FOOD MENU

All dishes begin as vegetarian with protein options available as an addition. Additions are listed below. All ingredients are either organic or GMO-free. Many dishes are GF and most dishes can be made vegan. If vegan, please indicate that when ordering so we can ensure order is made as desired.

### ORGANIC SOUP

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

**\$5.95**

### DELICIOUS SNACKS & TREATS

A wonderful array of snacks and treats, most of which are made in-house daily.

#### Have'a Chips

A one-of-a-kind, California favorite! If you haven't tried Have'a Chips yet, its worth it. A customer favorite, bags are available as a take-away item.

**\$3.09**

#### 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.

**\$3.93**

#### 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 to your favorite dishes. It's available in our refrigerated case.

**\$6.74**

#### Maple Kissed Walnuts

A wonderful raw snack for anytime of the day. We sprout the walnuts before seasoning and dehydrating at low temperatures for hours. It's a sweet snack with a nice crunch. Lightly sweetened with agave nectar.

**\$7**

#### Made with Love Macaroons

These delicious, raw chocolate and coconut macaroons are made in-house by dehydrating them on low temperature for hours. Lightly sweetened with agave nectar.

**\$7.86**

## UNBELIEVABLE NACHOS

Nachos are made with GF chips, GMO-free cheeses & organic produce.

#### 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 salad of lettuce, tomato, avocado, garlic, cilantro fresco and lightly dressed in olive oil and fresh lime – it's half nachos/half salad!

**\$13.40**

#### 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**

## QUESADILLAS

Made with GMO-free cheeses & dressings, with organic vegetables & legumes.

#### 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.

**\$12.19**

#### 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.

**\$10.95**

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

## RICE DISHES

Rice dishes are made with organic brown rice and vegetables, goo-free cheeses and vinaigrettes. Each dish is GF.

#### Cilantro Lime Lovely

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

**\$10.65**

#### 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 a mustard-curry dressing.

**\$13.60**

Add organic tofu..... \$2  
Add gmo-free chicken..... \$3.75

## CRAZY FOR QUINOA

All dishes are made with organic quinoa and vegetables, GMO-free cheeses and vinaigrettes.

#### Quinoa Cilantro

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

**\$13.40**

#### 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 dressings.

**\$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  
Add gmo-free chicken..... \$3.75

# GORGEOUS WRAPS

All dishes are vegetarian to begin with but you can add a protein. All dishes are made with organic and GMO-free ingredients.

## 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** VG

## 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.

**\$8.85**  VG

## Cilantro Lime-ilicious

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

**\$9.45** VG

## Chipotle Sunrise

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

**\$9.95**  VG

## 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** VG

## 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**  VG

## 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** VG

Add organic tofu.....	\$2
Add gmo-free chicken.....	\$3.75

*Plant-based (vegan) ingredients.....	\$3
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# SALADS

Made with organic vegetables, nuts with GMO-free cheeses and vinaigrettes. All salads are GF.

## Southwestern Salad

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

**\$11.05**  VG 

## Ishtar's Delight Salad

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

**\$10.60**  VG 

## Sunshine Salad

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

**\$11.05** VG 

## Curry Delicious Salad

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

**\$12.40** VG 

## 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** VG 

## Remix Salad

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

**\$14.85** VG 

Add organic tofu.....	\$2
Add gmo-free chicken.....	\$3.75

# KIDS MENU

Great food for great kids and for those feeling young at heart. Made with organic grains, legumes, vegetables and GMO-free cheeses and tortillas. Menu has GF options.

## Mini Me Quesadilla

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

**\$5.95** VG

## Kids Nachos

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

**\$6.55** VG 

## Yummy Tummy Wrap

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

**\$6.86** VG

## Kindness Bowl

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

**\$9.25** VG 

## 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** VG

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

# ONLINE ORDERING AVAILABLE!

Let us cater your next event!  
Catering always available.

Call for details.



[www.cafedelsoul.net](http://www.cafedelsoul.net)

