

DIRT MENU NUTRITION FACTS

NUTRITIONAL VALUES ARE APPROXIMATIONS BASED ON OUR RECIPES AND INGREDIENTS.

WE DO OUR BEST TO BE TRANSPARENT AND PROVIDE INFORMATION THAT IS AS ACCURATE AS POSSIBLE.

CALORIES
PROTEIN (g)
FAT (g)
CARBS (g)

BREAKFAST

Autumn Breakfast Bowl				
Basic Breakfast Sandwich	620	31	28	63
CLEAN Bowl	640	26	40	49
DIRTy Sandwich	750	32	49	41
Frittata Tostada	880	28	48	84
Matcha Protein Pancakes	770	20	19	135
So-Cal Burrito	770	32	34	85
Sunset Grand Slam	730	54	42	32
Vegan Sausage + Egg + Cheese	670	36	38	43

SALADS

Autumn Salad	760	25	32	122
DIRTy Vegan Salad	630	11	42	58
Mexi-Cali Salad	750	15	55	58

BOWLS

Autumn Poke Bowl	640	38	6	104
Bombay Bowl	530	18	28	61
Chimayo Chili Bowl	470	18	16	68

SEASONAL PLATES

Autumn Adashah Plate	500	22	17	60
Autumn DIRTy Bird	830	66	32	73
Autumn Spaghetti Squash Alfredo	690	19	49	19

TOASTS

Almond SuperBerry Toast	500	12	16	81
Avo-Kale Tostada	490	19	30	38
Avocado Toast	600	9	43	52
Butternut Squash + Goat Cheese Toast	500	16	30	47

SANDWICHES + WRAPS

DIRTy Burger [Grass-Fed Burger]	730	58	59	48
DIRTy Burger [Impossible Burger]	700	32	39	60
DIRTy Steak + Cheese [Sandwich]	830	71	31	60
DIRTy Steak + Cheese [Wrap]	570	62	31	7
Quinoa-Crusted Salmon Po' Boy [Sandwich]	630	35	21	80
Quinoa-Crusted Salmon Po' Boy [Wrap]	380	25	20	27
Lemongrass Chicken [Sandwich]	550	48	10	66
Lemongrass Chicken [Wrap]	300	39	9	14
Dos Tacos [Grass-Fed Burger Crumbles]	740	38	35	79
Dos Tacos [Impossible Burger Crumbles]	800	33	41	80

SOUPS

Lentil [Cup]	320	15	11	44
Tomato [Cup]	230	2	11	22

A LA CARTE / PROTEINS + ADD-ONS

Adashah	90	6	1	4
Avocado Mash	170	2	16	8
Cage-Free Eggs	160	13	11	1
Chicken Apple Sausage	450	36	27	15
Citrus-Curry Tossed Chickpeas + Lentils	150	8	4	23
Fruit Cup [Small]	60	1	--	16
Grass-Fed New York Strip	350	28	--	25
House-Made Cashew Ricotta	430	14	34	24
Lemongrass-Marinaded Organic + Free-Range Chicken Thigh	240	36	6	5
Pasture-Raised Turkey Bacon	160	13	1	12
Quinoa-Crusted Faroe Island Salmon	280	31	6	14
Toast [2 Slices]	260	10	54	1
Wild-Caught Citrus-Marinaded Raw Tuna	220	28	3	20

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	CALORIES	PROTEIN (g)	FAT (g)	CARBS (g)
SIDES				
Citrus-Tossed Organic Quinoa	240	4	16	22
Mixed Greens	100	1	9	4
Pepita Jasmine Rice	190	4	3	38
Roasted Sweet Potatoes	90	2	--	20
Sauteed Veggies	70	2	5	6
Seasonal Veggies	120	4	3	24
Sweet Potato Fries [Small]	270	4	13	33
COFFEE				
Americano	--	--	--	--
Cappuccino	90	5	5	7
Double Barrel Coffee	330	17	28	7
Drip	--	--	--	--
Espresso	--	--	--	--
Latte	150	8	8	12
Macchiato	35	2	2	3
Nitro Cold Brew	--	--	--	--
Spiced Pumpkin Nut Latte	180	2	5	34
TEA				
Chamomile	--	--	--	--
English Breakfast	--	--	--	--
Floral	--	--	--	--
Golden Matcha Latte	240	9	8	32
Jasmine Green	--	--	--	--
Matcha Green Tea Latte	220	10	9	23
Oolong	--	--	--	--
Sensei	--	--	--	--
HOUSE-MADE LEMONADES				
Matcha Lavender	90	1	--	21
Spiced Turmeric Apple Cider	220	--	--	54
VEGAN ICE CREAM + MYLKSHAKES				
Almond Sky Ice Cream	260	1	16	27
Cacao Cold Brew Mylkshake	490	4	23	71
Matcha Date Mylkshake	520	5	22	79
FRUIT BOWLS				
Acai	440	8	15	74
Dragon Fruit	460	7	15	80
SMOOTHIES				
DEFENSE	210	3	2	52
GLOW	170	3	2	37
GRAB + GO				
Bulletproof Balls	190	4	10	25
Coco x Cacao Chia Pudding	240	4	13	27
Peanut Butter + Cocoa Overnight Oats	570	23	20	82
Peanut Butter + Jelly Overnight Oats	590	18	24	80