

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

Basic Breakfast Sandwich	720	29	29	102
CLEAN Bowl	620	31	28	63
Matcha Protein Pancakes	640	26	40	49
So-Cal Burrito	870	30	41	101
Sunset Grand Slam	770	20	19	135
Vegan Sausage + Egg + Cheese	770	32	34	85
Winter Breakfast Bowl	730	54	42	32
Winter Frittata Tostada	670	36	38	43

SALADS

DIRTY Vegan Salad	630	11	42	58
Mexi-Cali Salad	750	15	55	58
Winter Salad	770	21	47	87

BOWLS

Bombay Bowl	530	18	28	61
Chimayo Chili Bowl	530	20	13	86
Winter Poke Bowl	710	54	5	111

SEASONAL PLATES

Adashah Bolognese	840	27	30	108
Winter DIRTY Bird	820	66	33	69
Winter Spaghetti Squash Alfredo	660	19	47	51

TOASTS

Almond SuperBerry Toast	500	12	16	81
Avo-Kale Tostada	490	19	30	38
Avocado Toast	600	9	43	52
Feel the Beet Toast	640	21	44	41
Ricotta + Apricot Toast	500	20	25	51

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
Dos Tacos [Grass-Fed Burger Crumbles]	740	38	35	79
Dos Tacos [Impossible Burger Crumbles]	800	33	41	80
Lemongrass Chicken [Sandwich]	550	48	10	66
Lemongrass Chicken [Wrap]	300	39	9	14
Quinoa-Crusted Salmon Po' Boy [Sandwich]	630	35	21	80
Quinoa-Crusted Salmon Po' Boy [Wrap]	380	25	20	27

SOUPS

Butternut Squash [Cup]	180	2	11	22
Tomato [Cup]	230	7	7	38

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 [5 oz. portion]	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	280	42	3	20

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	230	5	9	38
Sweet Potato Fries [Small]	270	4	13	33
Vegan Creamed Spinach	310	14	23	18

COFFEE

Americano	--	--	--	--
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	CALORIES	PROTEIN (g)	FAT (g)	CARBS (g)
Cappuccino	90	5	5	7
CBD x Shroom Latte	40	1	3	2
Double Barrel Coffee	330	17	28	7
Drip	--	--	--	--
Espresso	--	--	--	--
Latte	150	8	8	12
Macchiato	35	2	2	3
Maple Hazelnut Latte	260	3	11	40
Nitro Cold Brew	--	--	--	--
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
Cranberry + Rosemary-Spiced Lemonade	130	--	--	32
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
JUICES + SHOTS				
COCO	70	2	1	14
FLOW	80	--	--	14
KISS	80	1	--	20
LEAF	50	3	1	10
LIVE	20	1	--	5
PRO BIO	60	1	4	6
REHAB	35	1	--	8
REUP	35	1	--	9
ROOT	90	1	--	21
ROSE	70	1	--	18
SOUL	110	--	--	29
GRAB + GO				
Bulletproof Bark	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
LITTLE SPROUTS (BREAKFAST)				
DIRT Brekkie	300	14	15	27
Lil Bowl	300	12	15	29
Yogurt + Berries + Granola	310	7	11	49
LITTLE SPROUTS (LUNCH + DINNER)				
Chicken Little	260	19	18	4
Melting Grilled Cheese	490	24	20	55