

order online

www.GreenZebraCafe.com



drink

## green zebra

### juices

#### GREEN ENERGY

kale, spinach, cucumber, lemon 13  
84 cal deep green, not sweet

#### SUMMER BREEZE

kale, pineapple, spinach, cucumber 13  
126 cal, green, semi sweet

#### I DREAM OF GINGER

apple, cucumber, lemon, ginger 13  
170 cal, semi sweet

#### PURE GOLD

pineapple, ginger, orange, lemon 13  
250 cal, sweet

#### BEET THE BLUES

beet, apple, pineapple 13  
250 cal, sweet

our juices are cold pressed in house from organic fruits and veggies. 16 oz

### smoothies

#### GREEN POWER

kale, spinach, mango, banana, spirulina, chia 10  
220 cal

#### AWESOME AVOCADO

avocado, mango, banana, spinach, strawberry 10  
245 cal

#### ACAI ENERGY

acai berry, strawberry, blueberry, banana, chia 10  
246 cal

#### LIFE FORCE CHOCOLATE SHAKE

chaga, reishi, coconut, hemp, maca, cinnamon, cashew, cacao, sunflower, agave, sea salt 14  
340 cal

#### MAYAN CACAO

cacao, chia seeds, cinnamon, cayenne pepper, banana, milk 9  
320 cal

#### PEANUT BUTTER MADNESS

peanut butter, banana, almond milk 8  
420 cal

#### SUNRISE OATMEAL

complete breakfast in a cup, oatmeal, apple, strawberry, banana, flax, cinnamon, milk 10  
356 cal

#### LIDO SUNSET

mango, strawberry, pineapple, banana 9  
260 cal

#### APPLE PIE

apple, pineapple, banana, walnuts, agave, cinnamon 10  
260 cal

#### JUMPING MONKEY

get your coffee, breakfast oats and protein boost together  
oatmeal, banana, coffee, cacao, vegan protein 10  
560 cal / 34g protein

our smoothies are blended to order from organic fruits, vegetables, and superfoods. 16 oz

### wellness shots

#### THE KICK SHOT

wheatgrass, ginger, lemon, cayenne pepper 2 oz 5

#### I LOVE WHEATGRASS

just one shot of freshly pressed wheatgrass has the nutritional value of several pounds of produce. 1 oz 4

#### GOLDEN LATTE

turmeric, cinnamon, ginger, chaga, honey, choice of milk. 16 oz. served steamed or over ice 6

#### IMMUNE BOOSTER

lemon, ginger, honey, turmeric, zinc, echinacea, vitamin c, cayenne pepper, 16 oz served over ice 6

our elixirs are prepared in house from organic power foods. 16 oz

### elixirs

#### MOON MILK

artichoke leaf powder, blue majik, shatavari, aswaganda, cardamom, cinnamon, ginger, vanilla, honey, choice of milk, 16 oz, served steamed 8

#### MATCHA MASTER

matcha green tea, baobab, honey, choice of milk, 16 oz served steamed. 6

dairy free milk add 1

### coffee

our coffee drinks are made from organic beans and milks. 16 oz. dairy free milk add 1

HOUSE COFFEE 3.5

ESPRESSO SINGLE / DOUBLE 3 / 4

LATTE HOT / LATTE ICED 6

ICED HOUSE COFFEE 3.5

CAPPUCCINO 6

LAVENDER HONEY LATTE 6.5

### tea

our organic tea. 16 oz

HOT TEA 3.5  
english breakfast (black)  
rooibos hibiscus (herbal)  
pure green

ICED TEA 3.5

### house lemonade

strawberry lemonade 6.69

seasonal lemonade 6.69

### mimosa, sangria, & sparkling wine

#### SANGRIA

organic red wine, cold pressed pineapple juice, fruit 11

#### MIMOSA

prosecco, cold pressed pineapple juice, cold pressed orange juice 10

SPARKLING BRUT JP CHENET, FRANCE 10  
single glass

SPARKLING BRUIT JP CHENNET, FRANCE 32  
bottle .750

BOTTOMLESS MIMOSAS 20  
3 hrs limit

### beer

ask about our daily selection 6

## fabulous salads organic greens, house-made vinaigrettes

### GREEK SALAD

romaine, feta cheese, cucumber, tomato, bell pepper, calamata olives, red onion, house-made balsamic vinaigrette 13

### ST ARMANDS SALAD

spinach, romaine, feta cheese, oranges, walnuts, onion, house-made mango vinaigrette 13

### ENDLESS SUMMER SALAD

spinach, romaine, goat cheese, pine nuts, strawberry, red onion, house-made berry vinaigrette 13

### RAW TACO SALAD

romaine, avocado, bell pepper, tomato, house-made taco "meat", house-made sour cream, fresh herbs 15

### RAINBOW KALE SALAD

kale, avocado, carrot, red cabbage, pumpkin seeds, hemp seeds, baobab flower, house-made lemon vinaigrette 15

## you may want to add

bacon 4.95  
chicken 4.95  
tofu 4.95  
avocado 3.95  
organic chicken sausage 4.95  
vegan taco meat 4.95  
udi's GF toast 1.99  
fresh fruit bowl 6.95  
fermentilicious sauerkraut 6.00  
organic greens 4.95  
sweet potato 4.95

all sandwiches are served with a side: organic greens, or sweet potato, or sauerkraut add \$2 for fruit bowl

## delicious sandwich creations

served on artisan multigrain ciabatta  
gluten free bread add 1

### CHICKEN PESTO SANDWICH

grilled chicken breast, tomato, muenster cheese, house-made basil pesto 16

### BLACK SEA SANDWICH

grilled chicken breast, provolone, feta cheese, roasted bell pepper, tomato 16

### BELLA SANDWICH

grilled portabella, goat cheese, roasted bell pepper, tomato, grilled onion 16

### MEDITERRANEAN VEGGIE SANDWICH

tomato, cucumber, bell pepper, onion, sprouts, hummus, mint 16

### BREAKFAST SANDWICH

two scrambled eggs, muenster cheese, mayonnaise, choice of meat (bacon, or chicken sausage) 16

### MONTEREY AVOCADO SANDWICH

avocado, tomato, sprouts, house-made turmeric dill tofu spread 16

### TURKEY LOUISE SANDWICH

oven roasted turkey, our sundried tomato basil spread, swiss cheese, romaine, tomato 16

## exotic raw entrees gluten free, vegan, served cold,

### TUSCAN LASAGNA

zucchini noodles, house-made marinara and basil pesto, our own cashew cheese, bell pepper, tomato, spinach 15

### MANGO THAI WRAPS

mango, carrot, red cabbage, fresh herbs, house-made almond cream, lettuce wrap 16

### BAJA BURRITO

avocado, red cabbage, carrot, tomato, our house-made taco "meat", our own chipotle cashew cheese, massaged collard leaf 15

## omelette your way

three free range eggs and up to 5 ingredients:

VEGGIES: onion, bell pepper, tomato, spinach, mushroom, avocado.

CHEESES: feta, goat, muenster, swiss, provolone.

MEATS: turkey, chicken, bacon. 14

## breakfast scrambles

served with multigraine ciabatta. for gluten free bread add 1

### GZ SCRAMBLE

free range eggs, feta cheese, spinach, onion, tomato 14

### TEXMEX SCRAMBLE

free range eggs, bacon, muenster, bell pepper, black beans, onion, hot sauce 14

### TOFU SCRAMBLE

organic sprouted tofu, bell pepper, onion, tomato, spinach, black beans, spices 14

gluten free wrap add 1.5

## toasts

### AVOCADO TOAST

avocado, orange blossom honey, chili flakes 8

### FRENCH TOAST

served with organic 100% maple syrup, powdered sugar, butter. vegan toast available. 13

### SWEET POTATO TOAST

sweet potato, avocado, grilled bell pepper, calamata olives, toasted sesame seeds 11

## cakes & jars

PLEASE CHECK OUR DAILY SELECTION

made with organic ingredients, packed with wholesome goodness and protein. good for breakfast, meal replacement, dessert, or anytime of the day

### RAW CHIA PUDDING

chia, cashew, vanilla, coconut, agave, sea salt. 10

### RAW STRAWBERRY CHIA PUDDING

strawberry, chia, coconut, lemon, agave, agar agar, sea salt 10

### CHOCOLATE OVERNIGHT OATMEAL

#### JAR

rolled oats, cashew, hemp seed, coconut, chaga, pea protein, dates, vanilla, sea salt 10

### PEANUT BUTTER CHOCOLATE CHIP

#### CHEESECAKE

peanut butter, cacao nibs, almond, walnut, coconut, agave, dates, vanilla 11

### RAW TIRAMISU CHEESECAKE

cashews, almonds, coconut, cacao, dates, agave, vanilla, sea salt 12

### RAW MOCHA CHEESECAKE

cashews, walnuts, almonds, coconut, dates, agave, sea salt, vanilla, coffee 12

### PUMPKIN CHIA PUDDING

organic pumpkin, walnuts, turmeric, ginger, cinnamon, maple syrup, vanilla, coconut oil, chia seeds 10

## breakfast wraps

### MUSHROOM GOAT CHEESE WRAP

grilled portabella, goat cheese, roasted bell pepper, spinach, grilled onion, free range eggs 14

### BAMBOLERO WRAP

tofu, black beans, tomato, bell pepper, grilled onion, spices 14

### THE BOSS WRAP

grilled chicken breast, feta, muenster, roasted bell pepper, grilled onion, tomato, free range eggs 14

### SANTA MONICA WRAP

avocado, oven roasted turkey, house - made sundried tomato pesto, swiss, tomato, free range eggs 14

### VERY VEGGIE WRAP

avocado, tomato, cucumber, onion, sprouts, house-made dill turmeric tofu spread 14

## zebra's all time favorites

### OUR FAMOUS RAW PANCAKE

a healthy spin on the popular breakfast favorite. dehydrated overnight banana pancake, cashew whipped cream, strawberry chia coulis, fresh fruit. served slightly warm 45g protein 12

### BRAZILIAN ACAI BOWL

acai berry, blueberry, strawberry, banana, house-made with GF vegan granola 12

### TROPICAL ACAI BOWL

acai berry, blueberry, strawberry, banana, pineapple, coconut chips, house-made GF vegan granola 12

## our purveyors and local partners

We embrace being your destination for a nutritious, delicious and unforgettable dining experience and aspire to be an integral part of our community. We'd like to give a big shout out to these great local producers and businesses for providing us with the best available organic and wholesome ingredients.

WORDEN FARM

SIMPLY ORGANIX

ALBERT'S ORGANICS

LELU COFFEE

NUTRITIOUS YOU

L'OPERA BAKERY

FERMENTILICIOUS

MY SWEETEST HONEY

SARASOTA COFFEE & TEA CO

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