

order online

www.GreenZebraCafe.com



drink

JUICES

GREEN ENERGY

kale, spinach, cucumber, lemon 11
84 cal deep green, not sweet

SUMMER BREEZE

kale, pineapple, spinach, cucumber 11
126 cal, green, semi sweet

I DREAM OF GINGER

apple, cucumber, lemon, ginger 11
170 cal, semi sweet

PURE GOLD

pineapple, ginger, orange, lemon 11
250 cal, sweet

BEET THE BLUES

beet, apple, pineapple 11
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 9
220 cal

AWESOME AVOCADO

avocado, mango, banana, spinach, strawberry 9
245 cal

ACAI ENERGY

acai berry, strawberry, blueberry, banana, chia 9
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 9
356 cal

LIDO SUNSET

mango, strawberry, pineapple, banana 8
260 cal

APPLE PIE

apple, pineapple, banana, walnuts, agave, cinnamon 9
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 4

I LOVE WHEATGRASS

just one shot of freshly pressed wheatgrass has the nutritional value of several pounds of produce. 1 oz 3

GOLDEN LATTE

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

MATCHA MASTER

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

ELIXIRS

IMMUNE BOOSTER

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

our elixirs are prepared in house from organic power foods. 16 oz
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
ICED TEA 3.5

HOT TEA 3.5

SPECIALTY COCKTAILS & SPARKLING WINE

SANGRIA

organic red wine, cold pressed pineapple juice, fruit 9

HUGO'S

prosecco, elderflower, lemon, lime, mint 11

MARGARITA

blue agave wine, cold pressed orange juice, lemon, lime, black salt rim 11

MIMOSA

prosecco, cold pressed pineapple juice, cold pressed orange juice 9

PINA COLADA

rhumbero coconut, pineapple 12

PALOMA

blue agave wine, prosecco, cold pressed ginger, turmeric, lemon, lime, cayenne pepper, raw sugar rim 12

SPARKLING BRUT JP CHENET, FRANCE 12

BEER

PLEASE ASK FOR OUR BEER SELECTION

FABULOUS SALADS organic greens, house-made vinaigrettes**GREEK SALAD** V GF

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

ST ARMANDS SALAD V GF

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

ENDLESS SUMMER SALAD V GF

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

RAW TACO SALAD V GF

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

RAINBOW KALE SALAD V GF

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

YOU MAY WANT TO ADD

bacon 4.59
chicken 4.95
tofu 3.5
avocado 3.5
udi's GF toast 1.99
fresh fruit bowl 4.95
fermentilicious sauerkraut 6.00
organic greens 3.95

served on artisan multigrain ciabatta
gluten free bread add 1

DELICIOUS SANDWICH CREATIONS**CHICKEN PESTO SANDWICH**

grilled chicken breast, tomato, muenster cheese, house-made basil pesto 11

BLACK SEA SANDWICH

grilled chicken breast, provolone, feta cheese, roasted bell pepper, tomato 11

BELLA SANDWICH V

grilled portabella, goat cheese, roasted bell pepper, tomato, grilled onion 11

MEDITERRANEAN VEGGIE SANDWICH V

tomato, cucumber, bell pepper, onion, sprouts, hummus, mint 11

MONTEREY AVOCADO SANDWICH V

avocado, tomato, sprouts, house-made turmeric dill tofu spread 11

TURKEY LOUISE SANDWICH

oven roasted turkey, our sundried tomato basil spread, swiss cheese, romaine, tomato 11

EXOTIC RAW ENTREES gluten free, vegan, served cold,**TUSCAN LASAGNA** V GF

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

MANGO THAI WRAPS V GF

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

BAJA BURRITO V GF

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**GZ SCRAMBLE** V

free range eggs, feta cheese, spinach, onion, tomato 13

TEXMEX SCRAMBLE

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

TOFU SCRAMBLE V

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

TOASTS**AVOCADO TOAST** V

avocado, orange blossom honey, chili flakes 8

FRENCH TOAST V V

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

SWEET POTATO TOAST V GF

sweet potato, avocado, grilled bell pepper, calamata olives, toasted sesame seeds 10

CAKES, JARS, SNACKS

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 GF V

chia, cashew, vanilla, coconut, agave, sea salt. 7

RAW STRAWBERRY CHIA PUDDING GF V

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

CHOCOLATE OVERNIGHT OATMEAL JAR GF V

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

RAW VEGAN MACAROONS GF V

Vanilla and Chocolate. almond flour, coconut, vanilla, sea salt,

(cacao for the chocolate macaroon) 3

RAW TIRAMISU CHEESECAKE GF V

cashews, almonds, coconut, cacao, dates, agave, vanilla, sea salt 10

RAW MOCHA CHEESECAKE GF V

cashews, walnuts, almonds, coconut, dates, agave, sea salt, vanilla, coffee 11

PUMPKIN CHIA PUDDING GF V

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

gluten free wrap add 1.5

BREAKFAST WRAPS**MUSHROOM GOAT CHEESE WRAP** V

grilled portabella, goat cheese, roasted bell pepper, spinach, grilled onion, free range eggs 13

BAMBOLERO WRAP V

tofu, black beans, tomato, bell pepper, grilled onion, spices 13

THE BOSS WRAP

grilled chicken breast, feta, muenster, roasted bell pepper, grilled onion, tomato, free range eggs 13

SANTA MONICA WRAP

avocado, oven roasted turkey, house - made sundried tomato pesto, swiss, tomato, free range eggs 13

VERY VEGGIE WRAP V

avocado, tomato, cucumber, onion, sprouts, house-made dill turmeric tofu spread 13

ZEBRA'S ALL TIME FAVORITES**OUR FAMOUS RAW PANCAKE** V GF

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 11

BRAZILIAN ACAI BOWL V GF

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

TROPICAL ACAI BOWL V GF

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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