

FOOD FOR THOUGHT

Eat well. Live well.

Gulfside Village Plaza

5800 Overseas Highway #23 • Marathon, FL

(305) 743-3297

www.foodforthoughtFLkeys.com

V Vegan

Vg Vegetarian

GF Gluten-Free

Breakfast

Served all day!

Breakfast English Muffin 9.99 **Vg**

Sprouted grain muffin with egg, cheese, tomato and onion

Everything Bagel 9.99 **V**

Sprouted grain bagel topped with cashew cream cheese, avocado, tomato, onion, sunflower sprouts and hemp seeds

Avocado Toast 7.99 **V**

Sprouted grain toast topped with mashed avocado, cashew cream cheese and sprouts.
Add egg or veggie +1

Protein Breakfast Bowl 10.99 **Vg**

Daily grain, fresh mixed greens, veggie spirals, mushrooms, pico de gallo and avocado, topped with an egg (optional)

Lunch

*All lunches come with a side salad
Substitute a cup of soup +2.00*

Falafel Burger 13.99 **V**

A hearty falafel patty topped with tomato and onion, drizzled with cumin-lime vinaigrette on a sprouted bun

Portobello Burger 14.99 **V**

Marinated, grilled Portobello mushroom with tomato, onion, crisp greens and spicy chipotle mayo on a sprouted bun

The Beyond Burger 16.99 **V**

Grilled 1/4 lb Beyond burger topped with crisp greens, tomato, onion and chipotle mayo on a sprouted bun.
Add cheese, vegan bacon +1 ea.

Burrito Wrap 14.99 **V**

Our signature raw vegan chili with avocado, pico de gallo, cashew sour cream and cumin-lime vinaigrette, wrapped in a sprouted tortilla

Meatball Wrap 14.99 **V**

Our original walnut meatballs, mushrooms, zucchini spirals and housemade marinara, wrapped in a sprouted tortilla

Hummus Wrap 11.99 **V**

Creamy housemade hummus, fresh veggies and balsamic dressing, wrapped in a sprouted tortilla

Signature Panini 10.99 **Vg**

Cheese, kale, tomato and onion grilled on sprouted bread. Add vegan bacon +1

Ask about our Daily Specials!

Soup and Salads

Soup of the Day Cup 5.50 Bowl 6.50
Made fresh daily!

House Salad 11.99 **V GF**

Mixed baby greens, crisp apples and walnuts tossed with our housemade balsamic dressing

Taco Salad 14.99 **V GF**

Mixed baby greens, housemade vegan chili, pico de gallo, avocado, black olives, cashew sour cream, blue corn chips and cumin-lime vinaigrette

Pad Thai Salad 14.99 **V GF**

Zucchini spirals, apples, carrots, cucumber, onion, red cabbage and celery tossed in housemade Pad Thai dressing (can be made as a wrap)

Energy Bowls **Vg GF**

Acai Bowl 12.99

Sambazon acai blended with banana, strawberries, blueberries, raspberries and almond milk, topped with sliced bananas, coconut flakes, granola and honey

Pitaya Bowl 11.99

Dragonfruit blended with coconut milk, banana and pineapple, topped with fresh fruit, coconut flakes, granola and honey

Kids Menu

Breakfast Toast 6.99

Sprouted bread toasted and topped with peanut butter, banana and honey

Peanut Butter and Jelly Sandwich 7.99 **V**

Creamy peanut butter and jelly on sprouted bread, served with blue chips

Grilled Cheese Sandwich 7.99 **Vg**

Dairy or vegan cheese grilled on sprouted bread, served with blue chips. Add veggie +1

All menu items can be made gluten-free for +1

Substitutions available for allergies, please alert our staff to any dietary restrictions you have

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Organic Smoothies 16oz **V** **GF**

Strawberry Banana 8.99

strawberries, bananas

Mocha Cafe Shake 8.99

coffee, bananas, cacao nibs

Green Monster 8.99

pineapple, bananas, greens, avocado, parsley

Berry Berry Green 8.99

mixed berries, bananas, greens

Mango Tango 8.99

sweet mangoes, pineapple, strawberries

Coco Dream 8.99

cacao nibs, coconut flakes, bananas

Peanut Butter Bliss 8.99

peanut butter, bananas, cacao powder

Blueberry Fields 9.99

blueberries, bananas, greens

Black Forest 9.99

dark cherries, bananas, cacao powder

Add a boost to your smoothie 1.50 ea.

plant-based protein | maca powder | chia | hemp seeds

Smoothies made with plant milk or coconut water

Organic Juices & Drinks 12oz **V** **GF**

The Glow 9.99

pineapple, cucumber, carrot, lemon, ginger, cayenne

Sweet Detox 9.99

apple, carrot, beet, celery, ginger, lemon

Green Energy 9.99

kale, apple, cucumber, celery, ginger, lemon

Keep it Green 9.99

kale, parsley, cilantro, cucumber, celery, lemon, ginger

The Flu Buster 8.99

apple, orange, lemon, ginger, elderberry, echinacea, honey or maple syrup, lightly warmed

Green Lemonade 6.99

cucumber, lemon, apple, soda water

Beet Juice 6.99

Carrot Juice 6.99

Celery Juice 7.99

Orange Juice 7.99

Pineapple Juice 7.99

2 oz. Shots **V** **GF**

Wheat Grass Shot 4

Ginger Shot 3

Turmeric Shot 5

Ginger-Turmeric Shot 5

Fire Cider Shot 4

Green Morning Shot 5

kale, ginger, turmeric, apple, orange

Coffee Bar **Vg** **GF**

Coffee Small 3.50 / Large 4.25

Organic, ethically-sourced medium roast, brewed fresh daily

Cold Brew Coffee 5

Espresso Single 4 / Double 5.50

Americano Small 4.00 Large 5.00

Latte Small 5 / Large 7

Hot Tea 3

Golden Milk 6.50

Turmeric, black pepper, choice of milk and sweetener, hot or iced

Chai Latte 6.50

Black tea powder, traditional masala chai spice blend, choice of milk and sweetener, hot or iced

Milks: Coconut, Almond, Oat, 2% Dairy, Half & Half

Sweeteners: Honey, Maple or Agave Syrup



*Our goal is to make healthy eating accessible and enjoyable for all.
We're proud to use organic ingredients and source locally whenever possible.*