

# FOOD FOR THOUGHT

Eat well. Live well.

**Gulfside Village Plaza**  
5800 Overseas Highway #23 • Marathon, FL  
(305) 743-3297  
www.foodforthoughtFLkeys.com

 Vegan  Vegetarian  Gluten-Free

## Breakfast *served all day!*

### **Breakfast English Muffin** 8.99

Sprouted grain muffin with egg, cheese, tomato and onion

### **Everything Bagel** 8.99

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

### **Avocado Toast** 6.99

Sprouted grain toast topped with mashed avocado, cashew cream cheese and sprouts.  
Add egg or veggie +1.00

### **Protein Breakfast Bowl** 9.99

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*

### **Falafel Burger** 13.99

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

### **Portobello Burger** 13.99

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

### **The Beyond Burger** 16.99

Grilled 1/4 lb Beyond burger topped with crisp greens, tomato, onion and chipotle mayo on a sprouted bun.  
Add cheese or vegan bacon +1.00

### **Burrito Wrap** 13.99

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

### **Meatball Wrap** 13.99

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

### **Hummus Wrap** 11.99

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

### **Signature Panini** 9.99

Cheese, kale, tomato and onion grilled on sprouted bread. Add vegan bacon +1.00

## *Ask about our Daily Specials!*

## Soup and Salads

### **Soup of the Day** Cup 5.00 Bowl 6.00

Made fresh daily!

### **House Salad** 11.99

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

### **Taco Salad** 14.99

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

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

## Energy-Bowls

### **Acai Bowl** 11.99

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

### **Pitaya Bowl** 9.99

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

## Kids Menu

### **Breakfast Toast** 4.99

Sprouted bread toasted and topped with coconut butter and jelly

### **Peanut Butter and Jelly Sandwich** 5.99

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

### **Grilled Cheese Sandwich** 6.99

Dairy or vegan cheese grilled on sprouted bread, served with blue chips. Add veggie +1.00

*All menu items can be made gluten-free for 0.50  
Substitutions available for allergies, please alert our staff to any dietary restrictions you have*

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V Vegan

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GF Gluten-Free

## Organic Smoothies 16oz V GF

### Strawberry Banana 7.99

strawberries, bananas

### Mocha Cafe Shake 7.99

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 and Drinks 12oz V GF

### The Glow 8.99

pineapple, cucumber, carrot, lemon, ginger, cayenne

### Sweet Detox 8.99

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 7.59

apple, orange, lemon, ginger, elderberry, echinacea,

honey or maple syrup, lightly warmed

### Green Lemonade 4.99

cucumber, lemon, apple, soda water

### Beet Juice 4.99

### Carrot Juice 4.99

### Celery Juice 7.99

### Orange Juice 7.99

### Pineapple Juice 7.99

## 2 oz. Shots V GF

### Wheat Grass Shot 3.29

### Ginger Shot 2.99

### Turmeric Shot 4.99

### Ginger-Turmeric Shot 4.29

### Fire Cider Shot 2.99

### Green Morning Shot 3.99

kale, ginger, turmeric, apple, orange

## Coffee and Tea Vg GF

*Choice of 2% dairy milk, half and half, coconut milk or almond milk*

### Carafe Coffee 2.99

Organic, ethically-sourced medium roast, brewed fresh daily

### Cold Brew Coffee 3.99

### Espresso 4.00

### Double Espresso 5.29

### Americano Small 4.00 Large 5.00

### Latte Small 4.50 Large 5.50

### Hot Tea 2.99

### Golden Milk 5.99

Turmeric, choice of milks, black pepper and agave syrup or honey, steamed or over ice



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