

heartBEET

SHAREABLES

Spinach & Artichoke Dip • /4

Artichoke hearts & spinach served in a cast-iron skillet with tortilla chips & organic plantain chips

Citrus-Marinated "Ceviche" • /4

Marinated organic young coconut, hearts of palm, guacamole, Persian cucumbers, watermelon & daikon radish, pineapple, jalapeños, served with organic plantain chips

Snackers' Trio • /2

House-made guacamole, cashew queso, smoked salsa with tortilla chips & organic plantain chips

Classic Mediterranean Dips • /4

Traditional hummus, jalapeño hummus, beet hummus with pita

SUB Persian cucumber & carrots +3

Sweet 'n' Spicy Sprouts • //

Roasted Brussels sprouts drizzled with ginger-chili sauce

SALADS & BOWLS

PROTEIN ADD-ONS:

Organic Crispy Tofu 4 • Falafel 5 • Black Bean & Beet Patty 5

Crispy Eggplant 4 • Sustainable Salmon 8

Soba Noodle Salad • /7

A blend of Persian cucumber, red bell pepper, carrots, cilantro, toasted sesame seeds, watermelon radish, peanut sesame ginger vinaigrette

Falafel Bowl • /6

Falafel balls, beet hummus, turmeric roasted veggies quinoa, a blend of Persian cucumber, cherry tomato, radish, Kalamata olive, red onion, parsley, lemon wedges, pita

Turmeric Roasted Organic Quinoa Salad • /5

Chopped kale, zucchini, broccoli, red bell pepper, red onion, cauliflower, lentil, tomatoes, lemon zest, roasted garlic vinaigrette

Israeli Couscous Salad • /5

Mixed greens, carrots, scallions, Persian cucumber, cilantro, dried cranberries, pine nuts, curry-ginger vinaigrette

Nutritious Bowl • /7

Two black bean & beet patties, organic lentil brown rice, black beans, pico de gallo, avocado relish, seasonal veggies, tahini drizzle

Fusion Bowl • /6

Organic lentil brown rice, golden raisins, ginger-glazed Brussels sprouts, herb basmati rice, black beans, pico de gallo, butternut squash, avocado relish, cumin-cilantro "aioli"

Roasted Beet "Poke" Bowl • /5

Roasted beets, fire-roasted ginger-chili Brussels sprouts, coconut basmati rice, Persian cucumber, watermelon radish, avocado relish, chipotle-chili drizzle, toasted sesame seeds

SOUPS

Spiced Lentil • 6

Slow-simmered lentils, ginger, turmeric, bay leaves

Tomato Basil • 6

Purée & slow-simmered tomatoes, coconut milk, basil

PIZZAS

Harvest Pizza • /4

Grilled eggplant, ginger-glazed brussels sprouts, roasted red bell peppers, marinara, cashew queso, fresh basil

Wild Mushroom & Arugula Pizza • /4

Mushrooms, cherry tomato, marinara, cashew queso, arugula

LARGE PLATES

Heartbeet Kabob Plate • /8

Two skewers of ginger-chili marinated seasonal veggies, organic lentil brown rice, Persian cucumber dill salad, jalapeño hummus, pita bread

Cauliflower "Steak" • /7

Turmeric marinated cauliflower topped with herb chimichurri, French green beans, coconut basmati rice, served with pita bread

Organic Crispy Tofu Quesadillas • /6

House-made avocado tortilla, vegan mozzarella, cashew queso, sun-dried tomatoes, mushrooms, vegan chipotle aioli

Crispy Organic Curry Tofu • /7

Organic lentil brown rice, walnut coconut curry, ginger-glazed brussels sprouts

HAND-HELDS

Philly "Cheesesteak" Sandwich with Hand-cut Fries • /5

Herb-sauteed wild mushrooms, caramelized onion, red and green bell pepper, cashew queso, cumin-cilantro aioli, served on ciabatta

Organic Crispy Tofu Banh Mi Baguette with Homemade Chips • /6

Blend of Persian cucumber, red bell pepper, carrots, cilantro in a peanut sesame ginger vinaigrette, topped with cilantro vegan aioli

Crispy Eggplant Tacos with Black Beans • /4

House-made avocado tortilla, Napa & purple cabbage slaw, house-made spicy pickled vegetables, topped with chipotle drizzle

Falafel Pita with Hand-cut Fries • /4

Lettuce, tomato, onion, jalapeño hummus, tahini drizzle

Heartbeet Burger with Sweet Potato Fries • /5

Chickpea & beet patty, avocado relish, black beans, pico de gallo, lettuce, tomato, onion, pickles, vegan chipotle aioli served on a wheat bun

HEARTBEET
EATS COME FROM A 100%
PLANT-BASED KITCHEN
USING LOCALLY SOURCED
INGREDIENTS.

sides.5

Beet "potato" salad

Hand-cut fries

Sweet potato fries

Persian cucumber dill salad

Israeli couscous

House-made chips with Cajun seasoning

Some dishes may contain nuts, raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, pork, seafood, shellfish or eggs may increase risk of foodborne illness. Please let us know of any food allergies.



NUT-FREE



GLUTEN-FRIENDLY



/heartbeetbyhungrys

DIG IN:
**DAILY
BRUNCH**

BRUNCH EATS**Organic Tofu Migas • 15**  

Scrambled tofu, blend of Cuban black beans, roasted corn, tomato, scallion, red onion, tortilla chips & avocado, served with herb-roasted new potatoes & seasonal fruit

Smashed Avocado Toast • 15

Guacamole spread, a blend of Persian cucumber, cherry tomato, radish, Kalamata olive, red onion, spicy pumpkin seeds, cumin-cilantro aioli, ground black pepper, served with herb-roasted new potatoes

Breakfast Burrito • 14

Organic scrambled tofu, tostada blend, avocado, herb-roasted new potatoes, chipotle-chili sauce served with smoked house-made salsa & seasonal fruit

Organic Peanut Butter & Raspberry French Toast • 14

House-made raspberry sauce, bananas, berries, powdered sugar, maple syrup

BRUNCH SIPS**Aperol Spritz • 12**

Aperol, sparkling wine, soda water, freshly squeezed grapefruit juice

Ultimate Bloody Mary • 10

Pepper-infused vodka, house-made mix, pepper, celery & olives

Michelada • 9**Mimosa • 6**

Fresh orange, strawberry, raspberry or grapefruit

Mimosa Flight • 16**Mimosa Carafe • 22****Cappuccino, Latte or Mocha • 4.5****Add a liqueur to your coffee +4**

Licor 43 ~ Godiva Chocolate Liqueur
~ Kahlua ~ Baileys Irish Cream

I WOULD ORDER
THAT IN A
HEARTBEET!

FRESH-PRESSED**juices****Green No. 1 • 7**

Kale, spinach, cucumber, celery, mint

Golden Glow • 7.5

Orange, carrot, anti-inflammatory turmeric, chia seeds

We've Got the Beet • 7

Beets, carrots, ginger, lemon

MAKE IT UPBEET

add Heartbeet's house Tequila, Vodka, or Gin +5

SPRITZERS**Ginger Turmeric Tonic • 6**

Anti-inflammatory turmeric, ginger & fresh-pressed carrot juice with lemon & sparkling water

Cucumber Rose • 5

Fresh-pressed cucumber, apple cider vinegar, lemon, shredded cucumber, rosewater & sparkling water

Strawberry Chia Limeade • 5

Fresh-pressed strawberry, house-made lime juice, shredded cucumber, chia seeds

Kale Mint Spritz • 6

Fresh-pressed kale, mint, celery, green apple, finished with lemon & ginger, sparkling water

FEEL UNBEETABLE!

From our family to yours, Heartbeet is a true **passion project**. We have embraced a plant-based diet and are excited to share a fresh take on the health and wellness we receive from nature. Through our new offerings, you'll enjoy more plants, will feed your body highly nutritional food and will love how you feel.

♥, EXECUTIVE CHEF SUE NOWAMOOZ

