

# SAMPLE MENUS



THE  
GREEN PINEAPPLE  
CAFE BOUTIQUE YOGA

## tartines & toasts

### Tangis Moroccan Pita

roasted sweet potato, pickled cucumber,  
purple cabbage, avocado, spiced pepitas,  
cilantro, harissa aioli in whole grain,  
gluten free pita

### Avocado Toast

sunflower sprouts, pickled radish, za'atar  
spice blend on gluten free sourdough bread

### Everything Bagel

cashew cheese, capers, shaved fennel,  
smoked local fish, lemon, radish & dill

### Farmers Tartine

labneh, roasted beets, hard-boiled egg,  
dukkah, parsley, on toasted gluten free  
pumpkinnickel bread

## The Green Pineapple Wellness Cafe

1130 Duval St Key West, FL 33040

305-509-7378; [greenpineapplewellness.com](http://greenpineapplewellness.com)

## greens & seeds

### Goddess Bowl

baked beet falafel, sumac radishes, kale,  
sultana & carrot salad, minted pea hummus &  
tzatziki

### Green Tara Salad

avocado, chickpeas, purple cabbage, roasted  
beets, toasted almonds, spinach, sunflower  
sprouts, green goddess dressing

### Sacred Seeds Bowl

quinoa, amaranth, roasted sweet potato,  
chick peas, pickled greens, radish, cilantro,  
sunflower sprouts, spiced pepitas, sunflower  
seeds, hemp seeds, toasted cumin, vinaigrette

## cauliflower flatbreads

### Basil Walnut Pesto

blistered tomatoes, spinach, feta,

### Wild Mushrooms

roasted garlic, caramelized onion & rosemary

### Roasted Beet

tamari coconut, herbed cashew cheese,  
scallions

*Also great selection of smoothies, coffee & teas,  
juices & elixirs, signature drinks and "Be Well"  
immunity shots*

