

# CREATE YOUR OWN SALAD OR GRAIN BOWL

PRICE STARTING **11.75**

1. CHOOSE A BASE (GRAIN OR LEAF)
2. SELECT UP TO FIVE INGREDIENTS
3. ADD A PROTEIN (OPTIONAL)

## signature salads

**KALE CHICKEN SWEET POTATO... 17.00 GF**  
Roasted Chicken, Kale, Sweet Potato, Raw Sliced Almonds, Green Apple, Goat Cheese, Champagne Vinaigrette

**CHICKEN QUINOA CAESAR... 16.00 GF**  
Roasted Chicken, Kale & Mixed Greens, Quinoa, Red Pepper, Tomatoes, Parmesan Cheese, Fresh Lemon Juice, Vegan Caesar Dressing

**COBB SALAD... 15.50 GF**  
Romaine & Mixed Greens, Avocado, Turkey Bacon, Egg, Corn, Tomatoes, Crumbled Blue Cheese, Jalapeño Cilantro Vinaigrette

**BLACK BEAN TACO... 15.50 GF/VG**  
Romaine & Mixed Greens, Chickpeas, Black Beans, Corn, Red Pepper, Avocado, White Cheddar Cheese, Pico de Gallo, Blue Tortilla Strips, Chipotle Dressing

**GREEK GODDESS... 15.50 GF/VE**  
Romaine & Mixed Greens, Red Onions, Kalamata Olives, Tomatoes, Cucumbers, Red Pepper, Feta Cheese, Peperoncini, Greek Vinaigrette

## power bowls

**AHI TUNA POKE\*... 20.00 GF**  
Ahi Tuna, Forbidden Black Rice, Raw Sliced Almonds, Avocado, Wasabi Hummus, Slivered Ginger, Radish, Sesame Seeds, Poke Sauce

**SALMON POKE... 20.00 GF**  
Baked Salmon, Kale, Wild Rice, Red Pepper, Zucchini, Carrots, Slivered Ginger, Edamame, Avocado, Sesame Seeds, Poke Sauce

**SWEET PAPA BOWL... 18.50 GF**  
Roasted Chicken, Spinach, Wild Rice, Sweet Potatoes, Red Onions, Carrots, Pumpkin Seeds, Turkey Bacon, Balsamic Vinaigrette

**QUINOA EARTH BOWL... 18.00 GF**  
Roasted Chicken, Arugula, Quinoa, Tomatoes, Corn, Chickpeas, Broccoli & Cauliflower, White Cheddar Cheese, Pesto Dressing

**SUPERFOOD... 14.00 GF/VE**  
Quinoa, Wild Rice, Avocado, Walnuts, Broccoli & Cauliflower, Tomatoes, Balsamic Vinaigrette

## add ons

Add additional protein to any salad, bowl, or wrap

Roasted Chicken...5 GF	Baked Salmon...8 GF
Marinated Shrimp (3 pieces)...5.25 GF	Ahi Tuna...7 GF
Tofu...3 GF/V	Falafel (5 pieces)...4.5 V

## signature wraps

**SOUTHWEST... 16.50**  
Roasted Chicken, Mixed Greens, Black Beans, Corn, Pico de Gallo, Avocado, Chipotle Dressing

**GREEK CHICKEN AND HUMMUS... 16.50**  
Roasted Chicken, Romaine, Cucumbers, Tomatoes, Hummus, Feta Cheese

**FIESTA... 16.50**  
Roasted Chicken, Mixed Greens, Black Beans, Carrots, Pico de Gallo, Blue Tortilla Strips, White Cheddar Cheese, Jalapeño Cilantro Vinaigrette

**CHICKEN PESTO... 16.50**  
Roasted Chicken, Mixed Greens, Red Onions, Carrots, Red Cabbage, Tomatoes, Pesto Dressing

**MARINATED SHRIMP AND MANGO... 17.00**  
Marinated Shrimp, Mixed Greens, Carrots, Zucchini, Black Beans, Mango, Red Cabbage, Pico de Gallo, Avocado, Champagne Vinaigrette

**HUMMUS & AVOCADO... 15.00 VE**  
Mixed Greens, Cucumbers, Tomatoes, Red Onions, Red Pepper, Carrots, Red Cabbage, Avocado, Hummus, Greek Vinaigrette

**ASK ABOUT OUR DAILY SPECIALS!**

## soups chef's daily selection **7.25**

Ask a team member about our daily soup special

## homemade dressings GF/VE

Greek	Jalapeño Cilantro
Balsamic	Vegan Caesar
Champagne	Pesto
Chipotle	Poke

Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK. For more information, please speak with a Purlife Cafe Team Member.

**\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS**



VE - VEGAN VG - VEGETARIAN GF - GLUTEN FREE - SPICY

Ask a Purlife Cafe team member how to modify any of our menu items to meet your dietary needs.

## smoothie & açai power add ons

**1.00**  
**PROTEIN**  
**2.00**

Hemp Seeds	Ginger
Turmeric	Flax Seed
Additional Fruit	Almond Butter
Vegan Vanilla or Chocolate Protein	Chia Seeds
Whey Vanilla or Chocolate Protein	Honey
Organic Peanut Butter	Coconut Shreds
Organic Cocoa Nibs	Goji Berries

## smoothies & protein shakes

### PUR RECOVERY...13.50 VE (without honey)

Almond Milk, Chocolate Protein, Banana, Raw Oats, Organic Peanut Butter, Honey

### PUR PROTEIN...13.50 VE

Almond Milk, Vanilla Protein, Blueberries, Spinach, Raw Oats, Organic Peanut Butter

### PB & J...14.00 VE

Almond Milk, Vanilla Protein, Strawberry, Blueberry, Banana, Organic Peanut Butter

### PUR GREENS...14.00 VE

Coconut Water, Kale, Spinach, Banana, Mango, Green Apple, Lemon, Hemp Seeds

### BLUEBERRY MONKEY...13.50 VE

Almond Milk, Blueberries, Banana, Organic Peanut Butter

### STRAWBERRY NANNER'...13.50 VE (without honey)

Almond Milk, Strawberries, Banana, Cinnamon, Honey

### MANGO BANGO...14.50 VE

Coconut Water, Mango, Pineapple, Banana, Turmeric, Ginger

## coffee, espresso, lattes & tea

Americano (hot or iced)...3.25	Espresso...3.5
Double Espresso...5	Latte (hot or iced)...6
Cappuccino (hot or iced)...3.5	Organic Iced Tea...2.50
Hot Tea...2.50	

## my organic juice

**ALL JUICES**  
**12.50**

## ORGANIC-RAW COLD-PRESSED JUICE

Please see cooler  
for daily selections

## açai bowls

**Half Portion**  
**7.25**

All Bowls Topped with Granola, Coconut Shreds, Honey, Chia Seeds and Goji Berries

### AÇAI BOWL...14.50 VE (without honey)

Pick Three Toppings

### DRAGON FRUIT BOWL...15.00 VE (without honey)

Pick Three Toppings

### pick three toppings

Banana	Pineapple
Strawberries	Green Apple
Blueberries	Mango
Kiwi	Raw Sliced Almonds
Walnuts	

## organic auto immune

### Lemon Ginger GF/VE

Lemon, Ginger, Coconut Water, Cayenne

### Wheatgrass Refresh GF/VE

Straight Up Wheatgrass

### E3 Live Shot GF/VE

Blue-green Algae & Coconut Water

### Triple Detox GF

Lemon, Ginger, Turmeric, Apple Cider Vinegar, Cinnamon, Honey, Coconut Water, Cayenne

**ALL SHOTS**  
**6.00 / 2oz**



TWO LOCATIONS

45 NE 2ND AVE / DELRAY BEACH, FL 33444 / 561-276-7387

9 PLAZA REAL S, SUITE 108 / BOCA RATON, FL 33432 / 561-826-4300

**purlife.cafe**

