

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, Lemon Wedges, 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/VG

Romaine & Mixed Greens, Red Onions, Kalamata Olives, Tomatoes, Cucumbers, Red Pepper, Feta Cheese, Pepperoncini, 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, Pickled 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, Spinach, Quinoa, Tomatoes, Corn, Chickpeas, Broccoli, White Cheddar Cheese, Pesto Dressing

SUPERFOOD... 15.00 GF/VE

Quinoa, Wild Rice, Avocado, Walnuts, Broccoli, Tomatoes, Carrots, Sunflower Seeds, 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

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.



açaí bowls

Half Portion
7.25

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

AÇAÍ BOWL...14.50 VE (without honey)

Pick Three Toppings

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

TOPPING OPTIONS

Banana	Pineapple
Strawberries	Green Apple
Blueberries	Mango
Kiwi	Raw Sliced Almonds
Walnuts	
Peanut & Almond Butter...2.00	

smoothie & açai power add ons

1.00
PROTEIN
2.00

Hemp Seeds
Turmeric
Additional Fruit
Vegan Vanilla or Chocolate Protein
Whey Vanilla or Chocolate Protein
Organic Peanut Butter
Organic Cocoa Nibs

Ginger
Flax Seed
Almond Butter
Chia Seeds
Honey
Coconut Shreds
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

ADD PROTEIN BOOST - VEGAN OR WHEY

COLD PRESSED PURE GREEN JUICES

ALL JUICES
10.50

Please see cooler
for daily selections

IMMUNITY, DETOX AND PROBIOTIC SHOTS

2oz
6.00

1/2lb Pur Deli Salads

CHICKEN SALAD... 6.50

Shredded Chicken, Classic Mayo, Celery, Salt, Pepper

CRANBERRY CHICKPEA WALNUT CHICKPEA SALAD... 5.00

Cranberries, Chickpeas, Walnuts, Celery, Scallions, Champagne Vinaigrette, Vegan Mayo, Organic Maple Syrup

CLASSIC TUNA SALAD... 7.00

White Albacore Tuna, Classic Mayo, Celery, Red Onion, Dill Pickle

EGG SALAD.... 5.00

Cage-Free Eggs, Classic Mayo, Yellow Mustard, Salt, Pepper

MEDITERRANEAN TUNA SALAD... 7.00

White Albacore Tuna, Capers, Red Onion, Kalamata Olives, Salt, Pepper, Greek Dressing

SWEETS

Chocolate & Almond Protein Bites

Oatmeal & Raisin Protein Bites

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

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