



BRUNCH

\$20 per person

FIRST COURSE

MINI SMOOTHIE BOWL - CHOOSE ONE

GREEN BOWL kale, spinach, cashews, mango, coconut meat, mint & apple juice topped w/ grainless granola, bananas, blueberries, coconut chips, honey* and chia

BERRY BOWL strawberry, blueberry, banana, coconut meat & coconut milk topped with grainless granola, banana, strawberries, blueberries, honey* and chia seeds

ALMOND RICOTTA COMPOTE TOAST fresh vegan almond ricotta and seasonal compote on SALUD's raw almond bread

COCO CHATA CHIA BOWL spiced coconut chia pudding topped with pumpkin seeds, strawberries, blueberries and coconut whip

**substitute coconut nectar for \$1*

SECOND COURSE

AVOCADO TOAST SALUD's raw almond bread* topped with smashed avocado, arugula, radish, nutritional yeast and black sesame seeds; served with a side of sliced tomatoes

MACRO BOWL bed of fresh kale & sprouted black beans topped w/ butternut squash, house-made cauliflower rice, micro greens, carrots, sliced avocado, cashew sour cream & sprinkled with SALUD kale "swinkles"

RAW TACOS fresh romaine lettuce filled w/ walnut meat, cashew sour cream, cherry tomatoes, and sliced avocado topped w/cilantro & chopped onion

WRAP N SOUP coconut wrap with lettuce, spinach, cashew cream, carrot, avocado, micro greens, cucumber and hot sauce served with a small side soup

DESSERT

SEASONAL CHEESECAKE cashews, lemon, coconut oil, strawberry, beet, coconut milk, dates with a crust made of walnuts, coconut shreds, dates, sea salt

KETO BALLS coconut shreds, coconut oil, coconut butter, sunflower seeds, pumpkin seeds, cashews, walnuts, cacao nibs, cinnamon, dates

GOLDEN SNITCH rolled oats, cacao nibs, peanut butter, cinnamon, chia seeds, sea salt, honey, vanilla

MIXED BITES 2 Golden Snitch, 2 Keto Balls

Want something to take home with you?



Add on an 8oz juice or 12oz frothy for \$4

JUICE

local, organic, raw, cold-pressed daily

THE OTHER BEET ONE *(energy booster, clears blood)*
beet, orange, apple, lemon

INDIAN SUMMER *(refreshing immune booster)*
orange, carrot, lemon, muddled mint

COOL-CUMBER *(detox, healthy bones)*
cucumber, apple, lemon, muddled mint

LIVER TONIC *(tart tonic for a healthy liver)*
grapefruit, green tea, turmeric, honey

SOYLENT GREEN *(sweet daily dose of greens)*
kale, spinach, romaine, celery, cucumber, apple, lemon

FROTHY

SALUD's unique line of adaptogenic, "superfood" lattes. Each Frothy is designed to aid in different aspects of your life.

TURMERIC LATTE hemp milk, turmeric, black pepper, dates

STRENGTH maca, beet, lucuma, coconut milk, ginger, dates

MATCHA LATTE matcha, coconut milk, honey, coconut butter

BEAUTY coconut milk, tocos, chaga, cordyceps, dates

BRAIN coconut milk, lion's mane, lucuma, MCT oil, maca, dates



DINE OUT **LONG BEACH**

**RESTAURANT
WEEK 2.0**
FEB 24 - MAR 2, 2019

GRUNION & GAZETTE
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