



WELCOME TO THE
HEALTHY REVOLUTION



COFFEE & TEA

AMERICAN COFFEE \$4
CAPPUCCINO \$6.50
ESPRESSO \$4 / 2 shots: \$5
MACHIATTO \$4.50
LATTE \$6.50
LAVENDER CAPPUCCINO \$7
MOKACCINO \$7
BULLETPROOF COFFEE (americano, MCT oil, butter) \$7.50
MATCHA LATTE \$6.50
ICED COFFEE \$4
COLD BREW \$6.50 with organic vanilla date syrup (16 oz) \$7 / with cocoa: \$7.50
ICED CAPPUCCINO \$6.50
ICED TEA \$6.50
ASSORTED ORGANIC TEAS (loose leaf) \$6
ADD VEGETABLE MILK +\$1

COLD PRESSED JUICES

MADE FRESH IN HOUSE, 12 oz
APPLE-PINEAPPLE with celery, lemon and fresh ginger \$13.50
ORANGE-CARROT with turmeric, lemon and fresh ginger \$13.50
GREEN JUICE with kale, mint, cucumber, lime and fresh ginger \$13.50
BEET-ORANGE with carrots and celery \$13.50

WATERS

AQUA PANNA \$4.5 (16.9 oz)
SAN PELEGRINO \$4.5 (16.9 oz)
PERRIER \$4 (11oz)

SMOOTHIES

ALL SMOOTHIES ARE 16 oz. / ADD ORGANIC PEA PROTEIN \$2

CRAZY BANANAS \$14
(banana, almond butter, almond mylk, vanilla, sesame seeds, cinnamon, date, lion's mane mushroom)

GREEN POWER \$14
(avocado, spinach, spirulina, pineapple, orange & lemon juice, sesame seeds, ginger date)

COCOA LOVER \$14
(banana, cacao powder, vanilla, date, almond butter, almond mylk, sesame seeds, cinnamon, cacao nibs, cordyceps mushrooms)

RED DELIGHT \$14
(mixed berries, ginger, orange & lemon juice, date, goji berries, sesame seeds)

SUN KISSED \$14
(peach, mango, pineapple, date, orange and lemon juice, turmeric, sesame seeds)

JUICES, LEMONADES & FLAVORED WATERS

MADE FRESH IN HOUSE WITH AGAVE SYRUP, 12 oz
ORANGE JUICE \$8
LIME-GINGER \$8
MINT-LEMON \$8
HIBISCUS INFUSION \$5
BLUE LAVENDER LEMONADE \$8
(with lemon, agave syrup and butterfly blue pea powder)

BREAKFAST

ORGANIC CACAO AND BANANA PANCAKES (GF) \$16
(with local and seasonal fruits, homemade syrups)

ORGANIC CARROTS PANCAKES (GF) \$16
(with local and seasonal fruits, homemade syrups)

WARM GLUTEN FREE OATMEAL, NUTS AND DRIED FRUITS \$12
(with organic honey and fruit crispy flakes)

HOME MADE GRANOLA (GF) WITH LACTOSE FREE ORGANIC YOGHURT (GF) \$8

BLUE LAVENDER ACAI BOWL (GF & VE) \$12
(açai, organic almond butter, cocoa nibs and fruit flakes)
MADE FROM SCRATCH, SO BARE WITH US A FEW MINUTES

EGGS ANY STYLE (GF) ORGANIC AND LOCAL FREE RANGE EGGS \$16
(served with roasted vegetables, potatoes and toasted bread)
ADD: ORGANIC UNCURED BACON \$3 / Option: Gluten free bread

YUCCA HASH BROWN: EGGS ANY STYLE, MELTED CHEESE AND ROASTED VEGETABLES (GF) \$22

AVO-TOAST: AVOCADO PUREE OVER A GRILLED SOURDOUGH BREAD, TOASTED PISTACHIO, PICKLED AND RAW VEGETABLES, MICROGREENS (GF) \$18
ADD: SMOKED SALMON \$5 OR ORGANIC POACHED EGG \$3 / Option: Gluten free bread

HUMMUS TOAST: CREAMY HUMMUS OVER A GRILLED SOURDOUGH BREAD, SAUTEED AND RAW WILD MUSHROOMS, MICROGREENS (GF) \$22
ADD: SMOKED SALMON \$5 OR ORGANIC POACHED EGG \$3 / Option: Gluten free bread

APPETIZERS

HUMMUS-RED PEPPERS DIP AND TOASTED CASSAVA BREAD (GF & VE) \$14

LABNEH-HONEY DIP, TOASTED SEEDS AND CRISPY CASSAVA BREAD (GF) \$14
(herbs, mixed greens and caramelized nuts) (lactose free)

ORGANIC EGGS-SPANISH TORTILLA WITH ROASTED ALIOLI \$20
(with mixed greens, homemade vinaigrette)

HEARTS OF ARTICHOKE PROVOLETTA (GF) \$22
(with tomato picadillo and arugula)

AVOCADO DIP \$14
(with herbs and fresh mint served with cassava bread)

SANDWICHES

ASSORTED SANDWICHES \$15
VEGETARIAN OPTIONS

ALL SANDWICHES COME ON CIABATTA ROLL BREAD WITH A MIX OF FRESH LOCAL LETTUCCES

LUNCH / DINNER

BLUE LAVENDER SALAD (GF & VE) \$18
(organic greens, confit cherry tomatoes, hearts of palm, avocado, roasted seeds, pickled grape tomatoes, cooked apple vinaigrette)
ADD SMOKED SALMON: \$5 / ORGANIC CHICKEN: \$5 / ORGANIC EGG: \$3

TUNA SALAD (GF) \$26
(slowly cooked tuna loin, assorted tomatoes, onion, red baby and fingerling potatoes, greens)

CRISPY CHICKPEA TART \$21
(with homemade vegan cheese and topped with asparagus, confit tomatoes and hearts of artichokes. served with mix of local lettuces seasoned with cook apple vinaigrette)

SQUASH SOUP (GF & VE) \$18
(creamy soup with roasted seeds and toasted sourdough bread)
Option: Gluten free bread

TOMATO SOUP WITH GRILLED CHEESE TOAST \$22
(made with organic roasted tomatos, with cheddar and mozzarella cheese)

BLUE LAVENDER BOWL: MIX OF BROWN BASMATI RICE, GREEN AND RED LENTILS, COUSCOUS. SEASONED (GF & VE) \$18
(with dates and veggie sofrito. topped with raw and pickled vegetables and mild chipotle sauce)
ADD: ORGANIC POACHED EGG \$3 / ORGANIC CHICKEN \$5 / SMOKED SALMON \$5

GRASS FED STEAK (GF) \$34
(with roasted vegetables and homemade chimichurri)

ORGANIC GLAZED CHICKEN BREAST \$30
(with vegetables and brown basmati rice or mashed sweet potatoes)

WILD CATCH OF THE DAY \$30
(with brown basmati rice and sauteed greens / option mashed sweet potatoes)

GRASS FED MEAT RAGÚ GLUTEN FREE LASAGNA \$20
(served over tomato sauce and a mix of green local lettuces)

VEGAN BURGER: GRAINS BURGER, ROASTED ONIONS, HEIRLOOM TOMATO, LOCAL LETTUCCES AND PEPPER SAUCE (VE) \$22
(served with roasted vegetables on a brioche bun)
(Option of portobello instead of bread for GF option)

GRASS FED BEEF BURGER: GRILLED ORGANIC GRASS FED PATTY ON A BRIOCHE BUN \$22
(with labneh dressing, pepper sauce, roasted onions, heirloom tomato and local lettuces. served with roasted vegetables)
ADD UNCURED ORGANIC BACON: \$5 / ORGANIC EGG: \$3

PASTA OF THE DAY \$15

BAKERY / DESSERTS

ASSORTED COOKIES (GF & VE) \$3.5
ASSORTED MUFFINS \$4
ZUCCHINI BREAD (GF) \$6
BANANA BREAD \$6
CARROT CAKE BREAD (GF) \$6
ASSORTED TART (GF) \$14
TRES LECHES (GF) \$12
BLUE LAVENDER FLAN (GF) \$12
COCONUT MANGO PANNACOTTA (GF & VE) \$8
ORGANIC ICE CREAM - 2 SCOOPS (GF) (VE OPTION) \$7

WINES / BEERS AND COCKTAILS

ALPACION WINES, VALLE DE UCO ARGENTINA
SYRAH - SAUVIGNON BLANC OR CABERNET SAUVIGNON
GLASS \$10 / BOTTLE \$45

ALPACION WINES, VALLE DE UCO ARGENTINA
MALBEC
GLASS \$12 / BOTTLE \$60

ORGANIC PROSECCO / SPARKLING WINE
GLASS \$10 / BOTTLE \$45

ORGANIC BEER \$7

MIMOSA \$10

SANGRIA PITCHER (made with fresh fruit) \$30

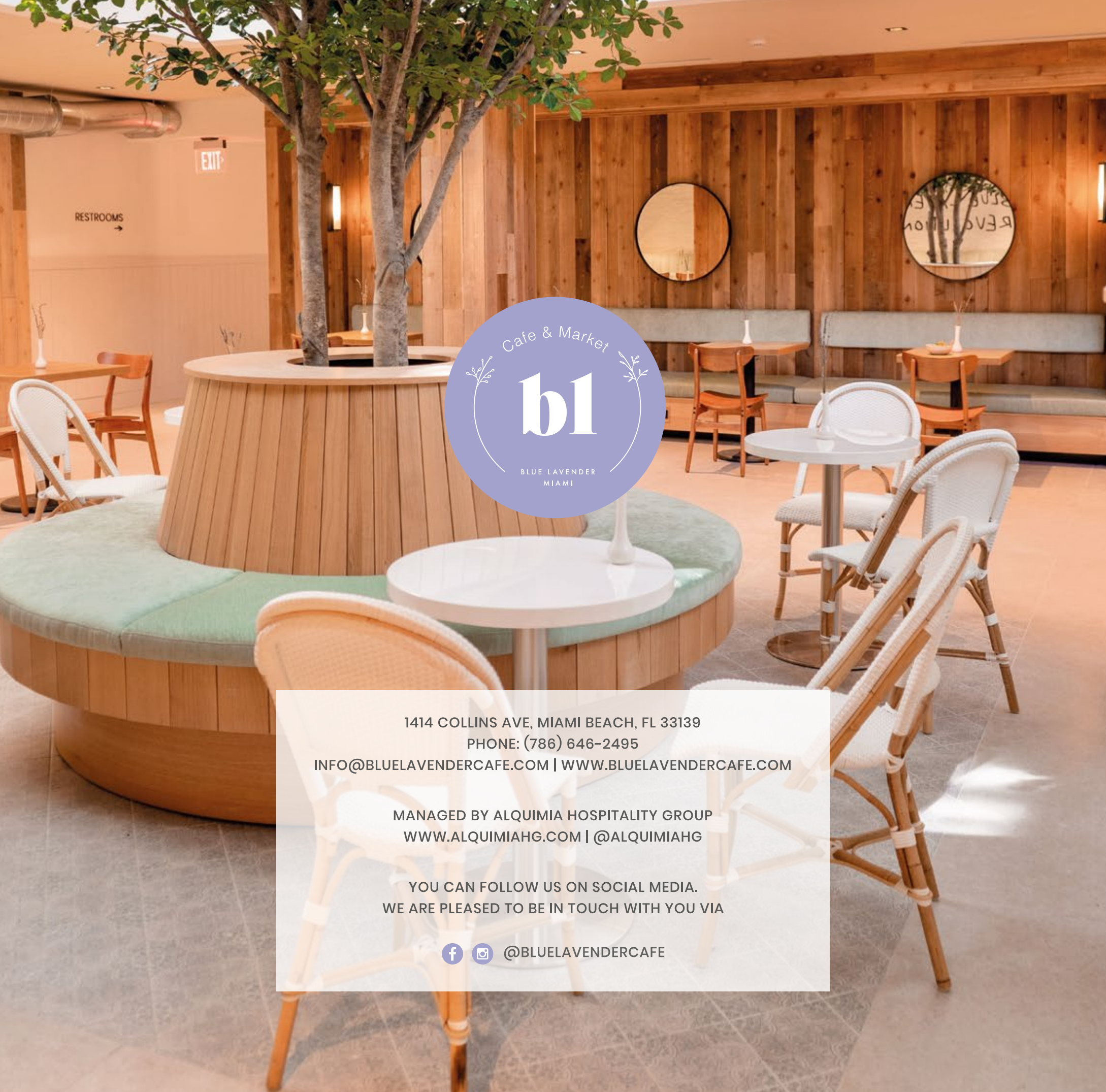
ORGANIC MOJITO \$16

ORGANIC MARGARITA \$18

* (GF): GLUTTEN FREE

* (VE): VEGAN

* *consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness. Our store offers products with peanuts, tree nuts, eggs, milk and wheat. Not all our products have been pasteurized and therefore might be harmful to children, the elderly and people with compromised immune systems. While we take steps to minimize risk of cross contamination we cannot guarantee that any of our products are safe to consume for people with food allergies, intolerances or health issues. If you have any food allergies, intolerances or health issues please let our staff know.*



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