

help yourself!

organic café | juice bar | market



ORGANIC CAFE MENU 8AM - 4PM EVERY DAY

V Vegetarian **Vg** Vegan **GF** Gluten-Free

BREAKFAST

- BREAKFAST WRAP** **V** \$7.95
Make it vegan! Add \$2.00 **Vg** Make it gluten-free! Add \$.75 **GF**
Organic scrambled eggs, avocado, tomato salsa, mixed greens
- OATMEAL POWER BOWL** **V Vg** \$5.95
Slow cooked oat groats, flax seeds, chia seeds, hemp seeds, goji berries, cinnamon, palm sugar, coconut milk
- FRUIT PARFAIT** **V Vg** \$9.50
Organic mixed fruit, homemade granola, house-cultured coconut yogurt
- GRANOLA** **V Vg** \$7.95
Homemade granola with fresh fruit and house-made coconut milk

SALADS

- ULTIMATE SALAD** **V Vg GF** Full \$12.95 / Lite \$6.95
Mixed greens, sprouts, broccoli, avocado, tomato, dulse, hemp seeds, spicy pumpkin seeds, lemon tahini dressing
- MEXICAN SALAD** **V Vg GF** Full \$12.95 / Lite \$6.95
Mixed greens, black beans, corn, walnut 'taco' meat, tomato salsa, cashew sour cream, avocado, key lime vinaigrette
- INDIAN SUMMER SALAD** **V Vg GF** Full \$12.95 / Lite \$6.95
Creamy mix of chickpeas, quinoa, carrots, raisins, onion and curried cashews with Indian spices over mixed greens, house vinaigrette
- SAMPLER PLATTER** **V Vg GF** \$12.95 (one size)
Hummus, tabouli, Indian summer, tomatoes, pesto, mixed greens, toasted pita bread

DAILY SPECIALS

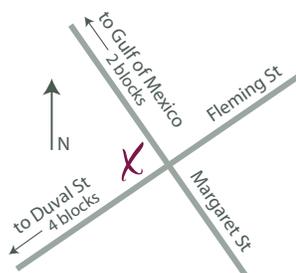
Give us a call or find us on Facebook for our Daily Soup and Specials.

829 Fleming Street
Key West, FL 33040
www.helpyourselfcafe.com

CALL US! 305.296.7766

ORDER ONLINE!

Download our iPhone app or find us on Facebook to order online www.facebook.com/HelpYourselfFoods



BAGELS

- BREAKFAST BAGEL** **V** \$6.95
Make it gluten-free! Add \$1.00 **GF**
Egg, tomato, mayo, onion, avocado, sprouts, plain bagel
- RISE AND SHINE BAGEL** **V Vg** \$5.95
Make it gluten-free! Add \$1.00 **GF**
Cashew cream cheese, tomato, avocado, plain bagel
- HARVEST MOON BAGEL** **V Vg** \$4.95
Make it gluten-free! Add \$1.00 **GF**
Peanut butter, honey, spicy pumpkin seeds, cinnamon raisin bagel
- PB&J BAGEL** **V Vg** \$4.95
Make it gluten-free! Add \$1.00 **GF**
Peanut butter, jelly, choice of cinnamon raisin or plain bagel

WRAPS

- CHICKEN SALAD WRAP** Full \$13.95 / Half \$6.95
Make it gluten-free! Add \$.75 **GF**
Chicken, celery, herbs, apple, house-made vegan mayonnaise, mixed greens
- ASIAN SALMON WRAP** Full \$14.95 / Half \$7.50
Make it gluten-free! Add \$.75 **GF**
Maple-soy glazed salmon, sprouts, cucumber, carrot, sesame seeds, mixed greens, avocado wasabi spread
- HUMMUS WRAP** **V Vg** Full \$9.95 / Half \$5.25
Make it gluten-free! Add \$.75 **GF**
Chickpea hummus, quinoa tabouli, cucumber, red onion, sprouts, mixed greens
- PESTO GARDEN WRAP** **V Vg** Full \$9.95 / Half \$5.25
Make it gluten-free! Add \$.75 **GF**
Carrots, cucumber, tomato, avocado, broccoli, onion, sprouts, spicy pumpkin seeds, pesto, mixed greens, house-made vegan mayonnaise
- TLT WRAP** **V Vg** Full \$12.95 / Half \$6.50
Make it gluten-free! Add \$.75 **GF**
Marinated tempeh (energy-building cultured soybean), lettuce, tomato, avocado, house-made chipotle vegan mayonnaise, mixed greens

EXTRAS

- Add WILD SALMON \$7.95
- Add HORMONE & ANTIBIOTIC-FREE CHICKEN \$5.95
- Add ORGANIC TEMPEH \$5.95

Printed on recycled paper

We make nearly everything from scratch using organic ingredients. No preservatives, additives, or anything artificial! Allergy warning: many of our products do contain nuts.



ORGANIC JUICE BAR 8AM - 6PM EVERY DAY

V Vegetarian **Vg** Vegan **GF** Gluten-Free

Our organic juice bar is open every day from 8am - 6pm!
Find frosty all-fruit organic smoothies, fresh organic juices, and juiced-to-order wheatgrass shots!

FRESH ORGANIC JUICES

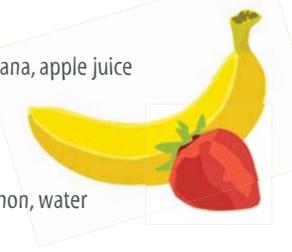
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| GREEN IMMUNITY
Cucumber, celery, kale, green apple, broccoli, garlic | \$8 |
| LIVING GARDEN
Cucumber, celery, kale, parsley, lemon | \$8 |
| DAILY DETOX
Beet, carrot, celery, lemon | \$7 |
| JALAPENO HEAT
Sweet potato, green apple, lime, jalapeno, cilantro | \$8 |
| CARROT ZING
Carrot, green apple, ginger | \$7 |
| PURE CARROT | \$6 |
| FRESH SQUEEZED ORANGE JUICE | \$6 |
| WHEATGRASS SHOT | \$4 |



ORGANIC FRUIT SMOOTHIES

Add protein! \$2.00

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| BERRY BLISS V Vg GF
Strawberry, raspberry, blueberry, banana, apple juice | \$8 |
| CITRUS C V Vg GF
Banana, mango, ginger, orange juice | \$8 |
| TROPICAL GREEN V Vg GF
Banana, mango, spinach, cilantro, lemon, water | \$8 |
| CHOCOLATE BUZZ V Vg GF
Banana, cacao powder, cacao nibs, coconut milk, coconut palm sugar | \$8 |
| HAPPY MONKEY V Vg GF
Banana, peanut butter, coconut milk, coconut palm sugar | \$8 |
| PURPLE JUNGLE V Vg GF
Acai berry, blueberry, goji berry, banana, coconut milk, coconut palm sugar | \$8 |
| TEA PARTY V Vg GF
Banana, coconut milk, matcha green tea, pomegranate juice, goji berries | \$8 |
| MANGO TANGO V Vg GF
Mango, strawberry, raspberry, orange juice | \$10 |
| FROZEN MOCHA V Vg GF
Banana, coconut milk, espresso, chocolate protein, agave, ice | \$9 |
| VEGA CHAI V Vg GF
Vega One™ Vanilla Chai nutritional blend, coconut milk, avocado, ice | \$12 |



We offer organic Fair Trade coffee, espresso, and a variety of lattes, plus a selection of organic fine loose leaf teas!

ORGANIC COFFEE

Add organic flavor! (Vanilla • Salted Caramel • Hazelnut) Add \$.25

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| BREWED COFFEE \$2.50 | MACCHIATO \$2.95 |
| LATTE \$3.95 | MOCHA LATTE \$4.25 |
| ESPRESSO \$2.50 | COLD BREW |
| AMERICANO \$2.95 | ICED COFFEE \$2.95 |
| CAFE AU LAIT \$3.25 | ICED LATTE \$3.95 |

ORGANIC TEAS

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| LOOSE LEAF TEA | \$2.50 |
| ICED TEA | \$2.95 |
| CHAI LATTE | \$3.95 |
| MATCHA GREEN TEA LATTE | \$3.95 |
| YERBA MATE LATTE | \$3.95 |
| DANDY BLEND LATTE | \$3.95 |



THE HELP YOURSELF MARKET

A health food store providing everything you need to
Help Yourself at Home!

Local & Organic Produce • Wholesome Grocery
Organic Grab & Go Packaged Meals • Whole-Food Vitamins & Supplements
Organic Herbal Remedies • Homeopathics • Proteins & Superfoods
Organic Body Care • Green Household Products

JUICE CLEANSSES

Cleanse your body healthfully with organic fresh juice! One of our most popular programs, the Help Yourself Organic Juice Cleanse provides six beverages each day, and may be done for any length of time. All juices are made fresh, and are available for pick up each morning of your cleanse.

Space is limited and advanced notice is required, so give us a call or stop by for availability and our most up to date pricing!

MEAL PLANS

Don't have time to cook? Looking to change your diet? Let us do the work for you! Help Yourself offers a weekly ongoing Meal Plan Program, in which we prepare for you three wholesome organic meals, available to be picked up fresh each morning.

5 Day Plan (Monday - Friday) • 7 Day Plan (Monday - Sunday)

Space is limited and advanced notice is required, so give us a call or stop by for availability and our most up to date pricing!

RAW FOOD DETOXES

Allow your body to cleanse gently with organic raw food! Help Yourself offers a gentle detox program, which includes three raw, sustaining meals each day. Feel lighter and more energized naturally with this ultra-clean fuel!

As with all of our programs, space is limited and advanced notice is required, so give us a call or stop by for availability and our most up to date pricing.

THE HELP YOURSELF MISSION

Since our founding in 2008, Help Yourself has been wholly dedicated to the vibrant health of our community! We are passionate about providing whole organic foods, sourcing as locally as possible, whenever possible.

We're all about whole, real ingredients - nothing artificial or GMO. We're about delicious meals that you can feel good about, start to finish! We're about serving the food that best serves our bodies, those that tended it, and the land that grew it. And, we're about you! Thank you for your support!



Don't forget to check out our GRAB & GO COOLER which is always stocked with freshly prepared salads, snacks and meals!