

ECOPOLITAN

*organic * vegan * raw * gluten-free*

Juices 12oz / 16oz

- COOL CUCUMBER** | 6.5 / 8
cucumber, celery, lemon, parsley
- GINGER LEMONADE** | 6.5 / 8
apple, lemon, lime, ginger
- GRANDMA'S GARDEN** | 6.5 / 8
carrot, tomato, celery, garlic
- GREEN HOUSE** | 6.5 / 8
celery, cucumber, kale, spinach
- HEAVENLY** | 6.5 / 8
apple, celery, pineapple
- ORANGE DREAM** | 6.5 / 8
orange, carrot, ginger
- SWEET BEET** | 6.5 / 8
beet, carrot, apple, kale, ginger
- TASTY TONIC** | 6.5 / 8
apple, cucumber, bell pepper, lime
- SIMPLY ORANGE** | 5.5 / 7
- SIMPLY CARROT** | 5.5 / 7
- SIMPLY APPLE** | 5.5 / 7
- CUSTOM JUICE** | 6+ / 7.5+
CHOOSE ANY MIX: orange, carrot, apple
- JUICE ADDITIONS | .50 each
beet, celery, cucumber, tomato, ginger, lemon, lime, pineapple, kale, spinach, parsley, cilantro, garlic, bell pepper
- ADD A WHEATGRASS SHOT | 1.5 / 2.5

Smoothies

- VANILLA ALMOND** | 6
banana, almonds, dates, vanilla
- APPLE PIE** | 6.5
banana, pear, apple juice, walnuts, dates, cinnamon
- FUTURE SHOCK** | 7
banana, carrot juice, lemon, ginger, almond extract
- ORANGE JULIA** | 7
banana, orange juice, vanilla, coconut oil
- GREEN JULIA** | 7.5
banana, orange juice, vanilla, coconut oil, spinach
- BERRY DELICIOUS** | 6.5
banana, apple juice, seasonal berries, dates
- NEW WAVE** | 6.5
banana, pear, apple juice, parsley
- SUNSHINE** | 6.5
banana, orange juice, pineapple, dates
- WHIMSY** | 6.5
can't decide? let us create a surprise smoothie!
- CUSTOM SMOOTHIE** | 5.5+
CHOOSE A BASE: banana or pear
CHOOSE A JUICE: apple, orange or carrot
- SIMPLE ADDITIONS | .50 each
dates, ginger, vanilla, mint, pineapple, lemon, lime, spinach, parsley, kale, carob
- PREMIUM ADDITIONS | 1 each
seasonal berries, kiwi, almonds, pecans, walnuts, macadamia nuts, coconut oil

Coconut Drinks

- COCONUT WATER** | 4.5
fresh young coconut water
- COCONUT SHAKE** | 6.5
blended young coconut water + flesh
- COCONUT SUPREME** | 8
coconut, pecans, dates, ginger, cinnamon
- GREENWAY** | 7
coconut water, banana, pear, spinach, seasonal berries, vanilla
- GREEN SWEETIE** | 8
coconut, spinach, macadamia nuts, dates, vanilla
- PECAN FUDGE** | 8
coconut, pecans, vanilla, carob, dates

Health Kicks

- WHEATGRASS SHOT** | 2 / 3.5
shot of green nutrients + energy
- **COMET'S TAIL SHOT** | 3
hot pepper, ginger, beet + mint elixir
- REJUVELAC** | 4.5
lemony fermented healer made from sprouted quinoa

Tea

- HOT TEA** | 2.5
chamomile, chamomile-spearmint, peppermint, liquorice-peppermint, blackberry, wildberry, jasmine green
- CHILLED TEA** | 3
seasonal - ask for selections!

Breakfast served all day!

- **RAWNOLA** | 7
sweet + crunchy cinnamon-buckwheat cereal with raisins, berries + coconut milk
- **FRUIT SALAD** | 8.5
a variety of fruit served with date syrup, nuts + coconut flakes
- BANANA CRÊPE** | 12 / 7.5 half order
two banana-coconut-flaxseed shells filled with macadamia-cashew cheese, avocado, carrot, onion + cilantro. served with fresh fruit

Remember to bring your own to-go containers! If you forget, we offer biodegradable containers for \$.75 or mason jars for a \$1 deposit. Thanks for helping us reduce plastic consumption and waste.

Ecopolitan Restaurant is delighted to offer healthy and sustainable dining by creating 100% uncooked, plant-based meals with 100% organically grown ingredients. Our food does not contain additives, GMOs, refined sugars or flours and is free of most common allergens (no wheat, corn, soy, dairy, eggs, or peanuts).

If you have any allergies or food sensitivities please let us know and we can offer menu suggestions or substitutions.

● can be made nut-free upon request ● spicy

18 % gratuity added to parties of 5 or more | 10% gratuity added to large to-go orders (\$50+) and special orders
2409 Lyndale Ave S. Minneapolis, MN 55405 | www.ecopolitan.com | 612-87-GREEN (612-874-7336)

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Appetizers

- **HUMMUS + FLAX** | 7
zucchini-garlic hummus and flax crackers
- **NACHO CHEESE + CHIPS** | 8.5
cashew nacho cheese and spicy eco chips
- TRIO SAMPLER** | 9
pesto, hummus + olive tapenade.
served with flax crackers
- **GUACAMOLE + SALSA** | 9
served with eco chips
- CASHEW CHEESE LOG** | 8.5
rolled in sun-dried tomatoes, olives + fresh basil. served with sweet marinated onions + flax crackers

Salads

- **PURPLE KALE SALAD** | 11
kale, red cabbage, tomato, kiwi, fresh basil, raisins + tahini-garlic dressing
- **TACO SALAD** | 14
baby greens, lentil taco meat, bell pepper, tomato, avocado, onion, olives, cilantro, hot sauce, cashew sour cream + house dressing
- **MEDITERRANEAN SALAD** | 13
spinach, cucumber, tomato, olives, cashew parmesan, hummus + cherry vinaigrette.
served with flax crackers
- **GARLIC AVOCADO SALAD** | 10.5
kale, avocado, red onion, tomato + garlic vinaigrette
- **SWEET SPINACH SALAD** | 10.5
spinach, oranges, red onion, strawberries, sunflower seeds, pecans + cherry vinaigrette

Soup & Sides

- CHILLED SOUP** | 5 / 7
ask for today's selections
- HOMEMADE SAUERKRAUT** | 4.5
- SIDE SALAD** | 4.5

Kids Meal

available for children under 12

- KID'S MAC + CHEESE** | 7
small portion of mac + cheese
served with fruit

Entrees

- RAWVIOLI** | 13
thinly sliced root vegetables with herbed cashew cheese filling, ginger marinara sauce, sweet marinated onions, cashew parmesan + bruschetta. served on house-dressed greens
- MOCK TUNA CRISPS** | 14 / 8.5 half order
walnut faux tuna on flaxseed-sunflower shells with baby greens, tomato, red onion + mustard
- SAVORY CASSEROLE** | 12.5 / 9 à la carte
dill cashew cheese + fresh vegetables layered with zucchini, avocado + buckwheat breadcrumbs. served with a side salad
- MAC + CHEESE** | 12
zucchini noodles and a creamy cheese topped with tomato, fresh herbs, scallions + cashew parmesan. served on a bed of spinach
- **FLAXSEED TOSTADAS** | 13 / 8 half order
two flaxseed-sunflower shells with lentil taco meat, greens, marinated mushrooms, onions, olives, cilantro, cashew sour cream + hot sauce. served with salsa + guacamole
- **GINGER NUT NOODLES** | 15
peanut-style ginger sauce made with brazil nuts on zucchini, carrot + daikon noodles with basil, cilantro, scallions + cucumber. served on house-dressed greens
- **CHILI CHEESE BURRITO** | 13.5
a collard leaf wrap with lentil taco meat, fresh vegetables, nacho cheese, sunflower seeds, sprouts, sour cream + hot sauce. served with salsa + guacamole
- **FALAFEL WRAP** | 14.5 / 11 à la carte
a collard leaf wrap with hummus, falafel, cucumber, tomato, olives, sprouts + tahini-garlic dressing. served with a side salad
- **NACHOS SUPREME** | 15
cashew nacho cheese on kale with bell pepper, cucumber, marinated mushrooms, red onion, cilantro, olives, cashew sour cream + hot sauce. served with eco chips
- **MARINARA PASTA** | 13.5
sweet sundried tomato marinara sauce on zucchini noodles with strawberries, red onion, olives, fresh herbs + cherry reduction. served on cherry vinaigrette-dressed spinach
- PESTO PASTA** | 14
pesto sauce on zucchini noodles with tomato, bell pepper, marinated mushrooms + walnuts. served on cherry vinaigrette-dressed spinach
- SURPRISE ENTREE** | 13.5
can't decide? let our chef create a meal! no specifications, please.

Pizza *whole / half order*

two slices served with fresh fruit and sprouts

- **MARINARA PIZZA** | 12.5 / 7.5
sweet marinara sauce, avocado, bell pepper, marinated mushrooms, onion + garlic
- SAUSAGE DELUXE PIZZA** | 14 / 8
macadamia-cashew cheese, walnut mushroom sausage, bell pepper, marinated mushrooms, onion + ginger marinara sauce
- **TACO PIZZA** | 13.5 / 8
macadamia-cashew cheese, lentil taco meat, tomato, bell pepper, onion, cilantro, cashew sour cream + hot sauce
- PESTO PIZZA** | 11.5 / 7
pesto, spinach, tomato, marinated mushrooms + walnuts
- **RED AVOCADO PIZZA** | 13 / 7.5
olive tapenade, avocado, zucchini, marinated mushrooms, macadamia nuts + cilantro

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