

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 / 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 + fresh

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

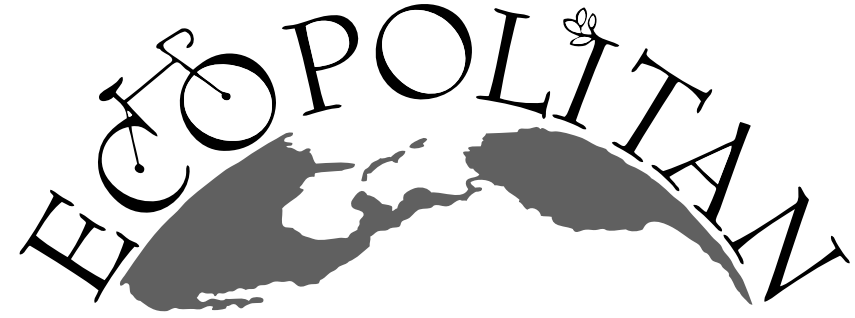
PECAN FUDGE | 8
coconut, pecans, vanilla, carob, dates

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



to-go menu

Sunday-Thursday 9am-10pm

Friday + Saturday 9am-11pm

please order food 30 minutes before closing

*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.

10% gratuity added to large to-go orders (\$50+) and special orders

2409 Lyndale Ave S. Minneapolis, MN 55405 | 612-87-GREEN (612-874-7336)

*organic * vegan * raw * gluten-free*

www.ecopolitan.com

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

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, macdmia nuts + cilantro

Soup & Sides

CHILLED SOUP | 5 / 7

ask for today's selections

HOMEMADE SAUERKRAUT | 4.5

SIDE SALAD | 4.5

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

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.

KID'S MAC + CHEESE | 7

small portion of mac + cheese served with fruit (available for children under 12)