

Pura Vida Cafe

110 Washington Ave # CU2 South Beach 33139-7221 · +13055354142 · Updated: Jan 14, 2026

[View online menu](#)



ALL DAY BREAKFAST 10

VEGGIE OMELETTE \$15.95

pasture-raised whole eggs, scallions, bell pepper, mozzarella, and spinach, served with avocado smash, toasted sourdough, arugula

AVOCADO SMASH \$10.95

toasted sourdough, smashed avocado, fresh lemon juice, micro-cilantro, radish, olive oil drizzle * avocado smash + smoked salmon comes with sesame seeds (no micro cilantro)

THE NEW YORKER \$15.95

toasted sourdough, whipped cream cheese with scallion and spiced za'atar, smoked salmon, sliced tomato, pickled red onion, alfalfa sprouts, lemon oil drizzle

PERFECT EGG SANDWICH \$13.95

artisanal toasted bagel scooped, pasture-raised eggs, mozzarella, arugula, avocado smash, tomatoes, olive oil, red pepper flakes

CROISSANT SANDWICH \$14.95

pasture-raised eggs scrambled with mozzarella served on a freshly baked plain croissant with tomato and mixed greens

TURKEY EGG WRAP \$18.95

pasture-raised eggs, turkey bacon, sweet potato, avocado, mozzarella, spinach, olive oil, spicy green harissa on the side

ALMOND BERRY TOAST \$12.95

toasted gluten-free bread topped with almond butter, strawberry, blueberry, kiwi, coconut, cinnamon, chia seeds, honey drizzle

OVERNIGHT OATS \$12.95

wholegrain oats, almond milk, shaved coconut, dates, chia seed, sesame seeds, cinnamon, kosher sea salt, vanilla • topped with strawberry, blueberry, kiwi, pomegranate seeds, homemade vegan gluten-free granola, almond butter drizzle

FRUIT SALAD \$12.95

greek yogurt topped with mango, kiwi, pineapple, strawberry, blueberry, banana, honey, vegan gluten-free granola

CHIA PARFAIT \$7.95

chia seed & almond mylk pudding base, coconut creme & mango puree, vanilla, natural raw agave, served with vegan gluten-free granola on the side

COFFEE & TEA 26

ESPRESSO DOUBLE \$3.50

MACCHIATO DOUBLE \$4.50

LATTE \$5.50

CAPPUCCINO \$5.50

AMERICANO	\$4.00
DRIP COFFEE	\$3.75
ICED LATTE	\$6.25
ICED CAPPUCCINO	\$6.25
ICED AMERICANO	\$4.25
ICED DRIP COFFEE	\$4.00
ORGANIC TEA	\$4.00
MATCHA LATTE	\$7.00
SPICED CHAI TEA LATTE	\$7.00
black tea spiced with cinnamon, clove, ginger, cardamom, and a touch of natural sugar	
ICED ORGANIC TEA	\$5.00
ICED MATCHA LATTE	\$7.25
ICED SPICED CHAI TEA LATTE	\$7.25
black tea spiced with cinnamon, clove, ginger, cardamom, and natural sugar	
MATCHA LEMONADE	\$7.95
organic japanese matcha green tea, lemon, agave	
OATNOG CASHEW LATTE	\$7.00
espresso, oat mylk, cashews, cinnamon	
ICED OATNOG CASHEW LATTE	\$7.25
espresso, oat mylk, cashews, cinnamon	
PUMPKIN SPICE LATTE	\$7.00
espresso, pumpkin spice, cinnamon	
ICED PUMPKIN SPICE LATTE	\$7.25
espresso, pumpkin spice, cinnamon	
GINGER TEA LATTE	\$7.00
made with butterfly pea tea, ginger & a touch of honey	
ICED GINGER TEA LATTE	\$7.25
made with butterfly pea tea, ginger & a touch of honey	
ICED BANANA BREW	\$7.95
espresso, oat mylk, banana, date, cinnamon	
SUMMER REFRESHER	\$5.95
lightly caffeinated fruit blend infused with hydrating coconut water made with no added sugars, artificial colors, or flavors	

MEDITERRANEAN LATTE	\$6.50
infused with extra virgin olive oil	

BAKERY 12

PLAIN CROISSANT	\$4.95
*contains gluten, dairy, eggs, yeast	
PAIN AU CHOCOLAT	\$5.95
*contains gluten, dairy, eggs, yeast	
ALMOND CROISSANT	\$6.95
*contains gluten, dairy, eggs, yeast, nuts	
VEGAN WALNUT CHOCOLATE CHIP COOKIE	\$4.95
*contains gluten, walnuts	
GF GUAVA COCONUT COOKIE	\$4.95
*contains dairy, eggs, coconut	
RASPBERRY PISTACHIO TART	\$12.95
*contains gluten, dairy, soy, sesame, egg, pistachios	
VEGAN ORANGE POPPY MINI CAKE	\$6.95
*contains gluten, coconut	
VEGAN GF WALNUT BANANA BREAD	\$5.95
*contains walnuts, almonds	
OATMEAL CHOCOLATE PB ENERGY BITES	\$4.95
peanut butter, oats, honey, chocolate chips, chia seed, flaxseed, coconut, vanilla bean, salt	
VEGAN ALMOND BUTTER ENERGY BITES	\$4.95
almond butter, oats, dark cacao chips, coconut, chia seed, flax seed, maple syrup, vanilla	
VEGAN CACAO HAZELNUT DATE ENERGY BITES	\$5.95
hazelnuts, dates, vanilla, sea salt, cacao powder	
HEALTHY FIBER BITES	\$5.95
almond butter, gluten-free flour, pasture-raised eggs, maple syrup, coconut oil, psyllium husk, wholegrain oats, chia seeds, hemp seeds, flaxseeds, cinnamon, pink himalayan sea salt, vanilla	

SALADS 5

FALL FARRO	\$16.95
farro, arugula, spinach, toasted pecans, snow peas, roasted pear, dried cherry, radicchio, radish, red onion, crumbled goat cheese, tahini dressing	
KALE CAESAR	\$14.95
locally sourced kale, mixed with homemade caesar dressing, croutons*, parmesan cheese *croutons contain sesame	

GARDEN GREENS

\$14.95

arugula, spinach, mixed greens, cucumber, cherry tomato, carrot, pickled red onion, radish, sprouts, micro cilantro, sunflower seeds, served with green tahini and apple cider dressing

JEN'S HERB

\$16.95

arugula, kale, mint, italian parsley, cilantro, organic quinoa, jalapeño, spiced walnuts, crumbled feta, scallion, apple cider vinaigrette

AHI ASIAN

\$22.95

wild ahi tuna, green cabbage, kale, mixed greens, quinoa, cucumber, scallion, micro cilantro, sunflower seed, sesame seed, spicy soy ginger

BOWLS

5

MANGO SALMON BOWL

\$24.95

oven-roasted salmon, quinoa, arugula, avocado, cherry tomato, pickled onion, mango, sesame seeds

SPICY TUNA BOWL

\$23.95

wild ahi tuna, cilantro rice, avocado, cucumber, radish, micro cilantro, scallions, sesame seed, ponzu yuzu sauce, spicy aioli

SUMMER CHICKEN BOWL

\$18.95

free-range chicken, cilantro rice, arugula, avocado, pineapple, carrot, onion + bell pepper mix, cilantro, sesame

VIDA VEGGIE BOWL

\$17.95

vegan veggie protein*, arugula, cilantro rice, avocado, radish, pickled onion, crumbled feta, pineapple, micro cilantro, vegan gf green tahini on the side | *vegan veggie protein made with beans, quinoa, corn, carrots, potato, tomatillo, onion, avocado oil, chia seed, garlic, apple cider, flaxseed, cayenne

EXTRA SAUCE

\$1.00

PLATES

4

FREE-RANGE CHICKEN PLATE

\$24.95

free-range chicken, topped with onion & pepper mix, sesame, ponzu yuzu sauce, choice of base: cilantro rice, quinoa, sweet potato; served with house salad made with arugula, kale, fennel, tomato, cucumber, red onion, sunflower seeds, lemon oil

VEGAN VEGGIE BITES PLATE

\$24.95

vegan veggie bites, topped with onion & pepper mix, sesame, choice of base: cilantro rice, quinoa, sweet potato; served with house salad made with arugula, kale, fennel, tomato, cucumber, red onion, sunflower seeds, lemon oil

WILD AHI TUNA PLATE

\$26.95

wild ahi tuna, topped with scallions, sesame, ponzu yuzu sauce, choice of base: cilantro rice, quinoa, sweet potato; served with house salad made with arugula, kale, fennel, tomato, cucumber, red onion, sunflower seeds, lemon oil

OVEN ROASTED SALMON PLATE

\$26.95

oven-roasted salmon, topped with onion & pepper mix, sesame, ponzu yuzu sauce, choice of base: cilantro rice, quinoa, sweet potato; served with house salad made with arugula, kale, fennel, tomato, cucumber, red onion, sunflower seeds, lemon oil

WRAPS & SANDWICHES

8

MUSHROOM VEGGIE BURGER

\$16.95

mushroom veggie patty, feta, pickled red onion, avocado, micro cilantro, radish, lemon oil, chipotle aioli, served on bianca burger bun

CRUNCHY VEGAN VEGGIE	\$16.95
vegan veggie bites, hummus, spinach, avocado smash, cucumber, tomato, carrot, sprouts, red onion, herb vinaigrette, green tahini dressing on the side	
TOASTED CHICKEN	\$16.95
free-range chicken, cilantro rice, onion + red pepper, mozzarella, avocado	
KALE CHICKEN CAESAR	\$16.95
free-range chicken, locally sourced kale, croutons*, shaved parmesan, and our seriously addicting homemade caesar dressing	
*croutons contain sesame	
TUNA SPROUT SANDWICH	\$17.95
tuna salad made with fresh baked tuna, seasoned with olive oil, chopped veggies and homemade mustard aioli, served over arugula, tomato, sprouts and served on toasted ciabatta	
PESTO CHICKEN SANDWICH	\$18.95
toasted ciabatta, free-range chicken, arugula, tomato, goat cheese, pesto, balsamic glaze *pesto contains walnuts and almonds	
PONZU TUNA SANDWICH	\$21.95
wild ahi tuna, avocado, cucumber, arugula, pickled red onion, carrot, cilantro, sesame seed, ponzu yuzu sauce, spicy aioli, served on toasted ciabatta	
EXTRA SAUCE	\$1.00

COLD PRESS JUICES 8

THE WELLNESS KIT	\$40.95
keep calm. drink your juice. take a wellness shot. wash your hands. repeat! we're here to keep our community healthy! stock up with this 4-pack of cold-pressed juices and get 2 complimentary flu shots to help keep your immune system strong. includes green deluxe, immune booster, the glow, and lulu's lemon xo	
GREEN DELUXE	\$10.95
spinach, kale, celery, apple, cucumber, lemon	
MIAMI BEET	\$9.95
beet, pineapple, carrot, cucumber, ginger	
IMMUNE BOOSTER	\$9.95
ginger, lemon, pineapple, orange juice, garlic, honey, cayenne pepper	
LULU'S LEMON	\$9.95
lemon, ginger, orange, pineapple, organic chia seeds	
THE GLOW	\$9.95
carrot, orange, apple, lemon, ginger, turmeric	
ORANGE JUICE	\$7.95
LALA LEMONADE	\$6.95
lemon sweetened with agave	

WELLNESS SHOTS 5

FLU SHOT	\$5.00
ginger, lemon, honey, cayenne pepper	
THE DETOX	\$5.00
pineapple, cucumber, spinach, aloe, lemon, jalapeno	
IMMUNITY SHOT	\$5.00
orange, pineapple, ginger, garlic, honey, cayenne, oregano	
SHOT OF GLOW	\$5.00
carrot, orange, apple, lemon, ginger, turmeric	
ETERNAL YOUTH	\$5.00
pineapple, lemon, ginger, probiotic, elderberry, echinacea, holy basil	

SMOOTHIES 8

WELCOME TO MIAMI	\$9.95
passion fruit, mango, banana	
CHOCOLATE PB	\$9.95
peanut butter, banana, almond mylk, honey, organic grass-fed chocolate whey protein	
MIAMI MOCHA	\$11.95
espresso shot, banana, almond butter, cacao, date, almond mylk, organic grass-fed vanilla whey protein	
VITAMIN SEA	\$11.95
strawberry, blueberry, pineapple, orange juice	
SUPER GREENS	\$11.95
spinach, kale, granny smith apple, cucumber, celery, pineapple, ginger, lemon	
COCO AZUL	\$11.95
blue spirulina, hemp seeds, coconut water, banana, pineapple, mango, coconut flakes	
OMER'S POST-WORKOUT	\$11.95
blueberry, banana, spinach, almond butter, almond mylk, vegan vanilla protein	
PLAYA PAPAYA SMOOTHIE	\$11.95
papaya, pineapple, coconut water	

ACAI BOWLS 3

BALI CRUNCH	\$15.95
organic raw brazilian acai blended with banana, topped with banana, vegan gluten-free granola, mango, cacao nibs, goji berry, and almond butter drizzle no modifiers on acai base xo	
SIGNATURE ACAI	\$14.95
our famous acai bowl made with raw organic brazilian acai blended with banana, topped with banana, vegan gluten-free granola, strawberry, pineapple, shaved coconut, and chia seeds no modifiers on acai base xo	

PB LOVER	\$15.95
raw organic brazilian acai blended with banana, vegan gluten-free granola base, topped with strawberry, blueberry, pecan, coconut, cacao, goji berry, peanut butter no modifiers on acai base xo	

SNACKS 6

SPINACH AND CHEESE EMPANADA	\$3.95
mozzarella, spinach, onion	
CHICKEN EMPANADA	\$3.95
chicken, corn, red pepper, green pepper, onion	
BEEF EMPANADA	\$3.95
beef, plantain, red pepper, green pepper, onion	
HARISSA HUMMUS & PITA	\$9.95
homemade hummus, spicy green harissa, pomegranate seeds, micro cilantro, olive oil, tahini, served with whole wheat pita	
OAT PROTEIN PARFAIT	\$8.95
oats base: wholegrain oats, chocolate whey protein, almond milk, shaved coconut, dates, chia seed, sesame seeds, cinnamon, kosher sea salt, vanilla • toppings: strawberry, blueberry, homemade vegan gluten-free granola	
CHIA PARFAIT	\$7.95
chia seed & almond mylk pudding base, coconut creme & mango puree, vanilla, natural raw agave, served with vegan gluten-free granola on the side	

KIDS MENU 6

CHEESY GRILLED CHEESE (GF)	\$9.95
toasted gluten-free bread, melted mozzarella cheese, a side of apple slices + almond butter side	
TINY TOASTED CHICKEN (GF)	\$9.95
toasted gluten-free wrap, free-range chicken, organic cilantro rice, melted mozzarella cheese, a side of cucumber slices + vegan gf green tahini	
EGG BURRITO	\$9.95
gluten-free wrap, pasture-raised eggs scrambled with mozzarella, served with apple slices and avocado smash	
BAGEL AND SCHMEAR*	\$5.95
toasted artisanal bagel and whipped cream cheese	
KIDS ACAI (VEGAN & GF)	\$12.95
raw organic acai blended with banana, topped with strawberry and vegan gf granola	
PINK PARADISE SMOOTHIE	\$8.95
strawberry, banana, almond mylk	

BOTTLED DRINKS 10

WATERMELON CUCUMBER KOMBUCHA	\$5.95
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GINGER LEMON KOMBUCHA	\$5.95
COLD BREW	\$5.95
MOROCCAN MINT TEA	\$5.95
brewed green tea, spearmint & peppermint	
EVIAN 1L	\$4.95
EVIAN 500ml	\$3.95
HARMLESS HARVEST COCONUT WATER	\$4.95
CHLOROPHYLL WATER	\$5.95
GORGIE ENERGY DRINK	\$5.95
ALKALINE WATER 9.5+PH	\$4.95

SAUCES & SIDES 45

ADD CUTLERY UTENSILS

+ PURA VIDA SAUCE SIDE	\$1.00
+ SPICY AIOLI SIDE	\$1.00
+ CHIPOTLE AIOLI SIDE	\$1.00
+ SPICY SOY GINGER DRESSING SIDE	\$1.00
+ PONZU SAUCE SIDE	\$1.00
+ GREEN TAHINI DRESSING SIDE	\$1.00
+ CAESAR DRESSING SIDE	\$1.00
+ PESTO SAUCE SIDE	\$1.00
+ LEMON OIL SIDE	\$1.00
+ APPLE CIDER VINAIGRETTE SIDE	\$1.00
+ HERB VINAIGRETTE SIDE	\$1.00
+ GREEN HARISSA SIDE	\$2.00
+ SRIRACHA SIDE	\$1.00
BOTTLED PURA VIDA SAUCE	\$11.95
our signature and seriously addicting pura vida sauce bottled up and ready to take home xo	
OVEN ROASTED SALMON SIDE	\$9.95
WILD AHI TUNA SIDE	\$8.95

SMOKED SALMON SIDE	\$7.95
TUNA SALAD SIDE	\$6.95
VEGAN VEGGIE BITES SIDE	\$5.95
made with beans, quinoa, corn, carrots, potato, tomatillo, onion, avocado oil, chia seed, garlic, apple cider, flaxseed, cayenne	
MUSHROOM VEGGIE PATTY	\$5.95
made with mushroom, black bean, carrot, spinach, onion, chickpea, potato, quinoa, hemp heart, avocado oil	
FREE-RANGE CHICKEN SIDE	\$5.95
TURKEY BACON SIDE	\$4.95
MOZZARELLA SCRAMBLE SIDE	\$6.95
pasture-raised eggs scrambled with mozzarella	
MOZZARELLA WHITE SCRAMBLE SIDE	\$6.95
eggs whites scrambled with mozzarella	
EGG SALAD SIDE	\$4.95
OVER EASY EGGS SIDE	\$4.95
pasture-raised eggs, olive oil, salt	
SOFT BOILED EGGS SIDE	\$4.95
ORGANIC QUINOA SIDE	\$2.95
CILANTRO RICE SIDE	\$1.95
BAKED SWEET POTATO SIDE	\$5.95
AVOCADO SIDE	\$3.00
ONION BELL PEPPER SIDE	\$2.00
HUMMUS SIDE	\$2.00
CRUMBLIED FETA SIDE	\$2.00
GOAT CHEESE SIDE	\$2.00
CREAM CHEESE SIDE	\$2.00
ZAATAR SCALLION CREAM CHEESE SIDE	\$3.00
CUCUMBER SIDE	\$2.00
PEANUT BUTTER SIDE	\$2.00
ALMOND BUTTER SIDE	\$2.00
EXTRA GRANOLA SIDE	\$2.00

PROTEIN POWDER SIDE	\$2.00
HONEY SIDE	\$2.00
YOGURT SIDE	\$2.00

MARKET 4

ORGANIC CEREMONIAL GRADE MATCHA POWDER	\$34.95
harvested from Uji, Japan (1 oz)	
RASPBERRY & JASMINE LOOSE LEAF TEA	\$24.95
green tea blend • jasmine green tea, green rooibos, raspberries, guayusa, apple bits, hibiscus, rosehips 2 oz	
HOMEMADE GRANOLA	\$9.95
gluten-free rolled oats, walnuts, almonds, coconut, date sugar, kosher salt, cinnamon, coconut oil, vanilla, maple syrup	
DOG MACARONS	\$8.00
macarons for dogs 3 macarons per box • dairy-free, gluten-free, no added sugar, no preservatives	

MERCHANDISE 17

'47 BASEBALL CAP - TAN	\$45.00
TRUCKER HAT - NAVY	\$30.00
keep it cool and simple in our trucker hat	
TRUCKER HAT - WHITE	\$30.00
BUCKET HAT	\$25.00
terrycloth bucket hat • goes with anything and is a must-have to beat the summer sun	
UMBRELLA	\$50.00
SUMMER JUTE TOTE BAG	\$40.00
BEACH TOTE BAG	\$40.00
BELT BAG - WHITE	\$50.00
BELT BAG - CREAM	\$50.00
HOME SPRAY	\$50.00
PARADISE CANDLE	\$46.00
our signature scent is a clean woodsy blend of sandalwood, vetiver, cedarwood, amber, iris, and leather make your home smell like paradise	
ECO BOTTLE	\$15.00
made from recycled plastics xo	
GLASS BOTTLE	\$30.00
18 oz borosilicate glass bottle with a threaded bamboo lid and translucent soft touch finish for cold beverages	

INSULATED BOTTLE	\$32.00
CANVAS FAN	\$6.00
CREW SOCKS - WHITE	\$20.00
CREW SOCKS - TAN	\$20.00