



Vita Sana

— PHL —



Healthy Eats FOR CITY STREETS

2319 Walnut St Philadelphia, Pennsylvania

COFFEE by Joffrey's

- Espresso Double
- Cortadito
- Cappuccino
- Latte
- Americano
- Iced Coffee
- Cold Brew over Ice

- Milk Options:** Whole Milk, 2% Milk, Almond Milk, Oat Milk
- Classic Homemade Sweeteners**
Demerara (Simple Syrup), Vanilla, Lavender, Honey Ginger
- Seasonal Homemade Sweeteners**
Brown Sugar, Peppermint, Mocha

MATCHA & HERBAL TEAS by The Random Tea Room

- Matcha Latte
- Matcha Lemonade
- Keemun Mao Feng (Red Tea)
- Genmaicha (Green Tea)
- Bergamot Honeybush (Low-Caffeine Black Tea)
- Moroccan Mint
- Lemon Balmer (Decaf Herbal Tea)
- Chai Masala

SUPERFOOD SMOOTHIES made with real fruit

- City Berry**
Strawberry, Blueberry, Banana, Orange, Green Apple, Raw Honey
- Powerful Protein**
Almond Milk, Spinach, Banana, Vegan Vanilla Protein, Hemp Seeds, All-Natural Peanut Butter
- Caffeine Crave**
Almond Milk, Cold Brew, Banana, Açai, Vegan Chocolate Protein, All-Natural Almond Butter, Raw Honey
- Green Machine**
Green Apple, Cucumber, Lemon, Spinach, Pineapple, Mango, Banana, Raw Honey
- Pink Dragon**
Coconut Water, Lemon, Pitaya, Pineapple, Mango Strawberry, Chia Seeds
- Classic Strawberry Banana**
Coconut Water, Orange, Strawberry, Banana, Greek Yogurt, Raw Honey

AÇAÍ & PITAYA BOWLS blended from scratch

- John's Post Workout/PB Crunch**
Homemade Acai Blend, Topped with Granola, Sliced Banana, Strawberry, All-Natural Peanut Butter
+ Vanilla Protein in Base
- Sunny Day Ahead**
Homemade Acai Blend, Topped with Granola, Sliced Banana, Pineapple, Mango, Coconut Flakes, Raw Honey
- Berries & Nutella**
Homemade Acai Blend, Topped with Granola, Sliced Banana, Strawberry, Nutella Drizzle
- Almond Oasis**
Homemade Acai Blend, Topped with Granola, Sliced Banana, All-Natural Almond Butter, Carob Chips, Coconut Flakes, Raw Honey
- Pink Skies Pitaya**
Homemade Pitaya Blend , Topped with Granola, Sliced Banana, Kiwi, Mango, Strawberry, Blended Chia Seeds

Homemade Acai Blend contains Acai, Strawberry, Blueberry, Banana. Homemade Pitaya Blend contains Pitaya, Mango, Pineapple, Banana. Please notify our staff if your allergy restrictions don't allow you to enjoy our Homemade blends, we can substitute to you

Smoothie, Açai & Pitaya Bowl Add-Ons

Nut Butters, Sauces, & Seeds

All-Natural Peanut Butter, All-Natural Almond Butter, Raw Honey, Nutella, Chia Seeds, Hemp Seeds, Coconut Flakes, Carob Chips

Protein Powders

Vanilla Whey Protein (Contains Dairy)
Chocolate Whey Protein (Contains Dairy)
Vanilla Vegan Protein
Chocolate Vegan Protein

RICE BOWLS filled with fuel

Tropical Ahi Tuna Bowl

Seared or Raw Ahi Tuna,
Jasmine Rice, Fresh Mango,
Avocado, Edamame,
Cucumber, Shredded Carrot,
Scallion, Toasted Sesame
Seeds, Served with DF
Sriracha Aioli

Pineapple Salmon

Grilled Salmon, Jasmine Rice,
Fresh Pineapple, Avocado,
Edamame, Cucumber,
Shredded Carrot, Scallion,
Toasted Sesame Seeds,
Served with Spicy Soy Ginger

The Harvest Chicken

Herb & Grilled Chicken Breast,
Jasmine Rice, Blistered
Tomato, Roasted Peppers,
DF Feta, Arugula, Served with
DF Tzatziki

SIGNATURE SALADS

Santorini Sensation

Arugula, Cherry Tomato,
Mediterranean Olives,
Cucumber, Green Bell Pepper,
Thinly Sliced Red Onion,
DF Feta Cheese, Served with
Herb Vinaigrette
+ Grilled Salmon
+ Grilled Chicken

Kale Chicken Caesar

Chopped Kale, Herbed
Croutons, Shaved Parmesan,
Grilled Chicken, Served with
DF Caesar Dressing

Ponzu Tuna

Ahi Tuna, Arugula, Radish,
Sliced Avocado, Edamame,
Cucumber, Pickled Onions,
Served with Sriracha Aioli,
Yuzu tPonzu Dressing

Rice Bowl & Salad Protein Add-Ons

+ Oven Roasted Salmon

+ Seared or Raw Tuna

+ Grilled Halal Chicken Breast

SANDWICHES & WRAPS

Roasted Pesto Chicken

Toasted Ciabatta, Grilled
Halal Chicken Breast,
Arugula, Fresh Mozzarella,
Vegan Basil Pesto, Tomato,
Olive Oil
Served with DF Sriracha Mayo
+ Side Simple Greek Salad

Egg Salad Croissant

Lightly Toasted Croissant,
Arugula, Egg Salad
Served with Seasonal Berries

Tropical Tuna Sprout

Sourdough, Arugula, Tomato,
Sprouts, Cucumber, Tuna
Salad
Served with Seasonal Berries

ALL DAY BREAKFAST served sunrise to sunset

The Philly Toast

Toasted Sourdough, Whipped Philly Cream Cheese, Smoked Salmon, Thinly Sliced Red Onion, Micro Dill,
Served with Seasonal Berries

+ *Avocado*

+ *Soft Boiled Eggs*

Mediterranean Avocado Toast

Toasted Sourdough, Mashed Avocado, English Cucumber, Micro Greens, Radish,
Olive Oil Drizzle, Sea Salt,

Served with Seasonal Berries

+ *Smoked Salmon*

+ *Poached Egg*

Everyday Veggie Omelet

Pasture-Raised Eggs, Spinach, Mozzarella, Grilled Portobello, Chopped Bell Peppers, Diced Tomato, Served with Sliced Avocado, Toasted Sourdough

Spicy Egg Wrap

Quinoa Wrap, Pasture-Raised Eggs, Avocado, Spinach, Sweet Potato, Mozzarella, DF Sriracha Mayo, Served with Sliced Avocado

Classic Egg Sandwich

Toasted Bagel; Sesame, Plain, Everything
Pasture-Raised Egg, Sliced Avocado, Arugula, Tomato, Vita Sana Sauce,
Served with Seasonal Berries

KID'S MENU

Kiddie Berries & Nutella

Homemade Acai Blend, Topped with Granola, Sliced Banana, Strawberry, Nutella Drizzle

Kiddie Classic Strawberry Banana

Coconut Water, Orange, Strawberry, Banana, Raw Honey

The Mini Bowl

Jasmine Rice, Grilled Chicken, Fresh Mango, Edamame, Avocado, Sliced Carrot,
Served with Seasonal Berries & Vita Sana Sauce

Quick Quinoa Wrap

Grilled Chicken, Melted Mozzarella, Spinach, Signature Vita Sana Sauce,
Served with Seasonal Berries

CATERING AVAILABLE!

Ask to see our catering menu for more options.

ORDER ONLINE & DELIVERY OPTIONS!

GRUBHUB | **Uber Eats** | **DOORDASH**



Join us at Vita Sana – where health meets flavor, and every meal is a step towards your best self. Rooted in the timeless Italian philosophy of "Vita Sana" – a healthy life – we bring you fast, delicious, refreshing nourishment without compromise.

Vita Sana is a destination for those who value nutrition and the power of healthy foods.

vitasanaphl.com • [@vitasanaphl](https://www.instagram.com/vitasanaphl)
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