



Vita Sana

— PHL —

Healthy Eats FOR CITY STREETS

vitasanaphl.com • 2319 Walnut St, Philadelphia, Pennsylvania

COFFEE by Joffrey's, MATCHA & HERBAL TEAS

Hot Options

- Cup of Joe** 12oz. \$3.00 • 16oz. \$3.35
- Espresso** Double \$3.25
- Cortadito** 4oz. \$4.00
- Cappuccino** 6oz. \$4.50
- Hot Latte** 12oz. \$4.75 • 16oz. \$5.00
- Americano** 12oz. \$3.25
- Loose-Leaf Tea** 12oz. \$4.00 • 16oz. \$4.25
 - Keemun Mao Feng (Red Tea),
 - Genmaicha (Green Tea),
 - Bergamot Honeybush (Black Tea),
 - Moroccan Mint (Green Tea),
 - Honey Vanilla (Caffeine-Free)

Matcha Latte 12oz. \$5.75 • 16oz. \$6.50

Chai Latte 12oz. \$5.75 • 16oz. \$6.50

Cold Options

- Iced Coffee** 16oz. \$4.00
- Cold Brew** 16oz. \$5.00
- Iced Americano** 16oz. \$4.25
- Iced Latte** 16oz. \$5.75
- Iced Matcha Latte** 16oz. \$7.25
- Iced Chai Latte** 16oz. \$7.25
- Loose-Leaf Tea** 16oz. \$5.25
 - Keemun Mao Feng (Red Tea),
 - Genmaicha (Green Tea),
 - Bergamot Honeybush (Black Tea),
 - Moroccan Mint (Green Tea),
 - Honey Vanilla (Caffeine-Free)

Milk Options: Whole Milk, 2% Milk, Almond Milk, Oat Milk

Our Homemade Sweeteners (+\$0.50): Demerara (*Simple Syrup*), Vanilla, Lavender, Honey Ginger

Seasonal Homemade Sweeteners (+\$0.50): Brown Sugar, Peppermint, Mocha

COLD-PRESSED JUICES & WELLNESS SHOTS

Straight Celery 16oz. \$7.00
Organic Celery

Green & Clean 16oz. \$9.25
Green Apple, Celery, Cucumber, Spinach, Lemon, Ginger

Golden Root 16oz. \$9.25
Lemon, Ginger, Carrot, Pineapple, Green Apple, Turmeric

Balanced Beet 16oz. \$10.25
Beet, Carrot, Green Apple, Orange, Ginger

Lemon & Ginger Shot 16oz. \$3.00
Lemon, Ginger, Turmeric

Bundle our Juices \$96.00
3 Day Reset: 12 Juices, 3 Shots

SUPERFOOD SMOOTHIES made with real fruit

City Berry 16oz. \$10.00
Strawberry, Blueberry, Banana, Orange, Green Apple, Raw Honey

Powerful Protein 16oz. \$10.25
Almond Milk, Spinach, Banana, Vegan Vanilla Protein, Hemp Seeds, All-Natural Peanut Butter

Caffeine Crave 16oz. \$11.00
Almond Milk, Cold Brew, Banana, Açai, Vegan Chocolate Protein, All-Natural Almond Butter, Raw Honey

Green Machine 16oz. \$10.25
Green Apple, Cucumber, Lemon, Spinach, Pineapple, Mango, Banana, Raw Honey

Pink Dragon 16oz. \$10.75
Coconut Water, Lemon, Pitaya, Pineapple, Mango, Strawberry, Chia Seeds

Classic Strawberry Banana 16oz. \$10.00
Coconut Water, Orange, Strawberry, Banana, Greek Yogurt, Raw Honey

AÇAÍ & PITAYA BOWLS blended from scratch

PB Crunch \$14.00

Homemade Açai Blend, Topped with Granola, Sliced Banana, Strawberry, All-Natural Peanut Butter

Sunny Day Ahead \$14.00

Homemade Açai Blend, Topped with Granola, Sliced Banana, Pineapple, Mango, Coconut Flakes, Raw Honey

Berries & Nutella \$14.75

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

Almond Oasis \$14.75

Homemade Açai Blend, Topped with Granola, Sliced Banana, All-Natural Almond Butter, Carob Chips, Coconut Flakes, Raw Honey

Pink Skies Pitaya \$15.25

Homemade Pitaya Blend, Topped with Granola, Sliced Banana, Kiwi, Mango, Strawberry, Blended Chia Seeds

Açaí: Açai, Strawberry, Blueberry, Banana
Pitaya: Pitaya, Mango, Pineapple, Banana
Allergies? Let us know—substitutions available!

Smoothie, Açai & Pitaya Bowl Add-Ons

Nut Butters, Sauces, & Seeds (+\$0.75)

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

Protein Powders (+\$1.50)

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

ALL DAY BREAKFAST served sunrise to sunset

The Philly Toast \$14.95

Toasted Sourdough, Whipped Philly Cream Cheese, Smoked Salmon, Thinly Sliced Red Onion, Micro Dill
+ Avocado (\$2.50)
+ Soft Boiled Egg (\$3.00)

Mediterranean Avocado Toast \$9.95

Toasted Sourdough, Mashed Avocado, English Cucumber, Micro Greens, Radish, Olive Oil Drizzle, Sea Salt
+ Smoked Salmon (\$5.95)
+ Soft Boiled Egg (\$3.00)

Everyday Veggie Omelet \$14.95

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

Spicy Egg Wrap \$14.95

Whole Wheat Wrap, Pasture-Raised Eggs, Avocado, Spinach, Sweet Potato, Mozzarella, DF Sriracha Mayo

Classic Egg Sandwich \$13.50

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

RICE BOWLS filled with fuel

Tropical Ahi Tuna

\$18.75
Ahi Tuna, Cilantro Jasmine Rice, Mango, Avocado, Edamame, Cucumber, Shredded Carrot, Scallion, Sesame Seeds, Served with DF Sriracha Aioli

Pineapple Salmon

\$19.25
Grilled Salmon, Cilantro Jasmine Rice, Pineapple, Avocado, Edamame, Cucumber, Shredded Carrot, Scallion, Sesame Seeds, Served with Spicy Soy Ginger

The Harvest Chicken

\$18.25
Herb Grilled Chicken, Cilantro Jasmine Rice, Blistered Tomato, Roasted Peppers, DF Feta, Arugula, Served with DF Tzatziki and Sweet Chili Sauce

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase the risk of foodborne illness. Vita Sana uses ingredients including peanuts, tree nuts, milk, eggs, and wheat. While we take every precaution to reduce the chance of cross-contamination, we cannot guarantee that any item is completely free from these allergens.

SIGNATURE SALADS

Santorini Sensation
\$15.25
Arugula, Cherry Tomato,
Mediterranean Olives,
Cucumber, Green Bell Pepper,
Thinly Sliced Red Onion,
DF Feta, Served with Herb
Vinaigrette

Kale Chicken Caesar
\$15.25
Chopped Kale, Herbed
Croutons, Shaved Parmesan,
Herb Grilled Chicken, Served
with DF Caesar Dressing

Ponzu Tuna
\$17.00
Ahi Tuna, Arugula, Radish,
Sliced Avocado, Edamame,
Cucumber, Pickled Onions,
Served with Sriracha Aioli,
Yuzu Ponzu Dressing

Rice Bowl & Salad Protein Add-Ons

+ Oven Roasted Salmon
\$7.50

+ Ahi Tuna
\$7.25

+ Herb Grilled Chicken
\$7.00

SANDWICHES & WRAPS

Roasted Pesto Chicken \$16.50
Toasted Ciabatta, Herb Grilled Chicken,
Arugula, Fresh Mozzarella, Vegan Basil Pesto,
Tomato

Egg Salad Croissant \$11.50
Lightly Toasted Croissant, Arugula, Egg Salad

Garden Tuna Crunch \$15.95
Sourdough, Arugula, Tomato, Sprouts,
Cucumber, Tuna Salad

Kale Chicken Caesar Wrap \$16.00
Whole Wheat Wrap, Crispy Kale, Herb Grilled
Chicken, Vegan Parmesan, Caesar Dressing

KID'S MENU

Kiddie Classic Strawberry Banana
12oz. \$7.00
Coconut Water, Orange, Strawberry, Banana,
Raw Honey

The Mini Bowl \$10.00
Cilantro Jasmine Rice, Herb Grilled Chicken,
Mango, Edamame, Avocado, Shredded Carrot,
Served with Vita Sana Sauce

Kiddie Berries & Nutella \$9.50
Homemade Açai Blend, Topped with Granola,
Sliced Banana, Strawberry, Nutella Drizzle

Chicken & Cheese Wrap \$7.50
Whole Wheat Wrap, Herb Grilled Chicken,
Mozzarella, Spinach,
Served with Vita Sana Sauce

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.

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