



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

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

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

Loose-Leaf Tea Hot 12oz. \$4.00 • Hot 16oz. \$4.25 • Cold 16oz. \$5.25

Bergamot Honeybush (Black Tea), English Breakfast (Black Tea), Keemun Mao Feng (Red Tea), Genmaicha (Green Tea), Moroccan Mint (Green Tea), Chamomile Lemon (Herbal, Caffeine-Free), Honey Vanilla (Caffeine-Free)

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

Our Homemade Sweeteners (+\$0.50)

Brown Sugar, Demerara (*Simple Syrup*), Lavender, Mocha, Raw Honey Ginger, Vanilla

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

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

3-Day Juice Reset (Bundle) \$96.00

12 Juices + 3 Wellness 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)

Mediterranean Avocado Toast \$9.95

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

Everyday Veggie Omelette \$14.95

Pasture-Raised Eggs, Spinach, Mozzarella, Portobello, Bell Pepper, Topped with Diced Tomato & Sliced Avocado

Spicy Egg Wrap \$14.95

Whole Wheat Wrap, Pasture-Raised Eggs, Avocado, Spinach, Sweet Potato, Feta, Bell Pepper, DF Sriracha Aioli

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

\$19.25

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, Feta, Arugula, Served with DF Tzatziki

SIGNATURE SALADS

Santorini Sensation

\$15.25

Arugula, Cherry Tomato, Mediterranean Olives, Cucumber, Bell Pepper, Thinly Sliced Red Onion, 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

Make Any Salad a Wrap

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

Toasted Ciabatta, Arugula, Tomato, Sprouts, Cucumber, Tuna Salad

Kale Chicken Caesar Wrap \$16.00

Whole Wheat Wrap, Crispy Kale, Herb Grilled Chicken, 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.

vitanaph.com • (267) 491-8482 • @vitanaph
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