



## EVERYTHING

is 100% organic

100% gluten-free

100% soy-free

100% canola oil-free

@premacafe30a

## Organic Cold-Pressed Juice

<b>Apple Lemon Ginger</b> \$13.75 <b>Celery</b> \$13.25 <b>Cucumber Hydrate</b> \$14.75 cucumber, green apple, kale, lemon <b>Go Green</b> \$14.75 celery, cucumber, kale, spinach, lemon <b>Heart Beet</b> \$14.50 green apple, beet, lime, ginger <b>Orange Love</b> \$14.75 orange, carrot, green apple, ginger, turmeric	<b>Pineapple Apple Ginger</b> \$13.75 <b>Pineapple Mint</b> \$14.75 pineapple, cucumber, green apple, mint, blue majik <b>Sweet Greens</b> \$14.75 apple, cucumber, spinach, kale, lime <b>Watermelon Love</b> \$13.50 watermelon, green apple, cucumber, lime <b>Vitality</b> \$14.75 apple, lemon, ginger, turmeric, E3Live + BrainOn	<b>Organic Wellness Shots</b> <b>Ginger</b> \$6.25 <b>Immunity</b> \$6.75 lemon, ginger, turmeric <b>Anti-Inflammatory</b> \$6.75 ginger, lemon, carrot, turmeric <b>Happy Gut</b> \$6.75 pineapple, lemon, ginger, green apple
---	---	--

## Organic Salads + Sides

<b>Superfood Salad</b> \$17.75 arugula, spinach, purple cabbage, carrots, cucumbers, dried cranberries, pickled onions, pumpkin seeds, avocado, blueberries, chickpeas, tomatoes, sunflower seeds, walnuts <b>Prema Salad</b> \$16.00 arugula, spinach, purple cabbage, carrots, cucumbers, dried cranberries, pickled onions, pumpkin seeds, feta cheese, hemp seeds, scallions, sauerkraut <i>Dressings: cilantro lime, lemon vinaigrette</i> <i>Add on pesto, curry or classic chicken salad for \$5.00, or tuna salad for \$3.50</i> <i>Salads can be made to order to accommodate modifications</i>	<b>Healthy Slaw</b> \$8.00 cabbage, carrots, cilantro, scallions, olive oil, apple cider vinegar, maple syrup, garlic, cayenne, salt + pepper <b>Greek Salad</b> \$8.00 chickpeas, red onion, tomatoes, olives, cucumbers, feta, greek dressing <b>Hearts of Palm Ceviche</b> \$9.00 hearts of palm, cucumbers, avocado, red onion, cilantro, lime <b>Garlic Basil Hummus</b> \$7.00 chickpeas, tahini, lemon, basil, spinach, scallions, garlic, oregano, cumin, olive oil, salt + pepper	<b>Tuna Salad</b> \$8.50 tuna, basil, celery, scallions, lemon, olive oil, capers <b>Chicken Salad</b> \$11.00 chicken, avocado mayo, celery, dried cranberries, scallion, parsley, cilantro, walnuts <b>Pesto Chicken Salad</b> \$11.50 chicken, parsley, scallions, pumpkin-hemp pesto, salt + pepper <b>Curry Chicken Salad</b> \$11.75 chicken, avocado mayo, cilantro, red onion, celery, cashews, dried cranberries, lime, curry spice mix, salt + pepper
--	---	--

## Organic Treats

<b>Baked Goods</b> <b>Breakfast Cookie</b> \$4.75 <b>Blueberry Magic Scone</b> \$8.00 <b>Carrot Zucchini Muffin</b> \$6.25	<b>PB+C Protein Bar</b> \$6.50 <b>PB Protein Energy Balls</b> \$8.50 <b>Lemon Zest Balls</b> \$8.50 <b>No-Bake Granola Bar</b> \$8.50	<b>Superfood Brownie</b> \$8.50 <b>Collagen + Protein PB Balls</b> \$8.50 <b>Chia Pudding</b> \$5.75
---	--	--

Our kitchen only works with 100% organic ingredients, which may limit our supply



Please see our display case for today's rotating selections

THIS FACILITY USES EGGS, TREE NUTS, AND PEANUTS

# EVERYTHING

is 100% organic  
 100% gluten-free  
 100% soy-free  
 100% canola oil-free  
 @premacafe30a



prema  
 ORGANIC CAFE



Organic Smoothies	Organic Specialty Bowls	Organic Toasts		
<p><b>Make any smoothie a bowl!</b>  <b>Bowls have toppings:</b> granola, banana, seasonal fruit, nut butter/honey</p> <p><b>Nutter Butter Love</b> \$13.75            banana, zucchini, cashew milk, vanilla plant protein, cinnamon, date paste, peanut butter, <b>ashwagandha</b>  <i>make it a bowl \$17.25</i></p> <p><b>Coffee Love</b> \$13.50            banana, zucchini, <b>cold brew</b>, cashew milk, almond butter, date paste, cacao nibs  <i>make it a bowl \$17.00</i></p> <p><b>Turmeric Love</b> \$13.75            banana, zucchini, cashew milk, <b>turmeric</b>, cinnamon, maple syrup, cashews, almond butter  <i>make it a bowl \$17.25</i></p> <p><b>Chocolate Love</b> \$13.75            banana, zucchini, avocado, cashew milk, peanut butter, vanilla plant protein, cacao powder, <b>cacao nibs</b>, maple syrup  <i>make it a bowl \$17.25</i></p> <p><b>Green Love</b> \$13.75            banana, zucchini, spinach, kale, <b>spirulina</b>, cashew milk, almond butter, maple syrup  <i>make it a bowl \$17.25</i></p> <p><b>Berry Love</b> \$14.25            banana, strawberry, blueberry, chia seeds, coconut butter, honey, <b>hibiscus+elderberry tea</b>, coconut milk  <i>make it a bowl \$17.75</i></p> <p><b>Mango Love</b> \$14.25            organic mango, banana, <b>lucuma</b>, coconut milk, honey  <i>make it a bowl \$17.75</i></p> <p><b>Keto Mint Love</b> \$17.00            coconut meat, zucchini, avocado, coconut milk, EO peppermint, <b>MCT oil</b>, whey protein, monkfruit, cacao nibs  <i>make it a bowl \$21.00</i></p> <p><b>Keto Chocolate Love</b> \$17.00            coconut meat, zucchini, avocado, coconut milk, peanut butter, <b>MCT oil</b>, whey protein, monkfruit, coconut butter, cacao powder, cacao nibs  <i>make it a bowl \$21.00</i></p>	<p><b>Acai Smoothie Bowl</b> \$17.50            acai, banana, strawberry, blueberry, date paste, cashew milk, vanilla extract, salt            Topped with: house made granola, banana, seasonal fruit, almond butter</p> <p><b>Dragonfruit Smoothie Bowl</b> \$17.50            dragonfruit, banana, strawberry, date paste, cashew milk, vanilla extract, salt            Topped with: house made granola, banana, seasonal fruit, almond butter</p> <p><b>30A Bowl</b> \$17.50            banana, mango, pineapple, blue majik, lime, honey, coconut milk            Topped with: house made granola, banana, seasonal fruit, honey</p> <p><b>Coconut Yogurt Bowl</b> \$13.75            coconut yogurt, maple syrup, granola, almond butter, banana, seasonal fruit, hemp hearts</p> <p><b>Keto Yogurt Bowl</b> \$14.50            coconut yogurt, almond butter, walnuts, hemp hearts, optional monkfruit, pumpkin seeds, blueberries  <i>*this dish is small yet nutrient dense - power play!</i></p> <p><b>Granola Bowl</b> \$13.25            granola, cashew milk, peanut butter, seasonal fruit, banana, hemp hearts</p>	<p><b>Egg Sandwich</b> \$14.75            gluten free sourdough, butter, raw cheddar, pesto, roasted tomato, over easy egg, arugula  <i>add a second egg \$2</i></p> <p><b>Avocado Toast</b> \$15.75            gluten free sourdough, pesto, avocado, sauerkraut, hemp seeds, side of dressed greens  <i>add two over easy eggs \$4</i></p> <p><b>Almond Butter Toast</b> \$14.25            gluten free sourdough, almond butter, roasted almonds, hemp seeds, pink salt, blueberries, banana</p> <p><b>Tuna Salad Toast</b> \$18.25            gluten free sourdough, coconut yogurt tzatziki, greens, tuna salad, side of dressed greens</p> <p><b>Chicken Salad Toast</b> \$18.25            gluten free sourdough, healthy slaw, chicken salad, side of dressed greens</p> <p><b>Egg Cheese Egg Bowl</b> \$8.25            just as it sounds, protein powerhouse!  <i>add avocado \$1 add pesto \$.50</i>  <i>make it a sandwich \$12.25</i></p>		
<h2>Organic DELIGHTS!</h2>				
<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Cozy Waffles</b> \$10.75            gluten-free waffle topped with blueberries, bananas, egg, syrup and butter</p> <p><b>Harvest Bowl</b> \$10.75            spinach, arugula, quinoa, sweet potato, red onion, hemp seed, avocado, dressing  <i>add egg \$2</i></p> <p><b>Buddha Bowl</b> \$10.75            spinach, arugula, quinoa, black bean, sweet potato, brussels sprout, broccoli, hemp seed, dressing of your choice  <i>add egg \$2</i></p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Tacos de Amor</b> <i>Tuesdays + Fridays!</i>            two organic, delicious tacos served on homemade gluten-free tortillas!            each order comes with 2 tacos of the same flavor, plus fresh lime and a dipping sauce</p> <p>Chicken Tacos de Amor \$14.50            Egg Tacos de Amor \$13.50</p> <p><b>Veggie Quiche with Sweet Potato Crust</b> \$13.75            egg, spinach, mushroom, bell pepper, red onion, garlic, cashew milk, sweet potato, salt, pepper served with side of mixed greens</p> </td> </tr> </table>			<p><b>Cozy Waffles</b> \$10.75            gluten-free waffle topped with blueberries, bananas, egg, syrup and butter</p> <p><b>Harvest Bowl</b> \$10.75            spinach, arugula, quinoa, sweet potato, red onion, hemp seed, avocado, dressing  <i>add egg \$2</i></p> <p><b>Buddha Bowl</b> \$10.75            spinach, arugula, quinoa, black bean, sweet potato, brussels sprout, broccoli, hemp seed, dressing of your choice  <i>add egg \$2</i></p>	<p><b>Tacos de Amor</b> <i>Tuesdays + Fridays!</i>            two organic, delicious tacos served on homemade gluten-free tortillas!            each order comes with 2 tacos of the same flavor, plus fresh lime and a dipping sauce</p> <p>Chicken Tacos de Amor \$14.50            Egg Tacos de Amor \$13.50</p> <p><b>Veggie Quiche with Sweet Potato Crust</b> \$13.75            egg, spinach, mushroom, bell pepper, red onion, garlic, cashew milk, sweet potato, salt, pepper served with side of mixed greens</p>
<p><b>Cozy Waffles</b> \$10.75            gluten-free waffle topped with blueberries, bananas, egg, syrup and butter</p> <p><b>Harvest Bowl</b> \$10.75            spinach, arugula, quinoa, sweet potato, red onion, hemp seed, avocado, dressing  <i>add egg \$2</i></p> <p><b>Buddha Bowl</b> \$10.75            spinach, arugula, quinoa, black bean, sweet potato, brussels sprout, broccoli, hemp seed, dressing of your choice  <i>add egg \$2</i></p>	<p><b>Tacos de Amor</b> <i>Tuesdays + Fridays!</i>            two organic, delicious tacos served on homemade gluten-free tortillas!            each order comes with 2 tacos of the same flavor, plus fresh lime and a dipping sauce</p> <p>Chicken Tacos de Amor \$14.50            Egg Tacos de Amor \$13.50</p> <p><b>Veggie Quiche with Sweet Potato Crust</b> \$13.75            egg, spinach, mushroom, bell pepper, red onion, garlic, cashew milk, sweet potato, salt, pepper served with side of mixed greens</p>			

♥ We make everything fresh, in house, daily! ♥

THIS FACILITY USES EGGS, TREE NUTS, AND PEANUTS

FROM THE BARISTA



## ORGANIC LATTES

All lattes made with house-made **organic cashew milk**  
*\*Caffeine-free? Sub mushroom elixir for espresso\**

### **Cashew Milk Latte**

12oz \$6.75  
16oz \$7.25 *hot or iced*

### **Vanilla Cashew Milk Latte**

12oz \$7.25  
16oz \$7.75 *hot or iced*

### **Salted Caramel Cashew Milk Latte**

12oz \$7.25  
16oz \$7.75 *hot or iced*

### **Repair Latte**

*Collagen + Lucuma + Honey*  
12oz \$7.75  
16oz \$8.25 *hot or iced*

### **Balance Latte**

*Ashwagandha + Honey + Lion's Mane +  
Cinnamon*  
12oz \$7.75  
16oz \$8.25 *hot or iced*

### **Power Protein Latte**

*Vanilla Lucuma Plant Protein*  
12oz \$7.25  
16oz \$7.75 *hot or iced*

### **Mocha**

*Raw Cacao + Maple Syrup*  
12oz \$7.25  
16oz \$7.75 *hot or iced*

### **Chai Latte**

12oz \$7.25  
16oz \$7.75 *hot or iced*

### **Matcha Latte**

12oz \$7.25  
16oz \$7.75 *hot or iced*

### **Golden Milk Latte**

*\*caffeine-free, made with coconut milk\**  
12oz \$7.25  
16oz \$7.75 *hot or iced*

### **Hot Chocolate**

*Raw Cacao + Maple Syrup*  
12oz \$6.75  
16oz \$7.25 *hot or iced*

## ORGANIC COFFEE

### **Drip**

12oz \$3.50

16oz \$4.50

### **Drip with Grassfed Butter**

12oz \$4.75

16oz \$5.75

### **Drip with Grassfed Butter, MCT Oil and Collagen**

12oz \$6.50

16oz \$7.50

### **Cold Brew**

16oz \$6.50

## ORGANIC ESPRESSO

### **Espresso**

Single Shot \$2.50

Double Shot \$4.50

### **Cappuccino**

8oz \$6.75

### **Americano**

12oz \$4.75

16oz \$6.50

### **ADD-INS**

Collagen \$1.25

Grass-fed Butter \$1.25

MCT Oil \$1.25

Vanilla Syrup \$1.25

Caramel Syrup \$1.25



EXCITING NEWS

# We're Staying Open Later!

NEW HOURS

**7:30am – 4pm**

DAILY

*For the first time since 2020,  
we're extending our hours to love you a little longer.*

STARTING

**Sunday, March 22**

***real. organic. love.***

Seagrove Beach, 30A • @premacafe30a

# Extended Hours Menu

Offered Daily 2pm >>> 4pm

100% organic • gluten-free • soy-free • seed-oil-free • made fresh daily

## Smoothies + Bowls

*bowls topped with house-made granola, banana, seasonal fruit, + honey  
(Acai bowl topped with almond butter rather than honey)*

	SMOOTHIE	BOWL
<b>Mango Love</b> mango, banana, coconut milk, lucuma powder, honey	<b>\$14.25</b>	<b>\$17.75</b>
<b>Berry Love</b> banana, strawberry, blueberry, chia seeds, coconut butter, honey, hibiscus+elderberry tea, coconut milk	<b>\$14.25</b>	<b>\$17.75</b>
<b>Acai Love</b> acai, banana, strawberry, blueberry, date paste, cashew milk, vanilla extract, salt	<b>\$14</b>	<b>\$17.50</b>
<b>30A Love</b> banana, mango, pineapple, blue magik, lime, honey, coconut milk	<b>\$14.50</b>	<b>\$17.50</b>
<b>Strawberry Banana Love</b> banana, strawberry, honey, coconut milk	<b>\$13.50</b>	

## Made to Order

<b>Egg Sandwich (World's Best!)</b> butter, raw cheddar, pesto, roasted tomato, over easy egg, arugula on GF sourdough <i>add a second egg +\$2</i>	<b>\$14.75</b>
<b>Chicken Salad Toast</b> healthy slaw, chicken salad, side of dressed greens on GF sourdough	<b>\$18.25</b>
<b>Granola Bowl</b> granola, cashew milk, peanut butter, seasonal fruit, banana, hemp hearts	<b>\$13.25</b>

## From the Barista

*all coffee is 100% organic*

<b>Cold Brew</b> 16oz	<b>\$6.50</b>
<b>Cold Brew Latte</b> cold brew + ice + cashew milk	<b>\$6.50</b>
<b>Matcha Latte</b>	<b>12oz \$7.25 • 16oz \$7.75</b>

## From the Case

*Grab + Go Favorites*

Cold-Pressed Juices • Wellness Shots • Salads + Sides • Protein Balls + Power Brownies  
*availability varies daily - see the case for today's selections*

*real. organic. love.*

Seagrove Beach, 30A • @premacafe30a