

help
yourself
food as it should be



Delicious, Nutritious, Organic

Corner of Fleming & Margaret

305.296.7766

Free Delivery

All of our ingredients are organic. We make everything from scratch and use no dairy, refined sugars or unhealthy fats.

Salads

Ultimate	11	Mexican	11
Mixed greens, crunchy bean sprouts, broccoli, avocado, tomato, dulse, hemp seeds, spicy pumpkin seeds, lemon tahini dressing		Romaine, jicama, black beans, corn, tomato salsa, cashew sour cream, guacamole, tortilla chips	
Ancient Secret	11	Caesar	8
Quinoa (high protein endurance grain), goji berries, apple, almonds, chickpeas, mixed greens, orange-cumin vinaigrette		Romaine Lettuce, croutons, pine nut crisps, caesar dressing	
Spinach	11	Simple Side Salad	4
Spinach, cashew cheese, crispy shittakes, candied walnuts, apple, balsamic dressing		Add Chicken, Shrimp or Salmon	4.95

Wraps

Choice of sprouted grain, whole wheat or gluten-free wrap		English Garden	9
Chipotle TLT	9	Arugula, tomatoes, carrots, zucchini, beets, scallions, cucumber, herbs, mixed greens, pesto	
Smoky tempeh (energy-building cultured soybean), avocado, tomato, mixed greens, mayonaise		Wild Salmon	13
Hummus	9	Maple-soy glazed salmon, daikon, cucumber, carrot, sesame seeds, mixed greens, avocado wasabi spread	
Chickpea hummus, quinoa tabouli, cucumber, red onion, sprouts, mixed greens		Organic Chicken Salad	12
		Chicken, celery, herbs, apple mayonaise, mixed greens	

Hot Stuff

Rice, noodles, pasta or quinoa cooked in a wok. Substitute Tempeh (energy-building cultured soybean) in any dish with meat or seafood		Miso Soup Bowl	9
Key West Coconut Curry	11	Soba noodles, shitake mushrooms, scallions, bean sprouts, bok choy, hijiki (mineral dense sea vegetable)	
Snow peas, bok choy, zucchini, spinach, carrots, broccoli, mung bean sprouts, cashews, choice of brown rice or quinoa		Korean BBQ Chicken	13
Slightly Spicy Peanut Shrimp	14	Stir-fried rice, organic chicken, snow peas, scallions, red peppers, carrots, broccoli	
Shrimp, snow peas, carrots, broccoli, scallions, choice of brown rice or quinoa		Pasta Primavera	11
		Whole wheat pasta, zucchini, tomatoes, basil, peppers, olives, marinara sauce	
		Add Chicken, Shrimp or Salmon	4.95

Ultimate Nutrition

These are the "Super Foods" that fill you up and energize the brain as well as the body. Nothing is cooked or heated above 115 degrees, no wheat, meat or dairy and all enzymes & nutrients are intact!		Lasagna	12
Crispy Tacos	12	Layers of zucchini, brazil nut meat, spinach, pesto, fresh tomatoes, creamy marinara served with a green salad	
Corn tacos filled with spicy brazil nut meat, romaine, tomato salsa, cashew sour cream served with cucumber, corn, avocado salad		Spicy Peanut Noodles	11
		Jicama noodles, mung bean sprouts, snow peas, red pepper, scallions, cashews, peanut sauce	

Breakfasts

Homemade Granola	7
100% organic granola sweetened with maple syrup, choice of organic whole milk or fresh made coconut milk.	
Fruit Parfait	8
Organic mixed fruit, homemade granola, house cultured coconut yogurt	
Power Bowl	7
Oatmeal, flax seeds, chia seeds, hemp seeds, goji berries	
Breakfast Wrap	8
Organic scrambled eggs, vegetables, avocado, tomato salsa	
French Toast	8
Whole wheat bread & organic eggs, maple walnut syrup, fresh fruit (vegan version available)	
Bagel (sprouted whole grain)	
Choice of Plain or Cinnamon Raisin	
Coconut Butter	2.50
Organic Peanut Butter & Jelly	3.95
Cashew Cream Cheese, Tomato, Avocado	4.95
Side of Organic Fruit	4

Juices

Juiced fresh and bottled for your convenience	
Going Green - 8oz	4
Mixed leafy greens, celery, cucumber, apple, lemon	
Daily Detox - 8oz	4
Carrot, beet, lemon	
Ginger-Aide - 8oz	4
Apple, ginger, lemon, honey, sparkling water	
Lemonade - 16oz	4
Fresh lemon juice, filtered water, agave	

Smoothies

Tea Party	8
Matcha green tea, goji berries, pomegranate, coconut meat, banana	
Chocolate Buzz	8
Cacao powder, cacao nibs, banana	
Citrus "C"	8
Florida oranges, grapefruit, lemon, banana	
Berry Bliss	8
Blueberries, raspberries, strawberries, banana	
Happy Monkey	8
Banana, peanut butter, vanilla	
Tropical Green	8
Pineapple, mango, cucumber, cilantro, spinach, lime	
Purple Jungle	8
Acai, blueberries, goji berries, banana	

Feeling Creative?

Help Yourself and create your own combination!
Choose a salad, wrap or bowl, then choose your ingredients from our list to create the meal you want to eat. All ingredient choices are listed on our printed menu or visit our website: www.helpys.com

Mon. - Sat. 8am - 7pm • Sun. 9am - 3pm
Sun. Organic Farmer's Market 9am-1pm

Visit Us at
www.HelpYourselfFoods.com
Fresh Organic Food
Plenty of Vegetarian, Vegan & Gluten Free Options Available!