

SALADS + BOWLS

Extras ~ housemade dressings, kale +\$1; avocado +1.25; whole mozzarella, goat, feta or cheddar cheese +\$2

Proteins ~ grilled chicken, smoked salmon, vegan carne asada +\$4; ahi tuna +\$5; vegan pepperoni, tofu, cumin chickpeas, edamame +\$3; hard boiled egg +\$2

SALADS

Prepared with the freshest ingredients, organic when we can and always served with our housemade dressings.

Thai Chopped Salad \$10.50   

Napa cabbage blend, carrot, bell pepper, cucumber, edamame, scallions, cilantro, served with our housemade thai peanut dressing. Add an optional protein.

Build Your Own Salad \$8    

Greens blend + your choice of 3 veggies and dressing. Add an optional protein and/or a cheese.

BOWLS (available after 11am)

Sushi Bowl \$9.75    

Rice, kale, avocado, cucumber, carrots, nori, edamame, served with our housemade sushi sauce and vegan spicy mayo. Add an optional protein.

Buddha Bowl \$9.75  

Rice, kale, cumin chickpeas, avocado, cucumber, carrots, served with our housemade cilantro jalapeño dressing. Add an optional protein.

Korean BBQ Bowl \$9.75   

Rice, kimchi, cucumber, egg, carrot, sweet onion, scallions, sesame seeds, served with our housemade Korean BBQ sauce. Add an optional protein.

Hawaiian Bowl \$9.75   

Rice, edamame, pineapple, cucumber, seaweed salad, carrot, sweet onion, avocado, scallion, fried onions, served with housemade vegan spicy mayo. Add an optional protein.

Ahi Tuna Bowl \$14.75  

Rice, ahi tuna, edamame, cucumber, carrot, avocado, scallions, nori, sesame seeds, fried onions, served with our housemade sushi bowl sauce and vegan spicy mayo.

*Thoroughly cooking meats, poultry, seafood, shellfish, or eggs reduces the risk of foodborne illness

COLD-PRESSED JUICES

Our juices are housemade and freshly cold-pressed for pre-order only.

by the bottle 16oz ~ \$9
6-pack ~ \$48 | 3-pack ~ \$25

Detoxify
Cucumber, celery, apple, kale, lemon, ginger root.

Refresher
Pineapple, cucumber, kale, ginger root, mint.

Antioxidant
Strawberry, apple, cucumber, kiwi, lemon.

Energize
Carrot, orange, beet, celery, ginger root.

Immunity
Carrot, orange, lemon, cayenne pepper.

Cleanse
Apple, cucumber, celery, spinach, lemon.

Ginger-Aid
Cucumber, apple, celery, romaine, lime, ginger root.

Healing
Carrot, cucumber, beet, apple, ginger root.

Wellness Shot ... \$2
2oz
Orange, lemon, ginger + turmeric roots, pepper.

TOASTS

\$4 for 1 / \$7 for 2

Served on Cambera Farm sourdough bread, by the slice.
Assorted flavors.

Simple Avocado   

Avocado, lemon juice, salt, black pepper, evoo, parsley.

Everything Avocado   

Avocado, lemon juice, salt, black pepper, evoo, housemade everything seasoning.

PB&J (sub almond butter +\$0.50)  **Banana & Almond Butter** 

Creamy pb, strawberries, honey. Almond butter, banana, honey.

Caprese Avocado +\$2.50 / +\$4.50 

Avocado, tomato, mozzarella, lemon juice, salt, black pepper, evoo, glazed balsamic vinegar, basil.

Smoked Salmon Avocado +\$2.50 / +4.50  

Avocado, smoked salmon, red onion, lemon juice, salt, black pepper, dill, evoo, your choice of cucumber or tomato.

Green Goddess +\$2.50 / +4.50 

Avocado, massaged kale, egg, feta, lemon juice, salt, black pepper, evoo, red pepper flakes.

COFFEE, TEA & MORE...

We proudly serve Ashlawn Farm Coffee.
Choose your milk ~ almond, coconut, dairy or oat (+.75)
Add a flavor shot for \$1

Hot or Iced Chai

One size \$4.00

Harney & Sons Hot Tea

Regular \$2.25
Large \$3.25
Sachet only \$2.00

Hot or Iced Coffee

Regular \$2.25
Large \$3.25

Iced Tea

Regular \$3.00
Large \$3.75

Housemade Italian Sodas

Choose your flavor, seltzer, half & half, whipped cream.

Regular \$3.75
Large \$4.50

Housemade Almond Milk

64 oz. Must pre-order.

With mason jar \$10.99
With mason jar exchange \$5.99

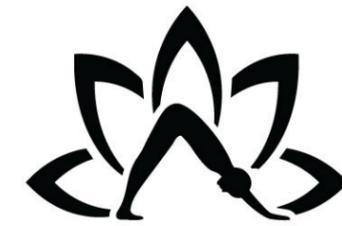
Bites

Chocolate Oat \$1.50    

Rolled oats, tahini, cacao, coconut oil, maple syrup, vanilla, cinnamon, salt.

Peanut Butter Chia \$2   

Peanut butter, medjool dates, oat flour, chia seeds, coconut oil, salt.



Twisted Dog Soul Bar Cafe

SMOOTHIES
COLD-PRESSED JUICES
ACAI BOWLS
SALADS
RICE BOWLS
TOASTS
COFFEE & TEA

Vegan, dairy-free and gluten-free options
~ organic when we can ~

Your destination for
fresh, healthy + delicious.

Dine-in, delivery + takeout available

Call ahead to place your order

860-603-2387

15 Broadway, Colchester

Entrance behind Noel's Market

twisteddogsoulbar.com



  twisteddogsoulbar

SMOOTHIES

Regular 16oz | Large 22oz (includes protein)

Choice of milk: housemade almond, coconut or dairy.

Substitute maple syrup to make any smoothie vegan.

Greens

Green Soul \$6.75/\$8.75

Banana, kale, apple, avocado, fresh ginger, chia seeds, orange juice, apple juice.

Yoga on the Green \$6.75/\$8.75

Banana, kale, peanut butter powder, honey, orange juice, choice of milk.

Very Berry

Ole Faithful \$5.75/\$7.75

Banana, strawberry, honey, choice of milk.

Berries N Cream \$5.75/\$7.75

Strawberry, banana, blueberries, honey, choice of milk.

Chocolate Fix

Twisted Chocolate Cherry \$6.75/\$8.75

Cherry, avocado, spinach, cacao, vanilla, maple syrup, choice of milk, topped with chocolate drizzle.

Chocolate PB Cup \$6.75/\$8.75

Banana, avocado, blueberry, spinach, cacao, pb powder, creamy pb, maple syrup, choice of milk, topped with chocolate drizzle.

SMOOTHIES

Tropical

Island Tropics \$6.75/\$8.75

Pineapple, mango, banana, coconut, honey, almond and coconut milk, topped with coconut.

Protein

PB&J \$6.75/\$8.75

Strawberry, banana, peanut butter powder, honey, choice of milk.

Pumpkin Pie \$6.75/\$8.75

Banana, pumpkin, almond butter, cinnamon, nutmeg, maple syrup, choice of milk, topped with whipped cream and pumpkin pie spice.

Caffeine

Pick-me-up Coffee \$5.75/\$7.75

Banana, iced coffee, rolled oats, creamy pb, cacao, honey, choice of milk, topped with chocolate drizzle.

Matcha SHAKE \$5.75/\$7.75

Banana, spinach, Matcha green tea powder, vanilla, medjool date, choice of milk.

BOOSTS

Add any boost to your smoothie or bowl.

Protein ~ whey, pea, hemp, pb +\$1; almond butter +1.25
Green ~ kale, spinach +\$0.75; avocado +\$1.25
Fiber ~ chia, flax, coconut +\$0.75
Fruit ~ strawberry, raspberry, mango, pineapple, blueberry, cherry +\$1
Power ~ immune support, energy, greens, trim+fit, antioxidant +\$1
CBD ~ 20mg +\$4

Extras ~ whipped cream, chocolate drizzle (upon request, no charge)

BOWLS

One size only
Choice of milk: housemade almond, coconut or dairy.
Substitute coconut water +\$0.75

Açaí Bowls

The 'Ushe' \$9.75

Açaí, strawberry, banana, choice of milk, topped with banana, pineapple, granola, honey, coconut.

The Dragon \$9.75

Açaí, dragon fruit, banana, raspberry, choice of milk, topped with banana, pineapple, granola and chia seeds.

Smoothie Bowls

Strawberry Blast \$8.50

Strawberry, banana, choice of milk, topped with banana, granola and strawberry.

Island Tropics \$8.50

Pineapple, mango, banana, coconut, honey, coconut milk, topped with banana, pineapple, coconut, chia seeds and honey.

Raspberry Almond Protein \$9.50

Raspberry, banana, almond butter, choice of milk, topped with banana, granola, strawberry, coconut and honey.

Pumpkin Pie Protein \$9.50

Banana, pumpkin, almond butter, cinnamon, nutmeg, maple syrup, choice of milk, topped with banana, granola, almond butter, whipped cream and pumpkin pie spice.

Chocolate Peanut Butter \$9.50

Banana, creamy peanut butter, spinach, cacao, vanilla, choice of milk, topped with banana, granola, chocolate chips and maple syrup.