

power 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
Made with whole wheat bread and organic eggs, maple walnut syrup, fresh fruit (vegan version available)	
Bagels (sprouted whole grain)	
Choice of Plain or Cinnamon Raisin	
Coconut butter	2.50
Organic peanut butter and jelly	3.95
Cashew cream cheese, tomato, avocado	4.95
Side of Organic Fruit	4.95

juices

Juiced fresh and bottled for your convenience.

Going Green - 8 oz.	4
Mixed leafy greens, celery, cucumber, apple, lemon	
Daily Detox - 8 oz.	4
Carrot, beet, lemon	
Ginger-Aide - 8 oz.	4
Apple, ginger, lemon, honey, sparkling water	
Lemonade - 16 oz.	4
Fresh lemon juice, filtered water, agave	

Order online at www.helpys.com



In addition to a great meal, you can feel good knowing that all of our to-go containers and utensils are compostable and made from renewable sources.

smoothies (100% organic fruit)

Smoothies are energizing, refreshing and a great way to increase your daily intake of fruit. We start with 100% organic frozen fruit. We then blend with either fresh coconut water or our house-made creamy coconut milk and add a touch of agave nectar (a natural and low glycemic sweetener) to bring out the natural sweetness of the fruit. **Nothing else.**

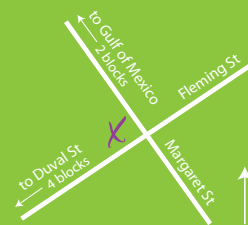
Tea Party	8
Matcha green tea, goji berries, pomegranate, coconut meat, banana	
Chocolate Buzz	8
Cacao powder, cacao nibs, banana	
Citrus "C"	8
Florida oranges, grapefruit, lemon, banana	
Berry Bliss	8
Blueberries, raspberries, strawberries, banana	
Happy Monkey	8
Banana, peanut butter, vanilla	
Tropical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

drinks

Daily Iced Tea	2.50
Matcha Green Tea Latte	3.50
Chai Latte	3.50
Hot Chocolate	3.50
Organic Hot Teas	2.50
Organic Fair-Trade Coffees	
Choice of organic whole milk or fresh coconut milk	
Coffee	2
Cappuccino	3.50
Latte/Con Leche	3.50
Espresso	2.50



829 Fleming Street
Key West, FL 33040



open

8 am - 9 pm Mon - Sat
9 am - 3 pm Sun

We deliver

305.296.7766

order online at
www.helpys.com



At Help Yourself, we provide convenience, choice and variety to meet the demands of today without compromising on taste or quality. We believe in using ingredients as they should be – **natural and organic.**

Once upon a time, back in our Grandmothers' day, all food was naturally organic. Everything came from the farm down the road and was grown locally. Fresh from the earth, these foods had tremendous flavors and nutritive value, and sitting down to eat them was a time to relax, socialize, and nourish the body.

The world moves faster today. We demand quicker, more convenient meals but that doesn't mean we have to sacrifice the integrity of our food by adding chemicals or preservatives to make it grow faster or last longer. At Help Yourself we serve food as it used to be - **vitalizing, nourishing, energizing.**

vitalizing salads

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

ultimate nutrition

These are the 'super foods'. Besides filling you up, they energize the brain as well as the body. Nothing is cooked or heated above 115 degrees. There's no wheat, meat or dairy and all enzymes and nutrients are intact!

- Crispy Tacos** 12
Corn tacos filled with brazil nut meat, romaine lettuce, salsa, guacamole, cashew sour cream, served with a cucumber and corn salad
- Lasagna** 12
Layers of zucchini, brazil nut meat, spinach, pesto, fresh tomatoes, marinara, served with a green salad
- Spicy Peanut Noodles** 11
Zucchini noodles, mung bean sprouts, snow peas, carrots, scallions, jicama, cashews, peanut sauce

sides

Brown Rice	1.95	Crackers	2.25	Hummus	3.50	Salsa	3.50
Sesame Noodles	3.50	Guacamole	3.50	Spicy Black Bean Hummus	3.50	Quinoa Tabouli	3.50

nourishing bowls

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

energizing wraps

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

Feeling creative? **help yourself!**

Choose your style and create the meal YOU want to eat. You never know, you might have just helped us create the next daily special!

salad 7.95

- 1. Choose your Greens**
You may choose multiple for the same price
Mixed Baby Greens
Romaine
Spinach
- 2. Choose your Dressing**
Lemon Tahini
Caesar
Sweet Miso
Carrot-Ginger
Key Lime Mojito
Orange-Cumin Vinaigrette
Balsamic Vinaigrette
- 3. Start Adding**
Choose your 3 ingredients from below

wrap 6.95

- 1. Choose your Wrap**
Sprouted Grain
Gluten-Free
Whole Wheat
- 2. Choose your Spread**
Mayonnaise
Avocado-Wasabi
Chipotle Mayonnaise
Basil Pesto
Whole Grain Mustard
Hummus
Caesar
- 3. Start Filling**
Mixed greens are included - choose 3 more ingredients from below

bowl 8.95

- 1. Choose your Grain**
Quinoa
Brown Rice
Whole Wheat Pasta
Soba Noodles
- 2. Choose your Sauce**
Key West Coconut Curry
Slightly Spicy Peanut
Lemon Tahini
Korean BBQ
Marinara
Basil Pesto
Carrot-Ginger
Miso Broth
- 3. Start Adding**
Choose your 3 ingredients from below

veggies, vitamins & anti-oxidants 3 choices are included in the price of each meal

Additional ingredients are 1.50 each

Almonds	Broccoli	Crunchy Bean Sprouts	Hemp Seeds	Red Onion	Spicy Pumpkin Seeds
Apple	Candied Walnuts	Corn	Jicama	Red Pepper	Spinach
Arugula	Carrot	Cucumbers	Mung Bean Sprouts	Romaine	Sprouts
Avocado	Cashews	Daikon	Olives	Scallions	Sunflower Seeds
Beets	Celery	Dulse	Pineapple	Sesame Seeds	Tomato
Bok Choy	Chickpeas	Goji Berries	Raisins	Snow Peas	

fillers 3.50 each

- Brazil Nut Meat
- Cashew Cheese
- Hummus
- Quinoa Tabouli
- Bean Salad
- Marinated Tempeh
- Guacamole
- (energy-building cultured soybean)
- Salsa

grains 1.95 each

- Whole Wheat Pasta
- Crackers
- Soba Noodles
- Quinoa (high protein endurance grain)
- Brown Rice

proteins 4.95 each

- Wild Alaskan Salmon
- Organic Chicken
- Chicken Salad
- Shrimp