



SOUTHPAW'S

ORGANIC CAFE

DRINKS & JUICES

Blackberry & Jasmine Green Tea cup **1.99** gallon **7.99**

Colombian Coffee **1.99**

Fresh Squeezed Juice

Made to order. All fruits and vegetables are seasonal.

Small (9 oz) **3.99**

Medium (16 oz) **5.99**

Large (24 oz) **7.99**

SMOOTHIES

Regular (16 oz) **5.75**

Large (24 oz) **6.75**

Extra Fruit **.75**

Add a Scoop of Protein (26g) **1.00**

CHOOSE YOUR BASE

Coconut, Soy, Rice, Almond, Fat-Free Milk, or Purified Water

(All smoothies are sweetened with agave nectar)

Persian Thunder

Bananas and coconut milk

Chocolate Monkey

Bananas, cacao, and coconut milk

Nutty-Monkey

Bananas, coconut milk, and organic peanut butter

Berry Lagoon

Dark berry mix, vanilla yogurt, and purified water

Fruit Twist

Pineapples, mangos, peaches, melons, and purified water

Sixx

Strawberries, pecans, vanilla yogurt, and almond milk

Brianna

Strawberries, bananas and fat-free milk

More Additives (.75)

Vita Pack Energy/Wake-Up

Creatine Wellness/Detox

Fiber Weight Loss

BITES & BOWLS

Soup of the Day cup **4.50** bowl **5.50**

Fruit & Granola Parfait 9 oz. **2.95** 16 oz. **4.95**

Vanilla-almond granola, vanilla yogurt, grapes, dried cranberries, and strawberries

Tiffany's Avocado Bowl 1 filling **6.25** 2+ **6.95**

Half an avocado filled with hummus, tabbouleh, or tuna

Covered Cantaloupe **6.25**

Cantaloupe with cottage cheese, dried cranberries, grapes, and pecans

ZaZa Rice Bowls **8.95**

Free-range grilled chicken breast, organic long grain rice (gluten-free), and your choice of mixed vegetables (spinach, onions, mushrooms, tomatoes, and bell peppers)

Choice of Sauces (on the side) - Soy, Balsamic, or Spicy Sriracha

extra chicken - \$2.25 / extra veggies - \$1.50

SANDWICHES & WRAPS

(Served with Fresh Fruit)

	LIGHT WEIGHT (SINGLE)	HEAVY WEIGHT (DOUBLE)
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Green Gobbler	7.25	9.50
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Oven turkey, swiss cheese, baby spinach, sliced avocados, tomatoes, and hummus

Pavo Guacamole	7.25	9.50
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Oven turkey, swiss cheese, mixed greens, tomatoes, and Southpaw's spicy guacamole

Fruit-which	6.95	
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Organic peanut butter, golden raisins, sliced apples and bananas - drizzled with agave nectar on your choice of bread

Chicken Thai Lettuce Wraps	8.25	10.50
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Sliced rotisserie chicken, organic spicy peanut sauce, carrots, and almonds, wrapped in romaine heart lettuce and served with fresh fruit

The Hickory	7.25	9.50
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Oven turkey, swiss cheese, mixed greens, pickles, red onions, dijon, and hummus

Dr. Luke (A Good Looking Sandwich)	7.25	9.50
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Roast beef, feta cheese, baby spinach, tabbouleh, mex-mix, jalapeños, and hummus on a toasted whole wheat pita

Spiced Beef	7.25	9.50
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Roast beef, provolone cheese, mixed greens, tomatoes, mex-mix, jalapeños, and horseradish

Simply Ham	7.25	9.50
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Baked ham, provolone cheese, mixed greens, tomatoes, pickles, and dijon

Chicken 'n' Tabbouleh	7.25	9.50
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Rotisserie chicken, mixed greens, tabbouleh, carrots, and red onions in a whole wheat pita

Chicken Caesar	7.25	9.50
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Rotisserie chicken, parmesan cheese, mixed greens, sliced avocados, mushrooms, and light caesar dressing

Tun-ita	7.95	10.95
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Southpaw's tuna mix, mixed greens, black olives, pickles, and tomatoes in a whole wheat pita

Tuna Melt	7.95	10.95
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Southpaw's tuna mix, provolone cheese, tabbouleh, and herb vinaigrette, toasted hot

Rocky Balboa	(x2 meat) 9.50	(x4) 11.75
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Rotisserie chicken, baked ham, provolone cheese, mixed greens, tomatoes, red onions, light mayo, oil, and vinegar toasted hot

V	7.25	9.50
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Swiss cheese, mixed greens, sliced avocados, tomatoes, carrots, black olives, mushrooms, red onions, and hummus

Crazy Mike	7.95	10.95
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Chef's Creation / Please specify if you don't care for a certain option

GRILLED CHEESES

(Served with Fresh Fruit)

Original Grilled Cheese	4.95
Melted cheddar cheese on your choice of bread	
Tomato Toastie	5.95
Melted cheddar cheese and tomatoes on your choice of bread	
Toastie Nut	5.95
Melted gouda cheese and pecans on your choice of bread	

PBJ'S

(Served with Fresh Fruit)

Original PB&J	4.95
Organic peanut butter and jelly on your choice of bread	
Cruncher	5.95
PBJ with sliced apples and agave nectar on your choice of bread	
Elvis	5.95
PBJ with sliced bananas and agave nectar on your choice of bread	
Soopaman	6.50
PBJ with vanilla-almond granola, sliced bananas, and agave nectar on your choice of bread	

BUILD YOUR OWN SANDWICH

(Served with Fresh Fruit)

Light Weight (single)	7.95
Heavy Weight (double)	10.95

Pick a Bread or Wrap

Whole Wheat	Sourdough
Whole Grain	Whole Wheat Tortilla Wrap
Marble Rye	Spinach Tortilla Wrap
Whole Wheat Pita	Romaine Heart Lettuce Wraps

Add a Spread

Dijon	Caesar
Dijonnaise	Hummus
Yellow Mustard	Pesto
Horseradish	Oil and Vinegar
Mayonnaise	Guacamole (.95)

Add Meat

Roast Beef	Pepperoni
Oven Turkey	Salami
Rotisserie Chicken	Tuna (white albacore)
Baked Ham	

Add Cheese

Provolone	Shredded Cheddar
Swiss	Mozzarella (.75)
Gouda (.75)	Feta (.75)
Parmesan	

Add Fillings

Baby Spinach	Mixed Greens	Artichokes
Tomatoes	Tabbouleh (.75)	Mex-Mix (.50)
Onions	Carrots	Jalapeños
Pickles	Black Olives	Hearts of Palm
Mushrooms	Garbanzo Beans	Avocados (.95)

SIDES

Hummus and Tabbouleh with Sliced Pita	2.95
Apple Slices with Organic Peanut Butter and Agave Nectar	2.95
Side of Fruit with Vanilla Yogurt Dip	3.95
Side Salad	3.95
Baby spinach, feta cheese, cherry tomatoes, and black olives with balsamic vinaigrette on the side	

SALADS

(Dressing on the side)

Add Turkey, Chicken, Ham, or Beef for \$2.25 / Tuna for \$3.75

Tuna Salad	7.95
Southpaw's tuna mix, mixed greens, black olives, pickles, and cherry tomatoes with a herb vinaigrette	
Scott's Spicy Tuna Salad	8.95
Southpaw's tuna mix, Sriracha, baby spinach, cherry tomatoes, and sliced avocados with a spicy herb vinaigrette	
Cobb Salad	8.95
Oven turkey, roast beef, mixed greens, feta cheese, cucumbers, mushrooms, cherry tomatoes, and a herb vinaigrette	
Power Salad	7.25
Baby spinach, feta cheese, hearts of palm, black olives, artichokes, mushrooms, red onions, and pumpkin seeds with a balsamic vinaigrette	
The Refresher	7.25
Mixed greens, feta cheese, olives, cucumbers, chickpeas, tomatoes, pecans, and pesto with a balsamic vinaigrette	
Berries 'n' Spinach	7.25
Baby spinach, feta cheese, strawberries, dried cranberries, grapes, and almonds with a raspberry vinaigrette	
Caprese	7.25
Baby spinach, basil, tomatoes, mozzarella, and pesto with a balsamic vinaigrette	
Vibrant Salad	7.25
Mixed greens, bell peppers, carrots, red onions, red cabbage, black olives, and tomatoes with a balsamic vinaigrette	

SOUTHPAW'S BRINGS HEALTHY EATING THROUGH ORGANIC AND NATURAL FOODS THAT TASTE GREAT WITHOUT ADDED SUGARS, SYRUPS, NITRATES, OR PRESERVATIVES.

VISIT OUR TWO LOCATIONS

Preston (Cafe)
214.987.0351
6009 Berkshire Lane
Dallas, TX

Uptown (Grill)
214.754.0100
3227 McKinney Ave
Dallas, TX

214.987.0351
FREE LOCAL DELIVERY
SOUTHPAWSCAFE.COM

WE ARE PROUD TO CARRY 