

EXPRESS YOURSELF

Build Your Own Bowl \$14.95

Step 1

Choose 1-2 base

Additional Base \$1.50

Mixed greens • Kale • White rice • Quinoa

Step 2

Choose 1-2 toppings

Additional Topping \$1.00

Roasted lentils • Roasted sweet potato •

Pickled red onion • Tomato • Chickpeas •

Raw carrots • Roasted Beets • Shredded cabbage

• Pumpkin seeds • Pico de gallo • Black Beans •

Parmesan Crisps • Chili Crunch • Cucumbers

Step 3

Choose 1 Protein

Additional Proteins \$3.50

Roasted chicken • Bacon •

Grass-fed beef carnitas

Step 4

Chose 1-2 Premium

Additional Premium \$2.00

Avocado • Goat cheese • Feta cheese •

Umami mushroom mix • Falafel •

Hard-boiled egg • Sunny egg

Step 5

Choose 1 Dressing

Additional Premium \$1.50

Avocado apple cider (v) • Balsamic vinaigrette (v) •

Green goddess ranch • White bean caesar (df)

• Pesto (v) • Tahini garlic (v) • Sesame miso (soy) •

Cilantro crema • Chipotle Aioli (v) • Peanut sauce (v)

WE ARE A COMPLETELY GLUTEN FREE KITCHEN

HOT DRINKS

	<i>Sm</i>	<i>Md</i>
Dark Roast	\$3.00	\$3.50
Latte	\$4.00	\$4.50
Chai Latte	\$4.75	\$5.25
Capuccino	\$4.00	\$4.50
Americano	\$3.00	\$6.00
Mocha	\$4.50	\$5.00
Matcha Latte	\$5.00	\$6.00
Espresso Shot	\$3.00	---
Hot Chocolate	\$4.25	\$4.75
Hot Tea Selection	---	\$4.45

Earl Grey, Irish Breakfast, Turmeric Ginger, Forever Fruit, Honeybush, Tulsi, Peppermint Leaf, & Genmaicha.

COLD DRINKS

	<i>Md</i>	<i>Lg</i>
Cold Brew	\$4.50	\$5.50
Iced Latte	\$4.50	\$5.00
Iced Chai Latte	\$5.50	\$6.00
Iced Mocha	\$5.00	\$5.50
Iced Americano	\$3.50	\$6.50
Iced Matcha Latte	\$5.00	\$6.25
Iced Brown Sugar Shaken Espresso	\$5.50	\$6.00
Dragonfly Lemonade	\$3.50	\$4.50
Lagoon Lemonade	\$3.50	\$4.50
Matcha Lemonade	\$4.50	\$5.50
Iced Tea	\$4.00	\$5.00
Butterfly pea flower iced tea		
Luzianne black iced tea		
Iced Tea Lemonade	\$4.00	\$5.00

Drink Flavors

Vanilla, Honey, Caramel (Vegan), Mocha, Hibiscus, Lavender, & rotating seasonal flavors

Milk Options

Your choice of whole milk, skim milk, almond milk (\$1), or oat milk (\$1)



DRAGONFLY

— CAFE —

165 Thorndike St. Lowell, Ma 01852

Menu

 (978) 455-2145

 www.dragonflycafe.org

Takeout, Delivery, Catering,
and event space.



GRAIN BOWLS

Habibi 14.95

White rice, marinated kale, herbed falafel, beet hummus, feta cheese, cucumber, and tahini sauce

Uplifted 14.95

White rice, roasted chicken, raw carrots, cabbage, cucumbers, sesame seeds, and peanut sauce dressing

Awakened 14.95

Mixed greens, white rice, sunny egg, avocado roasted sweet potato, bacon, and avocado apple cider dressing

Grateful 14.95

White rice, marinated kale, roasted sweet potato, roasted lentils, avocado, beet hummus, house pesto, & tahini sauce

Pura Vida 14.95

White rice, marinated kale, avocado, grass-fed beef carnitas, pico de gallo, black beans, spicy chipotle aioli, and cilantro crema

Ask to make the Pura Vida a Burrito! (\$12.95)

SALADS

Nourished 14.95

Mixed greens, roasted chicken, roasted sweet potato, beets, apple, goat cheese, pumpkin seeds, and avocado apple cider dressing

Vitality 14.95

Marinated kale, roasted chicken, roasted chickpeas, parmesan crisps, tomato, and white bean caesar dressing

Generosity 14.95

Mixed greens, hard boiled egg, bacon, tomato, feta cheese, pickled red onion, and green goddess ranch

Add roasted chicken (\$3.75), beef carnitas (\$5), falafel (\$3), or egg (\$3) to any bowl.

Any meal can be made dairy free or vegan with a sub of cheese, dressing or meat

ARTISAN TOASTS

Signature Avo Toast 10.00

Smashed avocado, garlic, micro greens, chili crunch, and tahini drizzle

Labneh Toast 10.00

Lemon, labneh goat cheese whip, za'atar, and roasted chickpeas

Hummus Toast 12.00

Beet hummus, kalamata olive tapenade, feta, and cucumber

Sweet Potato Toast 12.00

Smashed spiced sweet potato, avocado, sunny egg, and spicy aioli

Banana Toast 10.00

Peanut butter, banana, cinnamon, and honey drizzle

Add an egg to any toast for 2.00

SANDWICHES

Sunrise 10.00

Tortilla wrap filled with eggs, bacon, avocado, sautéed onions & peppers, and our house chipotle aioli,

Motivated 10.00

Egg, bacon, Vermont cheddar cheese, micro greens, and our house sauce in between two pieces of our toast

BLT 10.00

Bacon, tomato, mixed greens, and our house mayo, between two pieces of our toast.

Wholesome 8.95

A warm Vermont cheddar grilled cheese on our gluten-free bread.

Abundant 10.00

A warm Vermont cheddar grilled cheese with tomato, bacon and pesto on our gluten-free bread.

Vegan Quesadilla 6.50

Tortilla pressed with vegan cheese, Za'tar seasoning, and nutritional yeast.

SMOOTHIES

Bee-utiful 9.50

Strawberry, banana, honey, bee pollen, and almond milk

Revitalized 9.00

Kale, pineapple, apple, banana, and coconut water

Empowered 9.00

Banana, cinnamon, dates, granola, peanut butter, and almond milk

Renewed 9.50

Banana, cacao, cold brew, almond butter, and almond milk

Sunshine 9.00

Pineapple, mango, orange, turmeric, and almond milk

Lavender Haze 11.00

Blueberry, banana, honey, lavender syrup, lavender petals, and almond milk

SMOOTHIE BOWLS

Joyful 12.95

Acai, banana, guarana base. Topped with banana, blueberry and granola

The Dragonfly 12.95

Banana, pineapple, blue majik, almond milk base. Topped with blueberry, granola, shredded coconut, and chia

Illuminated 12.95

Dragon fruit, banana, elderberry base, and almond milk. Topped with banana, granola, shredded coconut, and chia

Lively 12.95

Cold brew, banana, maca, cacao base and almond milk. Topped with banana, granola, and cacao nibs.

SMOOTHIE ADD-ONS

Blended

Protein powder (whey or vegan), chia, hemp seeds, flax, blue majik, spirulina, kale, peanut butter, almond butter, collagen powder, cacao powder, bee pollen & maca powder.

Toppings

Hemp seeds, chia, almond butter, peanut butter, shredded coconut, strawberries, blueberry, banana, granola, honey, and goji berries.

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