

# RITUAL

## LUNCHEONETTE

**RITUAL** is a slowing down, a turning within, a rebooting of mind, body, and soul. Let us return to all the rituals that keep us healthy, sane, and enjoying life to the fullest.

### *Soup*

o now soup ..... cup \$4.95/bowl \$9.95

### *Appetizer*

GF o deviled eggs ..... 2 pcs/ \$2.25 or 4/\$3.95  
sweet relish and dijon

add truffle oil drizzle ..... \$1.00

V o avocado toast..... \$9.95  
pink Himalayan salt, red pepper flakes, lemon vinaigrette

### *Quiche*

o quiche ..... \$12.95  
caramelized onion, bacon and swiss

### *Salad*

GF o now salad..... \$12.95

GF o avocado delight ..... \$11.95  
chicken salad stuffed avocado halves, lemon twist on a bed of lettuce

GF V o avacado quinoa..... \$13.95  
spring mix, sweet peppers, red onion, pink radish, cilantro,  
sesame ginger vinaigrette

GF o caesar..... \$12.95  
grilled chicken, avocado, bacon crumbles & parmesan, croutons

GF o taster plate..... \$12.95  
pimento cheese, egg salad and chicken salad

GF o RITUAL grilled chicken ..... \$12.95  
pink Himalayan salt, red pepper flakes, lemon vinaigrette

### *Sandwiches, Chips Et Pickles*

o fresh-baked white o Dave's whole wheat o honey wheat  
o croissant

o chicken salad ..... \$10.95

o BLTOA..... \$12.95

o egg salad ..... \$9.95

o pimento cheese ..... \$9.95  
grilled with chopped pecans and jalapenos .... \$2.00

o grilled cheese ..... \$8.95  
add bacon and Jacksonville fig compote ..... \$2.95

### *Entree*

...see mirror mirror on the wall...

### *Dessert*

GF o chocolate Antarctica mousse ..... \$6.95  
meringue crumbles, gold and sea salt

GF o crème brulee ..... \$8.95

o warm peach pudding ..... \$6.95  
with cold cream drizzle

o strawberry cake..... \$6.95

o split charge ..... \$3.00

*Espresso Bar* ○ hot ○ iced

- RITUAL latte ..... \$5.95
  - signature ○ hazelnut ○ lavender ○ mocha
  - rose ○ vanilla ○ salted caramel ○ caramel
- New Orleans cold brew ..... \$5.95
  - signature ○ hazelnut ○ lavender ○ mocha
  - rose ○ vanilla ○ salted caramel ○ caramel
- espresso ..... \$3.00
- americano ..... \$3.00
- cappuccino ..... \$5.95
- chai tea latte ..... \$5.95
- green tea latte ..... \$5.95
- hot chocolate ..... \$4.95
- drip coffee ..... \$3.95

*Beverages* (all) ..... \$2.50

- iced tea:
  - sweet ○ unsweet ○ flavored
- coke
- diet coke
- sprite
- Dublin Dr. Pepper
- root beer
- Fanta
- La Croix
- Topo Chico

*Hot Tea* ask your server for today's selection

- chamomile medley ○ cinnamon plum ..... \$4.95
- china breakfast ○ earl grey ○ earl grey lavender
- turmeric ginger ○ hibiscus berry



Gluten Free



Vegan

At RITUAL, we source the highest quality ingredients and whole foods, which have a high vibrational content. Raise your vibration by eating at RITUAL luncheonette, and as a result, raise your frequency. Studies have shown a high vibrational diet along with healthy lifestyle choices, creates a life in balance. A balanced life in a healthy life.

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