

968 MAIN ST.
CARBONDALE, COL.

The Beat

WHOLESOME
VEGETARIAN FARE

LUNCH

SMALLS

SAVORY SPRING TART \$9

almond olive oil crust • spring veg • green peas • polenta • potato
tofu • Erin's Acres radish microgreens • lemony side salad

GF & V

THE NEW MEZZE \$9/\$14

rotating hummus • housemade sourdough pita
warm zesty olives • confit cherry tomatoes
crunchy veggies

V

TIME OF THE SEASON SALAD \$9

Erin's Acres kale • butter lettuce • watermelon radish
parsnip vinaigrette • toasted macadamia • pickled fennel
haystack chevre

GF

\$10
BEATBOX

SPECIAL!

A daily changing lunch for the
adventurous and on-the-run,
always including a mix of the
days freshest veggies, protein
and our very delicious sauces.

ALL DISHES CAN BE PREPARED GLUTEN FREE
AND VEGAN, PLEASE SPECIFY ANY ALLERGIES
IN DETAIL WHEN PLACING YOUR ORDER.

BIGS

SUSHI SALAD \$13

mixed greens • ginger pickled carrots • cucumber • brown rice
avocado • honey miso dressing • vegan sriracha aioli
seaweed gomasio • +\$2 avocado oil fried tofu

GF & V

THE COBBONDALE SALAD \$13

romaine • hard boiled egg • avocado • cherry tomatoes
point Reyes blue cheese (gf certified) • tempeh bacon
chives • simple vinaigrette

GF

BEAT BIM BOP BOWL \$14

shiitake brown rice • matchstick carrots
rice vinegar pickles • spicy sesame tofu • local garlicky kale
local broccoli microgreens • fried egg

GF & V

TLT & SMASHED POTATOES \$12

crusty french baguette • tempeh bacon • tomato jam
goddess sauce • butter lettuce • shaved crunchy veggies
crispy smashed taters • grainy mustard mayo
+\$2 add Haystack chevre

V

MAUI BOWL \$14

açai bowl with base of blended
strawberries • banana • almond milk • vanilla
topped with local granola • strawberries • banana
coconut shreds • almonds • honey

V

SHAKES

COCO COFFEE \$7

banana • cold brewed coffee • almond milk
dates • cacao nibs • cacao powder • vanilla
+\$1 cordyceps mushroom (30mg) boost

OSO BUENO \$7

banana • strawberry • almond
milk • honey • bee pollen • vanilla
+\$1 cacao nib boost

VONSTER \$8

banana • mint • cacao nibs • matcha
spirulina • vanilla • almond milk
+\$1 moringa powder boost

GREEN SHAKE \$10

pineapple • cucumber • kale • banana • avocado
lime • spirulina • ginger • dates
+\$1 protein powder boost

TROPICAL TWILIGHT \$8

pineapple • banana • mango
blueberry • coconut water • vanilla
+\$1 MCT oil boost

ONE UP \$8

banana • peanut butter • golden milk chai
almond milk • vegan protein powder
+\$1 cacao powder boost

SAMBA SHAKE \$9

açai • blueberry • banana
cacao nibs • vanilla
+\$1 maca powder boost

TAJ MAHAL \$7

banana • cardamom • cinnamon • dates
lime • chia seeds • almond milk
+\$1 rhodiola rosea boost

968 MAIN ST.
CARBONDALE, COL.

The Beat

WHOLESONE
VEGETARIAN FARE

BEBIDAS

BLACKCURRANT ICED BLACK TEA 3

FRESH LEMONGRASS GREEN ICED TEA 3

CAPPUCCINO 3.5 | LATTÉ 4 | ESPRESSO 2.25 (LOCAL COFFEE ASPEN)

ROCK CANYON COLD BREW 3 | COCONUT & CHICORY COLD BREW 4

MATCHA LATTÉ 4 | GOLDEN MASALA CHAI 4

HOUSEMADE ROSE LEMONADE 3.5

LUNCH LIBATIONS

WINES BY THE GLASS

BIODYNAMIC | ORGANIC SELECTION

ROSÉ 12

Matthaisson Winery, '18, California

CHENIN BLANC 11

Folk Machine, '18, Hobo Wines, Clarksburg, CA

GRENACHE 13

P'tit Pape, '16, P'tit Paysan, Central Coast, CA

CAVA 11

Cupada No. 18, Pere Mata, Penedes, Catalunya, Spain

COCKTAILS

PLAYING HOOKY 10

vodka • rose • lemon • earl grey tea
cardamom • lemon bitters

PERMISSION SLIP 11

tequila blanco • mommenpop d'orange vermouth
housemade clementine marmalade & juice • lime

LAGERITA 7

tequila blanco • solid gold lager • lime

DRAFT

10 OZ HALF BRITISH PINTS | 20 OZ BRITISH PINTS

SOLID GOLD LAGER 3 | 6

Founders Brewery, Grand Rapids, MI

DRY ENGLISH CIDER 3.5 | 7

Aspall Cyder, Suffolk, UK

FLIP IPA 3 | 6

Roaring Fork Beer Company, Carbondale

LEMONGRASS GINGER KOMBUCHA 3.5 | 7

Rowdy Mermaid, Boulder, CO

CITRA GRAPEFRUIT KOMBUCHA 3 | 6

Elevated Elixirs, Aspen, CO

SWEETS

CARROT CAKE 6

golden raisin rum icing • carrot dust

GF & V

The Beat

A LITTLE
ABOUT HOW
WE DO THINGS
AROUND
HERE.



We aim to use 80-95% organic products. In a dream world we'd serve everything organic, but we don't yet live in that reality.

We prioritize local ingredients and serve them whenever possible, ingredients within a dish can change day to day. We reflect farmer's availability in order to better support them and serve the freshest of fresh food.

We source our organic free range eggs from City Farm in Montrose, CO. Our cheeses are from high quality small farms in California and Colorado. Avocado oil is our primary oil for frying and salad dressings.

Please tell us your allergy BEFORE ordering. We use several ingredients not commonly used in dishes in order to achieve our flavors. We take allergies seriously and will do our best to accommodate everyone's needs. However, we cannot guarantee cross contamination in our kitchen as we do use a plentiful amount of nuts, seeds, gluten and other common allergens.

We have a dedicated section of our kitchen for gluten free food preparation and we maintain a 100% gluten free fryer!

Our tips are shared with the ENTIRE staff, we appreciate each and every member of our team equally and acknowledge everyone deserves to make a proper living wage.

Our food isn't inexpensive though we try hard to have several affordable options. We pay our staff an equitable wage and try our best to support local businesses over large corporations.

Lastly, if you have any doubts about the satisfaction of your meal, we will do our best to rectify the problem. Please do not hesitate to bring the issue to our attention. Our number one goal is for everyone to enjoy our space and leave happy and satisfied. 😊

