



ULTIMATELY LOCAL MIAMI

BODY, SPIRIT AND PLANET-FRIENDLY RESTAURANTS ON OUR MIND

Surfrider Miami's Ocean Friendly Restaurants

Surfrider is an environmental non-profit that is dedicated to the protection and enjoyment of the world's ocean, waves and beaches, for all people, through a powerful activist network. Their OFR program is a national program building an inclusive community of eco-conscious restaurants, activists, and patrons that support a healthy lifestyle for ourselves and our planet in order to find more joy and peace in our everyday lives. Find a local Miami OFR [here](#).

Lilikoi Organic Living, Miami Beach \$\$

Lilikoi is committed to and passionate about preparing great-tasting healthy meals with the freshest, locally and organically sourced ingredients. Through this, they support a sustainable and healthier lifestyle.

Address: 500 South Pointe Dr #180, Miami Beach, FL 33139, USA

Phone: 305-763-8692

Website: <https://lilikoiorganicliving.com>

Facebook: <https://www.facebook.com/lilikoiorganicliving>

Instagram: <https://www.instagram.com/lilikoiorganicliving>

Under the Mango Tree, Miami Beach \$

Cozy and healing café in the hearth of South Beach filled with love, laughter and community.

Address: 737 Fifth St. Miami Beach, FL 33139

Phone: 786-558-5103

Website: <http://www.mangotreemiami.com/>

Facebook: <https://www.instagram.com/underthemangotreemiami/>

Michael's Genuine, Design District \$\$\$

A famous restaurant helmed by James Beard Award-winning chef Michael Schwartz, this bistro serves locally sourced food whenever possible. It has an indoor seating area, but also a pleasant, walled garden tucked in behind the luxury fashion stores surrounding it.

Address: 130 NE 40th St, Miami, FL 33137

Phone: 305-573-5550

Website: <https://michaelsgenuine.com/>

Instagram: <https://www.instagram.com/michaelsgenuine>

Plant Miami, Midtown \$\$\$

Inspired by Nature

3025 Collins Avenue, Miami Beach, Florida 33140
T 305 534 0505 | 800 550 0505
F 305 534 0515 | thepalmshotel.com



LIFESTYLE™
Preferred
HOTELS & RESORTS

Known for their modern, innovative plant-based approach, Plant Miami with an emphasis on vibrant, organic, living foods, are committed to the art of conscious cuisine. Featuring vegan, gluten-free and kosher dishes naturally inspired by the South Florida landscape, they use the purest local ingredients and the highest sustainability practices in the industry. To accompany the menu, they offer biodynamic and organic spirits, craft cocktails, and organic wines.

Address: 105 NE 24th St, Miami, FL 33137, USA

Phone: 305-814-5365

Website: <https://sacredspacemiami.com/pages/plant-miami>

Facebook: <https://www.facebook.com/plantmiami>

Instagram: <https://www.instagram.com/plantmiami>

Love Life Café, Wynwood \$

Neighborhood café where eating healthy is an act of self-love and a social responsibility towards our planet and animal welfare

Address: 545 NW 26th st, suite 110, Miami FL 33127

Phone: 305-456-4148

Website: <https://www.lovelifecafe.com/>

Instagram: https://www.instagram.com/lovelife_cafe/

Manna Life Food, Little River \$\$

Feeding Miamians locally sourced, quality plant-based and organic ingredients, with lots of superfoods since 2016, Manna Life offers food that is fresh and made from scratch. Their offerings are free of gluten, artificial flavors, additives, refined sugars and GMO-S.

Address: 80 NE 2nd Ave, Miami, FL 33132, USA

Phone: 786-717-5060

Website: <https://mannalifefood.com>

Facebook: <https://www.facebook.com/mannalifefood1>

Instagram: <https://www.instagram.com/mannalifefood>

Screaming Carrots, Hallandale Beach \$\$

Another amazing good food joint that offers a plant-based organic cuisine, from starters to soups, salads, bagels, sandwiches, hummus bowls, beverages, daily specials and meals, all the offerings at Screaming Carrots are healthy and delicious.

Address: 826 W Hallandale Beach Blvd, Hallandale Beach, FL 33009, USA

Phone: 754-400-9614

Website: <https://screamingcarrots.com>

Facebook: <https://www.facebook.com/ScreamingCarrotsUSA>

Instagram: https://www.instagram.com/screaming_carrots



ECO-FRIENDLY SHOPS AND MAKERS IN OUR HEART

For **household items and bulk-buying**, [Verde Market](#) is our top pick! They offer plant-based, organic, and waste-free products sure to meet your needs year-round.

Throughout Miami, there are many farmers and vendors growing and selling **fresh fruits and vegetables**, here are some of our favorites are: [Urban Oasis Project](#), [Bee Heaven Farm](#), [Harpke Family Farm](#), and [Little River Cooperative](#).

If you're interested in dabbling in **organic gardening** yourself, check out [Tree Amigos Growers](#) for of information and supplies!

For **reusable utensils** to stay clean and plastic-free when enjoying meals on-the-go, [Pauji Outdoors](#) offers great sets, produced right here in sunny South Florida! And for reusable cups we love our friends from [Pirani Life](#). You can purchase their Palms branded stainless steel tumblers in our Gift Shop!

In addition to the purchases that'll help to keep you healthy on the inside, it's also important to buy from vendors that will help you stay healthy on the outside. [Tree Hugging Soap](#), [Vita Vibe Organics](#), and [Camellia Naturals](#) each offer all-natural, minimal-waste **personal care products** to keep you refreshed and rejuvenated.

For cool and protective swim wear for a cause consider [Waterlust](#). This a locally owned and operated apparel company which offers unique and sustainable pieces while donating 25% of the proceeds from your purchase via the above link to advancing the great local environmental non-profit work done by [Debris Free Oceans](#).

And not to forget our personal favorite local candle maker – Laxmi from [Love Letter Candles](#). She even makes the Palms Inspiration scented candles that you can purchase in our gift shop!

