

n CONTAINS NUTS

BREAKFAST

served until 11 a.m. daily

CLASSIC BREAKFAST

organic LYFE eggs, turkey sausage, fingerling potato hash, chipotle aioli 6.99
386 CALORIES | 676 MG SODIUM

FARMER'S MARKET FRITTATA

organic egg whites with avocado, spinach, scallions, cheddar, served with fingerling potato hash, salsa fresca 6.49
362 CALORIES | 582 MG SODIUM

SIDES

TURKEY BREAKFAST SAUSAGE 2.99

180 CALORIES | 580 MG SODIUM

SEASONAL FRUIT SALAD 2.99

106 CALORIES | 18 MG SODIUM

FINGERLING POTATO HASH 2.99

195 CALORIES | 151 MG SODIUM

GLUTEN-FREE BREAKFAST SANDWICH

organic LYFE eggs, turkey sausage, tomatoes, organic arugula, cheddar, gluten-free bread 6.49
509 CALORIES | 952 MG SODIUM

GLUTEN-FREE GREEK YOGURT PARFAIT

with fresh fruit and pomegranate-soaked chia 3.99
173 CALORIES | 50 MG SODIUM

EGG SCRAMBLE choice of organic LYFE eggs or organic egg whites, organic arugula, avocado, cherry tomatoes, cheddar, chipotle aioli, salsa fresca 6.49
242 CALORIES | 329 MG SODIUM

STARTERS

GLUTEN-FREE EDAMAME HUMMUS with fresh crunchy vegetables, smoky paprika, gluten-free crackers 5.99
554 CALORIES | 652 MG SODIUM

GRILLED ARTICHOKEs with garlic aioli 7.99
184 CALORIES | 232 MG SODIUM

CHUNKY GUACAMOLE with house-baked corn tortilla chips, salsa fresca 5.99
256 CALORIES | 307 MG SODIUM

SOUPS

GLUTEN-FREE SWEET CORN CHOWDER made with sweet corn, peppers, potatoes, cashew cream 3.99
n 144 CALORIES | 462 MG SODIUM

SEASONAL SOUP ask about today's soup 3.99 **n**

SALADS

ADD TO ANY SALAD

free-range chicken breast 2.49
84 CALORIES | 119 MG SODIUM

agave-lime tofu 1.99
88 CALORIES | 195 MG SODIUM

grilled shrimp 3.49
99 CALORIES | 436 MG SODIUM

grilled salmon 3.99
185 CALORIES | 178 MG SODIUM

FARMER'S MARKET organic winter greens with blackberries, agave-pickled onions, spiced pecans, goat cheese, and balsamic vinaigrette 8.99
n 326 CALORIES | 359 MG SODIUM

GLUTEN-FREE CAESAR SALAD organic romaine, cherry tomatoes, english cucumbers, broccolini, shaved parmesan and eggless caesar dressing 6.99
399 CALORIES | 394 MG SODIUM

CHOPPED NAPA CABBAGE cucumber, edamame, cherry tomatoes, broccolini, scallions, basil, dried cranberries, cashews, mint, lime, and ginger-sesame dressing 8.99
n 308 CALORIES | 604 MG SODIUM

ENTRÉES

SIDES

GREEN SALAD with lemon vinaigrette 2.99
104 CALORIES | 51 MG SODIUM

ROASTED BRUSSELS SPROUTS AND BUTTERNUT SQUASH with dried cranberries, dijon vinaigrette 2.99
194 CALORIES | 176 MG SODIUM

ART'S GRILLED CHICKEN

with roasted brussels sprouts, butternut squash, dried cranberries, cashew cream, and dijon vinaigrette 12.99
n 386 CALORIES | 491 MG SODIUM

GLUTEN-FREE GRILLED BARRAMUNDI edamame, napa cabbage, baby spinach, shiitake, and scallions in a spicy vegetable broth 12.99
275 CALORIES | 693 MG SODIUM

SIDES

BABY KALE SALAD marinated in fresh-squeezed lemon juice 2.99
73 CALORIES | 78 MG SODIUM

BAKED SWEET POTATO FRIES with agave ketchup 2.99
351 CALORIES | 526 MG SODIUM

FLATBREADS

Our gluten-free flatbread crusts are handmade with egg, brown rice, tapioca, and potato flours.

GLUTEN-FREE MARGHERITA fresh mozzarella, cherry tomatoes, basil, pomodoro sauce, five cheeses 7.99
478 CALORIES | 656 MG SODIUM

GLUTEN-FREE BBQ CHICKEN free-range grilled chicken, sweet corn, roasted onion, cilantro, agave BBQ sauce, and five cheeses 8.49
488 CALORIES | 751 MG SODIUM

GLUTEN-FREE ROASTED MUSHROOM AND GOAT CHEESE portobello, crimini, roasted onions, fresh herbs, and pomegranate-balsamic drizzle 8.99
574 CALORIES | 707 MG SODIUM

GLUTEN-FREE SHISHITO PEPPER grilled shishito peppers, broccolini, basil, tofu ricotta, white sauce 7.99
n 442 CALORIES | 791 MG SODIUM

SANDWICHES AND BURGERS

sandwiches and burgers served with a kale and carrot side salad.

GLUTEN-FREE FISH TACOS grilled mahi, chayote slaw, avocado, green onion, cilantro, chipotle aioli, salsa fresca on warm corn tortillas 9.99
474 CALORIES | 448 MG SODIUM

GLUTEN-FREE CHICKEN AND GRILLED PINEAPPLE SANDWICH with avocado, agave-pickled onion, fresh mint, organic romaine, garlic aioli on gluten-free bread 8.49
547 CALORIES | 737 MG SODIUM

GLUTEN-FREE CLASSIC BURGER 100% grass-fed beef, organic romaine, tomato, red onion, agave pickles, and agave ketchup on a gluten-free bun 8.79
517 CALORIES | 589 MG SODIUM
add cheddar cheese 0.25
578 CALORIES | 680 MG SODIUM

CHILD'S MENU

**GLUTEN-FREE CHILD'S
CHEESY FLATBREAD** 4.99
MAX 354 CALORIES | MAX 514 MG SODIUM

GLUTEN-FREE CHILD'S FISH TACO 5.99
MAX 318 CALORIES | MAX 379 MG SODIUM

**FRESH-SQUEEZED
ORANGE JUICE** 1.99
126 CALORIES | 2 MG SODIUM

ORGANIC APPLE JUICE 1.99
133 CALORIES | 22 MG SODIUM

**GLUTEN-FREE
CHILD'S HOT CHOCOLATE** 2.99
277 CALORIES | 162 MG SODIUM

DESSERTS

CHOCOLATE BUDINO
with pomegranate-soaked chia seeds
and slivered almonds 3.99
211 CALORIES | 25 MG SODIUM

APPLE AND QUINOA CRISP
with greek yogurt 3.99
314 CALORIES | 190 MG SODIUM

BEVERAGES

COFFEE AND TEA

CERTIFIED ORGANIC COFFEE our blend of artisan,
shade-grown coffee, regular or decaffeinated 1.99
0 CALORIES | 10 MG SODIUM

CAFÉ AMERICANO organic espresso,
and steamed water
0 CALORIES | 8 MG SODIUM

CAFÉ LATTE organic espresso,
steamed organic 2% milk 2.99
158 CALORIES | 158 MG SODIUM

CAPPUCCINO organic espresso,
frothed organic 2% milk 2.99
158 CALORIES | 158 MG SODIUM

CAFÉ MOCHA organic espresso, house-made
chocolate syrup, steamed organic 2% milk 2.99
226 CALORIES | 149 MG SODIUM

ORGANIC HOT TEA equator breakfast,
cranberry & orange, green tea 1.99
0 CALORIES | 10 MG SODIUM

GLUTEN FREE HOT CHOCOLATE
made with bittersweet cocoa,
organic cane sugar, ugandan vanilla,
a pinch of sea salt 2.99
277 CALORIES | 162 MG SODIUM

COOLERS

CUCUMBER MINT fresh cucumber juice
with mint, lime, agave 2.99
66 CALORIES | 10 MG SODIUM

SPICED CRANBERRY HIBISCUS cranberry juice,
hibiscus tea, mulling spices, agave 2.99
158 CALORIES | 28 MG SODIUM

HANDMADE SODAS

GINGER-MINT 2.99
101 CALORIES | 48 MG SODIUM

APPLE-GINGER 2.99
101 CALORIES | 54 MG SODIUM

SMOOTHIES

KALE-BANANA made with raw kale,
fresh ginger, banana, cucumber,
organic apple juice, lemon juice 4.99
202 CALORIES | 34 MG SODIUM

STRAWBERRY-YOGURT made with organic
strawberries, greek yogurt, banana, organic apple juice,
fresh-squeezed orange juice 4.49
226 CALORIES | 32 MG SODIUM

FRESH-SQUEEZED

ORANGE JUICE 2.99
126 CALORIES | 2 MG SODIUM

LEMONADE 2.49
165 CALORIES | 8 MG SODIUM

RASPBERRY LEMONADE 2.99
198 CALORIES | 12 MG SODIUM

ICED TEAS

BLACK OR HIBISCUS 2.49
0 CALORIES | 10 MG SODIUM

WATER

LYFE CHIA WATER filtered water with chia seeds,
strawberries, ginger, mint, and lime 0.99
63 CALORIES | 9 MG SODIUM

SPARKLING WATER 2.99
0 CALORIES | 135 MG SODIUM

WINE AND BEER

To learn more about our selections
please request our wine and beer menu.



Gardein™ (Garden + Protein) is made from delicious plant-based foods slow cooked to have the authentic taste and texture of premium lean meat.

LYFE kitchen uses shared cooking and preparation areas, so while we will try our very best to accommodate you, we cannot guarantee that any menu item will be completely free of nuts or any other allergens.

EAT GOOD. FEEL GOOD. DO GOOD.