

n CONTAINS NUTS

BREAKFAST

served until 11 a.m. daily

VEGAN ART'S START steel-cut oatmeal with dried cranberries, almond granola, soy yogurt, 100% maple syrup 4.99

n 409 CALORIES | 130 MG SODIUM

MORNING TOFU WRAP

scrambled tofu in a whole-wheat tortilla with gardein™ sausage, organic arugula, avocado, cherry tomatoes, daiya vegan cheddar, salsa fresca 6.49

n 594 CALORIES | 762 MG SODIUM

SIDES

GARDEIN™ BREAKFAST PATTY 2.99

132 CALORIES | 360 MG SODIUM

SEASONAL FRUIT SALAD 2.99

105 CALORIES | 18 MG SODIUM

SOY YOGURT PARFAIT with fresh fruit, pomegranate-soaked chia, and almond granola 3.99

n 254 CALORIES | 60 MG SODIUM

without nuts

168 CALORIES | 19 MG SODIUM

STARTERS

EDAMAME HUMMUS with fresh crunchy vegetables, smoky paprika, flax crackers 5.99

462 CALORIES | 572 MG SODIUM

VEGAN GRILLED ARTICHOKEs with caper aioli 7.99

316 CALORIES | 338 MG SODIUM

CHUNKY GUACAMOLE with house-baked corn tortilla chips, salsa fresca 5.99

256 CALORIES | 307 MG SODIUM

SOUPS

SWEET CORN CHOWDER made with sweet corn, peppers, potatoes, cashew cream 3.99

n 181 CALORIES | 515 MG SODIUM

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

SALADS

VEGAN FARMER'S MARKET organic winter greens with blackberries, agave-pickled onions, spiced pecans, and balsamic vinaigrette 8.99

n 287 CALORIES | 337 MG SODIUM

ADD TO ANY SALAD

gardein™ chicken 1.99

102 CALORIES | 290 MG SODIUM

agave-lime tofu 1.99

88 CALORIES | 195 MG SODIUM

VEGAN CAESAR SALAD

organic romaine, cherry tomatoes, english cucumbers, broccolini, multigrain croutons and eggless caesar dressing 6.99

428 CALORIES | 360 MG SODIUM

BEETS AND FARRO organic field greens with roasted beets, apple, fennel, farro, red onion, walnut, dried cranberries, and maple-sherry vinaigrette 8.99

n 397 CALORIES | 425 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

ART'S UNFRIED GARDEIN™ CHICKEN

with roasted brussels sprouts, squash, dried cranberries, cashew cream, and dijon vinaigrette 12.99

n 419 CALORIES | 624 MG SODIUM

VEGAN KABOCHA SQUASH RISOTTO

made with farro, kale, carrot and broccolini 8.99

362 CALORIES | 320 MG SODIUM

BAKED SWEET POTATO FRIES

with agave ketchup 2.99

351 CALORIES | 526 MG SODIUM

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

BABY KALE SALAD marinated in fresh-squeezed lemon juice 2.99

73 CALORIES | 78 MG SODIUM

TAL'S ANCIENT GRAIN BOWL

stir-fried vegetables and gardein™ "beef tips," served over whole-grain farro and quinoa with sweet chile-ginger sauce 11.99

598 CALORIES | 674 MG SODIUM

GARDEIN™ SAUSAGE AND DIAYA MOZZARELLA RAVIOLI

with kale, broccolini, cherry tomatoes, garlic, and basil 11.99

n 432 CALORIES | 961 MG SODIUM

FLATBREADS

our handmade whole-wheat flatbread crusts are made with flax seed and toasted spices

VEGAN BBQ sweet corn, roasted onions, agave BBQ sauce, daiya vegan cheese 8.49

n 421 CALORIES | 838 MG SODIUM

SHISHITO PEPPER grilled shishito peppers, broccolini, basil, tofu ricotta, white sauce 7.99

453 CALORIES | 894 MG SODIUM

SANDWICHES AND BURGERS

sandwiches and burgers served with a kale and carrot side salad

TOFU TACOS agave-lime tofu, chayote slaw, avocado, green onion, cilantro, chipotle aioli, salsa fresca on warm corn tortillas 8.99

446 CALORIES | 358 MG SODIUM

QUINOA CRUNCH WRAP fresh crunchy vegetables, avocado, edamame hummus, forbidden rice, and adzuki beans in a whole-wheat tortilla, hot sauce on the side 8.99

547 CALORIES | 457 MG SODIUM

CRISPY GARDEIN™ CHICKEN SANDWICH shishito pepper relish, organic romaine, tomato, red onion, chipotle aioli on multigrain bread 8.99

564 CALORIES | 876 MG SODIUM

VEGGIE BURGER gardein™ patty, organic romaine, tomato, red onion, agave pickles and agave ketchup on a golden flaxseed bun 8.49

n 513 CALORIES | 757 MG SODIUM

add daiya vegan cheese 0.25

567 CALORIES | 907 MG SODIUM

CHILD'S MENU

**CHILD'S CRISPY GARDEIN™
CHICKEN TENDERS** 4.99
MAX 325 CALORIES | MAX 586 MG SODIUM

CHILD'S PIZZA RAVIOLI 5.99
MAX 317 CALORIES | MAX 656 MG SODIUM

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

ORGANIC APPLE JUICE 1.99
133 CALORIES | 22 MG SODIUM

VEGAN HOT CHOCOLATE 2.99
233 CALORIES | 138 MG SODIUM

DESSERTS

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

CHOCOLATE CHIP COOKIE
grab and go 1.49
156 CALORIES | 100 MG SODIUM

VEGAN APPLE AND QUINOA CRISP
with soy yogurt 3.99
313 CALORIES | 186 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

VEGAN CAFÉ LATTE organic espresso,
steamed organic soy milk 2.99
111 CALORIES | 133 MG SODIUM

VEGAN CAPPUCINO organic espresso,
frothed organic soy milk 2.99
111 CALORIES | 133 MG SODIUM

VEGAN CAFÉ MOCHA organic espresso, house-made
chocolate syrup, steamed organic soy milk 2.99
184 CALORIES | 126 MG SODIUM

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

VEGAN HOT CHOCOLATE made with bittersweet cocoa,
organic soy milk, organic cane sugar,
ugandan vanilla, and a pinch of sea salt 2.99
233 CALORIES | 138 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, soy yogurt, banana, organic apple juice,
fresh-squeezed orange juice 4.49
224 CALORIES | 16 MG SODIUM

FRESH-SQUEEZED

ORANGE JUICE 2.99
126 CALORIES | 2 MG SODIUM

LEMONADE 2.49
166 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.