



BREAKFAST + LUNCH + DINNER + SNACKS

EAT

DRINK

LYFE

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LOVE **YOUR** FOOD EVERYDAY™

[lyfekitchen.com](http://lyfekitchen.com)

All items available to go. Ask about our catering options.

# BEVERAGES

served all day

## LYFE WATERS

### CUCUMBER MINT

fresh cucumber juice, mint, lime, agave

62 Calories | 19 mg Sodium

### HIBISCUS BEET

hibiscus tea infused with beet, apple, lemon, ginger

121 Calories | 49 mg Sodium

### ORANGE GINGER CHIA

fresh-squeezed orange juice, filtered water, lime, ginger, mint, chia seeds

124 Calories | 20 mg Sodium

### GINGER MINT CHIA

filtered water infused with ginger, lime, mint, chia seeds

56 Calories | 22 mg Sodium

## SMOOTHIES

**KALE BANANA** raw kale, fresh ginger, banana, cucumber, apple juice, lemon juice

209 Calories | 28 mg Sodium

### MANGO CUCUMBER

**LIME** mango, cucumber, apple, raw ginger, fresh-squeezed lime juice

214 Calories | 17 mg Sodium

**BANANA DATE** sweetened naturally with dates

264 Calories | 118 mg Sodium

**LOCAL CRAFT BEER  
& WINE ON TAP**

## FRESH-SQUEEZED

### GINGER POMEGRANATE LEMONADE

149 Calories | 26 mg Sodium

### CLASSIC LEMONADE

125 Calories | 21 mg Sodium

### ORANGE JUICE

126 Calories | 3 mg Sodium

## COFFEE & TEA

almond or soy milk upon request

**ORGANIC COFFEE** our blend of artisan, shade-grown coffee, regular or decaffeinated

 0 Calories | 10 mg Sodium

### CAFÉ AMERICANO

 0 Calories | 7 mg Sodium

### CAFÉ LATTE

max 158 Calories | max 158 mg Sodium

### CAPPUCCINO

max 158 Calories | max 158 mg Sodium

### CAFÉ MOCHA

max 201 Calories | max 147 mg Sodium

### HOT TEA

ask about our selection

 0 Calories | 10 mg Sodium

### FRESHLY BREWED ICED TEA

black or hibiscus

 0 Calories | 10 mg Sodium

 Naturally Gluten-Free

 Naturally Vegan

 Contains Nuts

 Caution



# SHAREABLES & FLATBREADS

## CHUNKY GUAC N' CHIPS

freshly-baked corn tortilla chips,  
salsa fresca

  325 Calories | 524 mg Sodium

## EDAMAME HUMMUS PLATE

fresh crunchy vegetables and  
LYFE crackers

  448 Calories | 467 mg Sodium

## GRILLED ARTICHOKES

with garlic aioli,  
*vegan upon request*

 max 307 Calories | max 341 mg Sodium

## MARGHERITA FLATBREAD

fresh mozzarella, cherry tomatoes,  
basil, pomodoro sauce

 511 Calories | 606 mg Sodium

## UNFRIED BUFFALO CHICKEN STRIPS

tossed in spicy buffalo sauce,  
served with buttermilk ranch,  
*vegan upon request*

max 412 Calories, max 903 mg Sodium

## BBQ CHICKEN FLATBREAD

grilled chicken, sweet corn,  
caramelized onion, cilantro, smoky  
BBQ sauce, mozzarella cheese

 474 Calories | 601 mg Sodium

## **NEW!** SPICY VIETNAMESE LETTUCE WRAPS

stir-fried Gardein™ beefless tips,  
scallions, crunchy romaine,  
thai basil, lime

 401 Calories | 636 mg Sodium

## ROASTED MUSHROOM & GOAT CHEESE FLATBREAD

roasted criminis, caramelized onions,  
goat cheese, balsamic, chives

 567 Calories | 542 mg Sodium



EAT GOOD



FEEL GOOD



DO GOOD



# SALADS

*all salads can be made gluten-free or vegan upon request*

## KALE CAESAR

crunchy romaine, baby kale, cherry tomatoes, cucumbers, broccoli, parmesan, breadcrumbs, Caesar dressing

max 362 Calories | max 363 mg Sodium

## QUINOA CRUNCH BOWL

quinoa tabbouleh, fresh crunchy vegetables, avocado, arugula, edamame hummus, chipotle vinaigrette, fireman's hot sauce

  541 Calories | 498 mg Sodium

## GRILLED VEGGIE

romaine, baby spinach, roasted peppers, eggplant, onions, tomatoes, snap peas, fresh mozzarella, croutons, garlic herb vinaigrette

 max 490 Calories | max 417 mg Sodium

## FARMER'S MARKET

arugula, blackberries, pickled onions, spiced pecans, goat cheese, balsamic vinaigrette

  max 453 Calories | max 281 mg Sodium

## + PROTEIN ADD-ONS

### GRILLED CHICKEN BREAST

 167 Calories | 219 mg Sodium

### NEW! GRILLED MAHI

 100 Calories | 255 mg Sodium

### GARLIC-LIME TOFU

  163 Calories | 95 mg Sodium

### GRILLED SALMON

  368 Calories | 358 mg Sodium

# SOUPS

## SWEET CORN CHOWDER

made with cashew cream

   164 Calories | 953 mg Sodium

## SEASONAL SOUP

 ask about today's soup

# SANDWICHES, WRAPS & SUCH

*served with a marinated kale and carrot side salad*

## MAHI FISH TACOS

chayote slaw, avocado, cilantro, chipotle aioli on corn tortillas, salsa fresca, *gluten-free and vegan upon request*

max 487 Calories | max 751 mg Sodium

## QUINOA CRUNCH WRAP

quinoa tabbouleh, crunchy vegetables, avocado, edamame hummus, fireman's hot sauce on the side

✔ 591 Calories | 486 mg Sodium

## BUFFALO CHICKEN WRAP

avocado, black beans, corn, chayote, romaine, and Greek yogurt ranch

568 calories | 692 mg sodium

## ITALIAN FLATBREAD SANDWICH

grilled vegetables, goat cheese, mozzarella, basil in a stuffed pizza sandwich, served with pomodoro dipping sauce

Ⓞ 570 calories | 818 mg sodium

add chicken

Ⓞ 56 calories | 73 mg sodium

## GRILLED CHICKEN & AVOCADO SANDWICH

roasted tomatoes, romaine, red onion, tarragon aioli on multi-grain bun, *gluten-free upon request*

max 581 Calories | max 843 mg Sodium

## NEW! LYFE VEGGIE BURGER

crunchy romaine, tomato, red onion, smoky pepper aioli on multi-grain bun, *gluten-free upon request*

✔ max 535 Calories | max 794 Sodium

add Daiya™ cheddar

Ⓞ 45 Calories | 125 mg Sodium

## FARMHOUSE BURGER

100% grass-fed beef, crunchy romaine, tomato, red onion, farmhouse pickle, dijonaise on multi-grain bun, *gluten-free upon request*

max 555 Calories | max 974 mg Sodium

add cheddar

45 Calories | 67 mg Sodium

## + SIDES

## BAKED SWEET POTATO FRIES

served with house ketchup

✔ 327 Calories | 733 mg Sodium

## GARLIC PARMESAN SWEET POTATO FRIES

baked and served with chipotle aioli, *vegan upon request*

Ⓞ max 487 Calories | max 845 mg Sodium

## NEW! KALE & AVOCADO SALAD

dried cranberries, balsamic vinaigrette

✔ 230 Calories | 112 mg Sodium

## ROASTED BRUSSELS & SQUASH

with dried cranberries, dijon vinaigrette

✔ 280 Calories | 243 mg Sodium

# PLATES & BOWLS

## ART'S UNFRIED CHICKEN

roasted brussels sprouts, butternut squash, dried cranberries, cashew cream sauce, dijon vinaigrette, *gluten-free upon request*

**N** max 566 Calories | max 758 mg Sodium

## ROASTED SALMON, TOMATO & FENNEL

sustainably raised salmon served with pan-steamed fennel, red onion, broccoli, and our zesty tomato sauce

**GF** **N** **▲** 549 Calories | 795 mg Sodium

## CHICKEN, MUSHROOM & SPINACH PENNE

whole grain pasta, green onions, lemon zest, parmesan, cashew cream sauce

**N** 570 Calories | 776 mg Sodium

## ANCIENT GRAIN STIR-FRY

stir-fried vegetables and Gardein™ beefless tips served over quinoa, black rice and cilantro with sweet chile-ginger sauce

**V** 581 Calories | 790 mg Sodium

## THAI RED CURRY BOWL

broccoli, eggplant, peppers, peas, wheatberries, thai basil in a coconut curry sauce

with garlic-lime tofu

**V** **N** 510 Calories | 950 mg Sodium

with grilled chicken

**N** 465 Calories | 735 mg Sodium

# DESSERTS & SWEETS

## CHOCOLATE CHIP COOKIE

still warm, fresh out of the oven

156 Calories | 100 mg Sodium

## BANANA COCONUT BUDINO

chia seeds, nut crunch, date caramel

**GF** **V** **N** 252 Calories | 27 mg Sodium

## CHOCOLATE BUDINO

pomegranate, chia seeds, toasted almonds

**GF** **V** **N** 206 Calories | 24 mg Sodium



EAT GOOD



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## BREAKFAST • LUNCH • DINNER

All child's lunch and dinner entrees are served with a choice of baked sweet potato fries or fresh fruit, *some items may be prepared gluten-free or vegan upon request*

### LITTLE LYFERS PANCAKES

served until 11am daily  
399 Calories | 416 mg Sodium

### CHEESY FLATBREAD

 max 405 Calories | max 693 mg Sodium


### LITTLE LYFERS UNFRIED CHICKEN STRIPS

max 391 Calories | max 786 mg Sodium

### LITTLE LYFERS FISH TACO

max 358 Calories | max 711 mg Sodium

### CRISPY GARDEIN™ TENDERS

 max 360 Calories | max 790 mg Sodium

### PASTA WITH TOMATO SAUCE

max 358 Calories | max 564 mg Sodium

## JUICE

### LITTLE LYFERS ORANGE JUICE

126 Calories | 3 mg Sodium

### LITTLE LYFERS APPLE JUICE

128 Calories | 11 mg Sodium



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Prices subject to change.

While LYFE Kitchen is proud to offer menu items with gluten-free ingredients, LYFE Kitchen is not a gluten-free environment. LYFE Kitchen is also not an allergen-free environment. Due to the handcrafted nature of our menu items, variations in vendor-supplied ingredients, and our use of shared cooking and preparation areas, we cannot assure you that our restaurant environment or any menu item will be completely free of gluten, nuts or any other allergens.

▲ Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, milk, poultry or shellfish reduced the risk of foodborne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.

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



# BREAKFAST

served until 11 a.m. daily

## CLASSIC BREAKFAST

LYFE eggs, turkey sausage, chipotle potato hash

**GF** 456 Calories | 800 mg Sodium

## SPINACH & AVOCADO FRITTATA

green onions, cheddar, served with chipotle potato hash, salsa fresca

**GF** 405 Calories | 840 mg Sodium

## BREAKFAST BURRITO

whole wheat tortilla, LYFE eggs, arugula, avocado, cherry tomatoes, chipotle aioli, cheddar, salsa fresca

576 Calories | 654 mg Sodium

## GREEK YOGURT BOWL

blueberries, pomegranate, chia seeds, toasted almonds

**GF** **N** 215 Calories | 47 mg Sodium

## EGG SANDWICH

LYFE eggs, tomatoes, arugula, cheddar on harvest seeded English muffin, *gluten-free upon request*

max 345 Calories | max 405 mg Sodium

add turkey sausage

180 Calories | 580 Sodium

## QUINOA BUTTERMILK PANCAKES

served with fresh berries, Greek yogurt, pure maple syrup

522 Calories | 600 mg Sodium

## MORNING VEGGIE WRAP

whole wheat tortilla stuffed with tofu scramble, roasted mushrooms, Daiya™ cheddar, arugula, avocado, cherry tomatoes, salsa fresca

**GF** **N** 590 Calories | 605 mg Sodium

## + BREAKFAST SIDES

### CARROT-ZUCCHINI WALNUT MUFFIN

**N** 190 Calories | 138 mg Sodium

### HARVEST SEEDED ENGLISH MUFFIN

159 Calories | 241 mg Sodium

### TURKEY SAUSAGE PATTIES

**GF** 180 Calories | 580 mg Sodium

### CHIPOTLE POTATO HASH

**GF** **V** 213 Calories | 189 mg Sodium

### BERRY BOWL

**GF** **V** 75 Calories | 4 mg Sodium

**GF** Naturally Gluten-Free

**V** Naturally Vegan

**N** Contains Nuts

**▲** Caution