



[ALL THAT LYFE HAS TO OFFER]

## VEGAN LUNCH & DINNER MENU

### [SHAREABLES/FLATBREAD]

**edamame hummus and flatbread crisps \$3.99**  
373 cal 709 mg sodium

**bbq flatbread \$7.99** 390 cal 924 mg sodium **N**  
whole-wheat flatbread crusts made with flax seed & great tasting spices and topped with sweet corn, roasted onions, agave bbq, and daiya vegan cheese

### [SOUPS]

**sweet corn chowder \$3.99** 182 cal 468 mg sodium **N**  
made with cashew cream, chopped herbs, and multigrain croutons

**seasonal soups \$3.99 N**

### [SALADS]

**farmer's market \$8.99** 345 cal 303 mg sodium **N GF**  
organic arugula, strawberries, red peppers, walnuts, pickled red onions, balsamic vinaigrette

**roasted beets & farro \$7.79** 467 cal 492 mg sodium **N**  
organic field greens, whole-grain farro, roasted red beets, roasted fennel, walnuts, dried cranberries, orange, red onion, basil, maple-sherry vinaigrette

**caesar \$6.49** 348 cal 319 mg sodium  
organic romaine, cherry tomatoes, english cucumbers, eggless caesar dressing, multigrain croutons

#### add to any salad

**gardein\* chicken \$2.00** 117 cal 334 mg sodium

**agave-lime grilled tofu \$2.00** 97 cal 182 mg sodium **GF**

### [A CHILD'S LYFE]

**gardein\* chicken tenders with agave ketchup \$4.99**  
235 cal 525 mg sodium  
with choice of **baked sweet potato fries** 125 cal 302 mg sodium  
**fresh fruit** 38 cal 5 mg sodium **GF**

**child's juice: orange, grapefruit, or pomegranate & cran**  
**\$1.99** max cal 166 27 mg sodium **GF**

### [GRAB LYFE WITH BOTH HANDS]

**crispy gardein\* chicken sandwich \$7.99**  
535 cal 706 mg sodium  
fresh tomato, agave pickles on multigrain bread

**gardein\* burger \$7.99** 441 cal 773 mg sodium  
**add daiya vegan cheese 486 cal 898 mg sodium N**  
organic romaine, tomato, red onion, agave pickles, agave ketchup on a multigrain bun

**grilled vegetable sandwich \$7.99** 565 cal 712 mg sodium  
portobello mushroom, eggplant, and red onion, fresh english cucumber, tomato, and edamame hummus on a multigrain bread

### [MAIN DISHES]

**Art's unfried gardein\* chicken \$11.99 N**  
388 cal 621 mg sodium  
with roasted winter squash, brussels sprouts, dried cranberries, cashew cream and dijon vinaigrette

**Tal's ancient grain bowl \$11.99** 559 cal 646 mg sodium  
stir-fried gardein\* tips and vegetables over whole-grain farro and quinoa with sweet chile-ginger sauce

### [SIDE DISHES]

**baked sweet potatoes fries \$2.49** 394 cal 827 mg sodium

**roasted potatoes \$2.49** 198 cal 174 mg sodium **GF**

**side salad \$2.49** 100 calories 76 mg sodium **GF**

**seasonal fresh fruit \$2.49** 85 cal 11 mg sodium **GF**

**brussels sprouts & squash \$2.49** 181 cal 207 mg sodium **GF**

### [THE SWEET LYFE]

**banana rum cheesecake (non-dairy) \$3.99 N**  
346 cal 193 mg sodium  
made with pecan crust and topped with rum sauce

**chocolate chip cookie \$1.29** (grab & go)  
156 cal 100 mg sodium

### [BEVERAGES ON REVERSE]

**GF** = gluten-free **N** = contains nuts

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

### [MAKE LYFE EASY]

place your takeout order online: [www.lyfekitchen.com](http://www.lyfekitchen.com)



EAT GOOD



FEEL GOOD



DO GOOD

### [COFFEE & TEA] <sup>GF</sup>

**certified organic coffee** 12oz \$1.99 3 cal 6 mg sodium  
16oz \$2.49 4 cal 9 mg sodium

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

**single-serve pour-over coffee** 12oz \$2.79

2 cal 11 mg sodium

medium roast, rich and exceptionally smooth: Brazil, Columbia,  
Guatemala, Peru, or LYFE organic

**café latte** 12oz \$2.49 117 cal 140 mg sodium

16oz \$2.99 140 cal 169 mg sodium

espresso, steamed soy milk

**capuccino** 12oz \$2.49 117 cal 140 mg sodium

16oz \$2.99 140 cal 169 mg sodium

espresso, steamed soy milk and foam

**café mocha** 12oz \$2.49 131 cal 141 mg sodium

16oz \$2.99 162 cal 171 mg sodium

espresso with chocolate and steamed soy milk

**hot tea** 12oz \$1.99 1 cal 9 mg sodium

citron green, masala chai, crimson berry, royal breakfast

### [JUICES] <sup>GF</sup>

**fresh-squeezed orange** \$2.99 108 cal 2 mg sodium

**fresh-squeezed grapefruit** \$2.99 94 cal 2 mg sodium

**pomegranate & cranberry** \$2.49 166 cal 27 mg sodium

### [COOLERS] <sup>GF</sup>

**cucumber-mint** \$2.99 47 cal 3 mg sodium

purified water with fresh slices of cucumber, mint, and lemon

**pineapple-coconut-lime** \$2.99 124 cal 37 mg sodium <sup>N</sup>

pineapple juice, coconut water, and fresh lime

**cranberry-pomegranate** \$2.99 213 cal 43 mg sodium

with cucumber, mint, and agave

### [SMOOTHIES] <sup>GF</sup>

*fruit, purified ice, and juice sweetened with agave*

**strawberry-banana** \$4.49 272 cal 19 mg sodium

organic strawberries, banana, and white grape juice

**mango madness** \$4.49 279 cal 39 mg sodium <sup>N</sup>

mango, banana, and coconut water

**very berry** \$4.49 290 cal 10 mg sodium

strawberries, blueberries, raspberries, acai, agave nectar,  
and fruit juices

### [ICED TEAS] <sup>GF</sup>

**black, green, or tropical iced teas** \$1.99 4 cal 11 mg sodium

### [WHEN LYFE HANDS YOU LEMONS] <sup>GF</sup>

**fresh lemonade with mint** \$2.29 167 cal 11 mg sodium

**strawberry lemonade** \$2.49 224 cal 8 mg sodium

### [BOTTLED DRINKS] <sup>GF</sup>

**oogave ginger ale** \$2.99 98 cal 0 mg sodium

**oogave cola** \$2.99 98 cal 0 mg sodium

**coconut water** \$2.99 60 cal 60 mg sodium <sup>N</sup>

**virgil's root beer** \$2.99 160 cal 0 mg sodium

### [WINE] <sup>GF</sup>

*from growers and producers committed to sustainable  
and organic practices*

**white wines** 145 cal (avg)

**viognier 2010, ampelos cellars, santa barbara** \$6.99

**sauvignon blanc 2010, n.p.a o'neel family vineyard,  
sonoma county** \$7.99

**chardonnay 2010, sky saddle vineyard, napa valley** \$8.99 <sup>B</sup>

**red wines** 155 cal (avg)

**rhone blend 2010, beckmen vineyards "cuvée le bec,"  
santa ynez** \$7.99 <sup>B</sup>

**zinfandel 2010, ambyth estate, paso robles** \$8.49

**syrah-grenache 2009, ampelos cellars "syrache,"  
santa barbara county** \$8.99

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