

LYFE
KITCHEN

love your food everyday

SMALL PLATES & SOUPS

SUPERFOOD GUAC

& BAKED CHIPS **GF** **DF** **V**

organic hemp & raw pepitas, served with house-made fire roasted salsa 7.00

ROASTED CAULIFLOWER & CRISPY CHICKPEAS **GF** **DF** **V**

with dijon vinaigrette 5.50

BUFFALO CHICKEN STRIPS

with house-made buttermilk ranch* 8.00

BAKED SWEET POTATO

FRIES **GF** **DF** **V**

with ketchup 3.50

+ garlic parmesan & chipotle aioli 1.00

SWEET CORN

CHOWDER **GF** **DF** **V** **N**

made with coconut milk 4.50

SEASONAL SOUP

ask about our current selections

FLATBREADS

MARGHERITA **GF**

local tomatoes, mozzarella, basil, pomodoro 10.00

BBQ CHICKEN **GF**

all-natural grilled chicken, sweet corn, onion, cilantro, mozzarella 11.00
+ bacon 1.00 + double chicken 2.50

GIARDINIERA PEPPERONI **GF**

giardiniera peppers, turkey pepperoni, mozzarella, tomato sauce, fresh oregano 10.50

ADD SEASONAL SOUP + 3.50

GF Gluten-Free

N Contains Nuts

DF Dairy-Free

V Vegan

GREENS GALORE

all dressings made in-house

QUINOA CRUNCH

BOWL **GF** **DF** **V**

quinoa tabbouleh, avocado, local tomatoes, broccoli, cucumber, watermelon radish, arugula, edamame hummus, chipotle vinaigrette, Fireman's Hot Sauce 10.00

make it a wrap + 1.00

SUMMER SOLSTICE **GF**

organic spinach & kale, arugula, organic strawberries, fresh corn, avocado, feta, pickled red onions, shallot vinaigrette 10.00

BUFFALO CHIX **GF**

all-natural buffalo chicken, organic romaine, avocado, chayote slaw, black beans, onion, cilantro, corn, buttermilk ranch 10.50

classic buffalo chix wrap + 1.00

SUPERFOOD **GF** **N** **DF** **V**

organic chopped kale, roasted sweet potatoes, raw pepitas, pickled red onions, sprouted buckwheat, toasted pecan & almond crunch, tahini dijon vinaigrette 10.00

MEDITERRANEAN

CHOP **GF** **N**

organic chopped romaine, arugula, local tomatoes, toasted falafel almonds, lemon-dill chickpeas, red onion, feta, pepperoncini, cucumber, red wine vinaigrette 9.50

make it a wrap + 1.00

PISTACHIO ROSÉ **GF** **N**

harvest greens, red beets, green apple, pistachios, sprouted buckwheat, asiago, pomegranate rosé vinaigrette 9.75

BOLD BERRY **GF** **N**

organic spinach, blueberries, organic strawberries, sliced almonds, organic hemp seeds, goat cheese, pomegranate dijon vinaigrette 9.50

MIGHTY KALE CAESAR **GF**

organic chopped kale & romaine, Mighty Vine tomatoes, parmesan, sprouted buckwheat, gluten-free crisps, vegan caesar dressing 8.75

make it a wrap + 1.00

ADD SOME PROTEIN

WARM HALLOUMI 4.00

grilled high-protein cheese

ALL-NATURAL CHICKEN BREAST 3.75

antibiotic & hormone free, from egg to harvest

GRILLED SALMON 4.50

from the cold, clear waters of Norway

LOCAL MARINATED TOFU 3.50

Phoenix Bean Farms, non-GMO

VEGAN CRISPY SCALLOPINI 4.00

our favorite plant protein

CAGE-FREE HARD BOILED EGG 2.00

antibiotic & hormone free, from happy chickens

SANDWICHES *served with side salad*

UPGRADE YOUR SIDE SALAD TO
AN ORGANIC CAESAR + 2.00

AVOCADO TOAST

smashed avocado, pickled red onion, feta, sprouted buckwheat, sesame seeds, microgreens, locally baked Hewn sourdough 10.00

+ cage-free sunny side egg 2.00

TURKEY HAVARTI & AVO

oven roasted turkey, avocado, dijon aioli, locally baked Hewn sourdough* 11.00

GRASS-FED BURGER ^{DF}

local tomato, roasted onions, local green leaf lettuce, house-made dijon aioli* 10.50

+ cheddar 1.00 + avocado 2.00 + double down 4.00

BEYOND BURGER TM ^{DF} ^V

plant based soy-free burger, local tomato, local green leaf lettuce, red onion, ketchup 10.75

+ cheddar 1.00 + avocado 2.00 + double down 4.00

GRILLED CHICKEN & AVOCADO ^{DF}

roasted tomatoes, red onion, avocado, local green leaf lettuce, house-made herb aioli* 10.50

+ cheddar 1.00 + bacon 2.00 + double chicken 3.75

^{GF} bun upon request + 1.00

TACOS

MAHI MAHI TACOS ^{GF} ^{DF}

chayote slaw, avocado, cilantro, green onion, chipotle aioli, house-made salsa fresca, corn tortillas* 11.75

+ baked chips & guac 3.00

BUFFALO CAULIFLOWER TACOS ^{GF} ^{DF} ^V

roasted buffalo cauliflower, avocado, scallions, cilantro, green herb aioli, corn tortillas 11.25

+ baked chips & guac 3.00

LYFE FAVE

CRISPY CHICKEN & BRUSSELS

roasted brussels & sweet potatoes, dried cranberries, dijon, sweet corn sauce 14.50

upon request: ^{GF} ^V

MEGA BOWLS

AHI TUNA POKE BOWL ^N ^{DF}

grade AA ahi tuna, quinoa, edamame, crispy baked wontons, spicy mayo, house-made ginger-lime marinade* 11.50

+ avocado 2.00 + double ahi 7.50

RED LENTIL & HALLOUMI BOWL ^{GF}

grilled halloumi cheese, roasted cauliflower, local tomatoes, red onions, chimichurri, herb aioli 13.00

CHICKEN & BLACK BEAN BURRITO BOWL ^{GF}

avocado, queso fresco, jalapeño crema, roasted bell peppers, brown rice* 13.75

THAI TOFU BOWL ^{GF} ^N ^{DF} ^V

local tofu, spicy pickled cucumber, roasted sweet potatoes, edamame, cashews, brown rice, almond butter curry sauce 13.50

CHICKEN CASHEW PENNE BOWL ^{GF} ^N

lentil penne, crimini mushrooms, organic spinach, parmesan, lemon zest, cashew cream alfredo* 14.00

ROASTED SALMON & SOBA BOWL ^N ^{DF}

norwegian salmon filet, buckwheat soba noodles, edamame, chayote slaw, toasted cashews, thai herbs, tahini sesame sauce* 16.50

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. LYFE Kitchen is not a gluten-free or allergen-free environment. Due to the handcrafted nature of our items & use of shared cooking & 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.

BEVERAGES

ELIXIRS, TONICS & TEAS

HIBISCUS BEET

fresh beet juice, ginger, organic apple juice, lemon, hibiscus tea 3.00

GINGER MINT CHIA

fresh ginger, strawberry, lime, mint, agave, chia seeds 3.00

ORANGE GINGER CHIA

fresh ginger, orange juice, lime, mint, chia seeds 3.00

CUCUMBER MINT

fresh cucumber juice, mint, lime, agave 3.00

HOT GINGER TONIC

fresh ginger & lime 2.75

HOT TEA

selection of Mighty Leaf 2.50

ICED TEA

black, green or hibiscus 2.50

CLASSIC LEMONADE 4.00

GINGER POMEGRANATE LEMONADE 4.00

ORANGE JUICE 3.50

ORGANIC APPLE 3.50

ON TAP

SAVING THE PLANET, ONE POUR AT A TIME

ask about our local beer & wines

SMOOTHIE BAR

KALE BANANA GINGER

organic kale, fresh ginger, banana, cucumber, organic apple juice, lemon juice 6.95

STRAWBERRY BEET

strawberries, banana, scratch-made hibiscus beet tonic, lemon juice, soy milk 6.95

SILVER BULLET

la colombe coffee, cacao, banana, house-made date syrup, organic hemp seeds, almond butter, almond milk 6.95

BLUEBERRY OAT

oat milk, blueberries, acai, high fiber steel cut oats, banana, chia seeds 6.95

MORNING MATCHA

energizing matcha, cucumber, avocado, fresh ginger, organic spinach, bee pollen, organic flax, house-made ginger syrup, lemon juice 6.95

ADD A BOOST

Organic CBD Oil 5.00

Organic Hemp Seeds 1.00

Organic Ground Flax 1.25

Organic Cacao 1.00

Bee Pollen 1.75

Vital Proteins Collagen 2.00

Vegan Plant Protein 1.95

LA COLOMBE COFFEE SHOP

LAVENDER VANILLA LATTE

	SMALL	LARGE
LAVENDER VANILLA LATTE	4.00	5.50
MAPLE SEA SALT LATTE	4.00	5.50
CINNAMON OAT LATTE	4.50	5.75
LATTE	3.50	4.50
MOCHA	3.50	4.50
CAPPUCCINO	3.50	4.50
AMERICANO	3.50	4.50
HOT COFFEE	2.25	2.75
ICED COFFEE	2.50	3.00

MAPLE SEA SALT LATTE

CINNAMON OAT LATTE

LATTE

MOCHA

CAPPUCCINO

AMERICANO

HOT COFFEE

ICED COFFEE