

COCONUT BANANA CHIA SEED BOWL

(N) (GF) (DF) (V)
coconut milk, chia seeds, bananas, date syrup, toasted pecan almond crunch 4.95

AVOCADO TOAST

smashed avocado, pickled red onion, feta, crispy chickpeas, Lake Breeze organic micro greens, locally baked Hewn sourdough 9.00
+ cage-free sunny side egg* 2.00

FRESH-MEX BREAKFAST BOWL

(GF)
sunny-side-up cage-free egg, avocado, spicy black beans, queso fresco, corn, local tomatoes, roasted potatoes, baked corn tortillas, cilantro* 9.95

SHAKSHUKA

(GF)
warm baked cage-free egg, chickpeas, Mighty Vine tomatoes, roasted peppers, onions, feta* 9.95

EGG & SAUSAGE FLATBREAD

(GF)
chicken sausage, cage-free eggs, local tomatoes, caramelized onions, mozzarella, cheddar, cilantro* 10.00

CLASSIC BREAKFAST

(GF) (DF)
two scrambled cage-free eggs, breakfast potatoes, choice of applewood smoked bacon or chicken sausage* 9.50

PROTEIN POWER START

(DF)
three cage-free sunny-side-up eggs, locally baked Hewn sourdough toast, choice of applewood smoked bacon or chicken sausage* 10.50

MORNING TOFU WRAP

(N) (DF) (V)
local tofu, roasted mushrooms, arugula, local tomatoes, quinoa, chipotle aioli, fire-roasted salsa fresca, whole wheat tortilla, breakfast potatoes 8.50

OATMEAL START

(N) (DF) (V)
high fiber steel cut oats, dried cranberries, toasted almond pecan crunch, local maple syrup 4.95

ACAI POWER BOWL

(N) (GF) (DF) (V)
house-made acai-blueberry compote, coconut milk, chia seeds, toasted pecan almond crunch 7.00

EGG SANDWICH PLATE

cage-free eggs, arugula, cheddar, local tomato, whole grain english muffin, breakfast potatoes* 8.95

+ chicken sausage 2.00
(GF) upon request 1.00

BRIGHT EYES EGG OMELET

(GF)
cage-free eggs, local tomatoes, arugula, cheddar, roasted mushrooms, chipotle aioli, breakfast potatoes* 8.95

MIGHTY BREAKFAST BURRITO

cage-free scrambled eggs, arugula, local tomatoes, roasted mushrooms, chipotle aioli, cheddar, whole wheat tortilla, breakfast potatoes* 8.50

BUTTERMILK PANCAKES

local Driftless maple syrup 7.95
+ fresh blueberries 1.00

ON THE SIDE

applewood smoked
bacon 4.50 **(GF) (DF)**

chicken sausage 3.50 **(GF) (DF)**

seasonal fruit bowl 4.00 **(GF) (DF) (V)**

breakfast potatoes +
chipotle aioli 3.50 **(GF) (DF) (V)**

Hewn sourdough toast 2.00

Ask about our house-baked
muffins & scones, made daily!

(GF) Gluten-Free **(N)** Contains Nuts **(DF)** Dairy-Free **(V)** Vegan

*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, organic apple juice, fresh ginger, 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

LA COLOMBE COFFEE SHOP

pep corner!

LAVENDER VANILLA LATTE

SMALL	LARGE
4.00	5.50

MAPLE SEA SALT LATTE

4.00	5.50
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CINNAMON OAT LATTE

4.50	5.75
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LATTE

3.50	4.50
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MOCHA

3.50	4.50
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CAPPUCINO

3.50	4.50
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AMERICANO

3.50	4.50
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HOT COFFEE

2.25	2.75
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ICED COFFEE

2.50	3.00
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SMOOTHIE BAR

KALE BANANA GINGER

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

STRAWBERRY BEET

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

SILVER BULLET

la colombe cold brew, cacao, house-made date syrup, banana, 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, ground flax, lemon juice 6.95

Organic Hemp Seeds 1.00

Organic Ground Flax 1.25

Organic Cacao 1.00

Bee Pollen 1.75

Vital Proteins Collagen 2.00

Vegan Vanilla Plant Protein 1.95

ADD A BOOST