

LYFE
KITCHEN

love your food everyday

SMALL PLATES & SOUPS

HOUSE-MADE CHIPS & GUAC ^{GF} ^{DF} ^V

chips baked daily, house-made fire roasted salsa & guacamole 6.50

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 4.50

FLATBREADS

MARGHERITA ^{GF}

local tomatoes, mozzarella, basil, pomodoro 9.50

BBQ CHICKEN ^{GF}

all-natural grilled chicken, sweet corn, onion, cilantro, mozzarella 10.75
+ bacon 1.00

TURKEY PEPPERONI ^{GF}

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

ROASTED MUSHROOM & GOAT CHEESE ^{GF}

crimini mushrooms, caramelized onions, goat cheese, mozzarella, chives, parsley, balsamic glaze 9.75

ADD SOUP + 3.50

GREENS GALORE *all dressings made in-house*

MAKE ANY SALAD INTO A WRAP + 1.00

QUINOA CRUNCH BOWL ^{GF} ^{DF} ^V

quinoa tabbouleh, avocado, local tomatoes, broccoli, cucumber, watermelon radish, arugula, edamame hummus, chipotle vinaigrette, Fireman's Hot Sauce 9.50

MIGHTY KALE CAESAR ^{GF}

organic chopped kale & romaine, Mighty Vine tomatoes, parmesan, gluten-free crisps, vegan caesar dressing 8.50

BUFFALO CHIX ^{GF}

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

MEDITERRANEAN CHOP ^{GF} ^N

organic chopped romaine, arugula, local tomatoes, toasted falafel almonds, lemon-dill chickpeas, red onion, feta, pepperoncini, cucumber, red wine vinaigrette 9.25

BOLD BERRY ^{GF} ^N

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

SUPER FOOD ^{GF} ^N ^{DF} ^V

organic chopped kale, roasted sweet potatoes, pickled red onion, sprouted buckwheat, raw pepitas, toasted pecan almond crunch, tahini dijon vinaigrette 9.50

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 GARLIC LIME TOFU 3.50

Phoenix Bean Farms, non-GMO

VEGAN CRISPY GARDEIN 3.50

our favorite plant protein

CAGE-FREE HARD BOILED EGG 2.00

antibiotic & hormone free, from happy chickens

ADD SOME PROTEIN

BURGERS & PLATES

MAHI MAHI TACOS GF DF

chayote slaw, avocado, cilantro, green onion, chipotle aioli, corn tortillas, house-made salsa fresca*
three tacos 11.50

BUFFALO CAULIFLOWER TACOS GF DF V

roasted buffalo cauliflower, avocado, scallions, cilantro, green herb aioli
three tacos 11.00

AVOCADO TOAST

smashed avocado, pickled red onion, feta, crispy chickpeas, Lake Breeze organic micro greens, locally baked Hewn sourdough 10.00 [with side salad](#)

+ cage-free sunny side egg 2.00

GRASS-FED BURGER DF

local tomato, roasted onions, lettuce, house-made dijon aioli* 10.00

[with side salad](#) : GF upon request 1.00

+ cheddar 1.00 + avocado 2.00

+ double down 4.00

BEYOND BURGER™ DF V

plant based soy-free burger, local tomato, red onion, lettuce, ketchup 10.50

[with side salad](#) : GF upon request 1.00

+ cheddar 1.00 + avocado 2.00

+ double down 4.00

GRILLED CHICKEN & AVOCADO SANDWICH DF

roasted local tomato, red onion, avocado, lettuce, house-made herb aioli* 10.00

[with side salad](#) : GF upon request 1.00

+ cheddar 1.00

UPGRADE YOUR SIDE SALAD
TO AN ORGANIC CAESAR + 2.00

MEGA BOWLS

AHI TUNA POKE BOWL N DF

grade AA ahi tuna, quinoa, edamame, crispy baked wontons, spicy mayo, house-made ginger-lime marinade* 11.00
+ avocado 2.00

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* 13.25

THAI TOFU BOWL GF N DF V

local tofu, spicy pickled cucumber, roasted sweet potatoes, edamame, cashews, brown rice, almond butter curry sauce 13.00

CHICKEN CASHW PENNE BOWL GF N

lentil penne, crimini mushrooms, organic spinach, parmesan, 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

LYFE FAVE

CRISPY CHICKEN & BRUSSELS

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

upon request: GF V

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

EXILIRS, TONICS & TEAS

HIBISCUS BEET

fresh beet juice, organic apple juice, 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

GINGER POM 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

organic strawberries, banana, scratch-made hibiscus beet tonic, 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, house-made ginger syrup, bee pollen, ground flax, lemon juice 6.95

ADD A BOOST

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

LA COLOMBE COFFEE SHOP

	SMALL	LARGE
LAVENDER VANILLA LATTE	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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