LYFE KITCHEN

autumn - winter

SMALL PLATES

HOUSE-MADE CHIPS & GUACAMOLE GF V
chips baked daily, salsa & guacamole 6.50

ROASTED CAULIFLOWER & CRISPY CHICKPEAS GF V
dijon vin 5.50

BUFFALO CHICKEN STRIPS
with buttermilk ranch 8.00

BAKED SWEET POTATO FRIES GF V
served with ketchup 3.50
add garlic parmesan & chipotle aioli 0.50

SWEET CORN CHOWDER 4.50 N GF V

SEASONAL SOUP 4.50 ask about our current special

FLATBREADS

add a bowl of soup for 3.50

MARGHERITA GF
mozzarella, Mighty Vine tomato, basil, pomodoro 9.50

TURKEY PEPPERONI GF
turkey pepperoni, mozzarella, tomato sauce, fresh oregano 10.00
add giardiniera peppers 0.50

BBQ CHICKEN GF
grilled chicken, sweet corn, onion, cilantro, mozzarella, bbq sauce 10.50 add bacon 1.50

ROASTED MUSHROOM & GOAT CHEESE GF
crimini mushrooms, caramelized onions, goat cheese, mozzarella, chives, parsley, balsamic glaze 9.50

SALADS

add a bowl of soup for 3.50

KALE & BEET N GF
organic chopped kale, roasted red beets, candy striped beets, red onion, pecans, goat cheese, pomegranate dijon vin 10.00

MIGHTY KALE CAESAR GF
organic chopped kale & romaine, Mighty Vine tomatoes, parmesan, gf crisps, vegan caesar 8.50

BUFFALO CHICKEN GF
chicken, organic romaine, chayote slaw, avocado, black beans, corn, cilantro, buttermilk ranch 10.25

AUTUMN GREENS N GF
shaved brussels sprouts, organic chopped kale, slivered almonds, dried cranberries, parmesan, tahini miso dressing 9.00

STRAWBERRY FIELDS N GF
spinach, fresh strawberries & blueberries, slivered almonds, goat cheese, pomegranate dijon vin 9.50

QUINOA CRUNCH BOWL GF V
quinoa tabbouleh, broccoli, cucumber, Mighty Vine tomatoes, candy stripe beets, avocado, arugula, edamame hummus, chipotle vin, fireman's hot sauce 9.50

MEDITERRANEAN CHOP GF
organic chopped romaine, Mighty Vine tomatoes, feta, lemon & dill chickpeas, red onion, pepperoncini, cucumber, mediterranean dressing 9.00

PROTEIN ADD-ONS

all-natural chicken breast 3.50
grilled salmon 4.50
crispy baked falafel 3.00
local garlic lime tofu 3.50
vegan crispy scallopini 3.00

N CONTAINS NUTS GF GLUTEN-FREE V VEGAN

SANDWICHES

served with side salad

all sandwiches made gluten-free upon request

add cheese 1.00 - add avocado 1.00 - double down 3.50

FARMHOUSE BURGER

grass-fed beef, organic romaine, Mighty Vine tomato, red onion, pickle, chipotle aioli 10.00

GRILLED CHICKEN & AVOCADO

roasted Mighty Vine tomato, organic romaine, red onion, avocado, tarragon aioli 10.00

BEYOND BURGER (V)

plant based soy-free patty, organic romaine, red onion, Mighty Vine tomato, pickles, ketchup 10.50

WRAPS, TOAST & TACOS

AVOCADO TOAST

smashed avo, pickled red onion, feta, crispy chickpeas, Lake Breeze organic micro greens, sprouted whole wheat toast 9.00

FISH TACOS (GF)

mahi mahi, chayote slaw, avocado, cilantro, green onion, chipotle aioli, corn tortillas, salsa fresca, served with side salad 10.00

add third taco 3.00

BUFFALO CAULIFLOWER TACOS (GF) (V)

roasted buffalo cauliflower, avocado, scallions, cilantro, tarragon aioli, served with side salad 9.50

add third taco 3.00

BUFFALO CHICKEN WRAP

buffalo chicken, avocado, black beans, corn, chayote slaw, organic romaine, cilantro, whole wheat tortilla, buttermilk ranch, served with side salad 10.00

ENTRÉES

ROASTED SALMON & SOBA (N)

buckwheat soba noodles, edamame, chayote slaw, toasted cashews, thai herbs, tahini sesame sauce 16.50

AHI TUNA POKÉ (N)

crispy baked wontons, quinoa, edamame, spicy mayo, sesame seeds, ginger-lime marinade 11.00 add avocado 1.00

VEGAN BEET POKÉ (N) (V)

ginger-beet marinated local tofu, quinoa, edamame, sesame seeds, crispy baked wontons 9.50 add avocado 1.00

CHICKEN MUSHROOM CASHEW PENNE (N) (GF)

grilled chicken, lentil penne, crimini mushrooms, organic spinach, parmesan, cashew cream alfredo sauce 14.00

SPICY CHICKEN & BLACK BEAN BOWL (GF)

sautéed peppers, black rice, cheddar, avocado, quinoa 13.00

CRISPY BAKED CHICKEN & BRUSSELS (N)

shaved brussels sprouts, butternut squash, dried cranberries, sweet corn puree, dijon vin 14.50 vegan or GF available

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.

JUICES, TONICS & TEAS

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

GINGER MINT CHIA
ginger, lime, mint, strawberry, agave, chia seeds 3.00

ORANGE GINGER CHIA
orange juice, lime, ginger, mint, chia seeds 3.00

CUCUMBER MINT
fresh cucumber juice, mint, lime, agave 3.00

HOUSE-MADE LEMONADE 4.00
fresh-squeezed lemons, agave

CHARCOAL LEMONADE 4.00
activated charcoal, house-made lemonade

LAVENDER LEMONADE 4.00
dash of lavender, house-made lemonade,

GINGER POMEGRANATE LEMONADE 4.00
fresh ginger, house-made lemonade

ORANGE JUICE 3.50
ORGANIC APPLE JUICE 3.50
ICED TEA black, green or hibiscus 2.50
HOT TEA mighty leaf tea selection 2.50

SMOOTHIES

KALE BANANA
organic kale, ginger, banana, cucumber, organic apple juice, lemon 6.50

BANANA DATE
banana, soy milk, fresh date syrup 6.50
add La Colombe espresso 1.00

STRAWBERRY BANANA
strawberries, banana, apple & orange juice, sweetened local yogurt 6.50

ADD A BOOST
Vital Proteins Collagen 1.99

COCKTAILS

GIN GARDEN
Hendrick's gin, basil, lemon, green tea, sparkling float 10.00

HIBISCUS BOOST
Tito's vodka, Chareau Aloe Liqueur, hibiscus tea, lime 10.00

GINGER ZING
Buffalo Trace bourbon, house-made ginger syrup, bitters 11.00

CUCUMBER MARGARITA
Sauza Tequila, basil, Chareau Aloe Liqueur, cucmber, lime 10.00

VANILLA LEMONCELLO
Tito's vodka, Miletti lemoncello, house-made vanilla agave, lemon 11.00

ASK ABOUT OUR BEER & WINE SELECTION!

SWEET TREATS

chocolate pomegranate parfait (N) (GF) (V) chocolate mousse, pomegranate chia, toasted almonds 4.50
coconut chia seed pudding (N) (GF) (V) coconut milk, chia seeds, banana, date syrup, toasted nut crunch 4.50
gf **pumpkin bread** (N) (GF) house-baked, served with local maple yogurt, toasted nut crunch 7.50
gf double chocolate **brownie** (GF) 3.95
gf **cookie** (GF) chocolate chip or ginger snap, baked fresh daily 1.75
vegan chocolate chip cookie (V) baked fresh daily 1.75
Halo Top Ice Cream! mint chip, chocolate chip cookie dough, or sea salt caramel 8oz cups 4.00