

## Breakfast

### **Crisp Bacon & Egg Sandwich \$7.99**

740 cal

Cage-free eggs, nitrate-free bacon, Swiss cheese & red pepper mayo on toasted ciabatta

**29g Protein | 55g Carb**

**42g Fat | 2g Fiber**

### **Southwest Breakfast Burrito \$7.99**

720 cal

Cage-free eggs, brown rice, black beans, roasted vegetables, cheddar, pico de gallo, cilantro & green onion in a whole wheat tortilla

**33g Protein | 78g Carb**

**34g Fat | 12g Fiber**

### **Frittata of the Day**

Chef's choice made with cage-free eggs

### **AVO Toast**

**Single/Double**

**\$5.99/\$7.99**

210 cal

Multigrain toast with avocado, black & white sesame seed, crushed red pepper flakes & extra-virgin olive oil

**7g Protein | 21g Carb**

**11g Fat | 5g Fiber**

**Mocha Madness Shake \$9.99**

370 cal

Organic 2% milk, Organic Mocha Java & vanilla whey protein

**34g Protein | 37g Carb**  
**10g Fat | 1g Fiber**

**Almond Butter Shake \$9.99**

430 cal

Almond milk, banana, almond butter, cinnamon, chia seeds & chocolate whey protein.

**27g Protein | 30g Carb**  
**25g Fat | 8g Fiber**

**Vegan PB & B Shake \$9.99**

380 cal

Almond milk, peanut butter, banana, chocolate vegan protein & café mocha Life Greens™

**20g Protein | 27g Carb**  
**23g Fat | 7g Fiber**

**Very Berry Blast Smoothie \$9.99**

350 cal

Orange juice, organic blueberries, strawberries & raspberries, vanilla whey protein

**27g Protein | 55g Carb**  
**3g Fat | 4g Fiber**

**Strawberry Sunrise Smoothie \$9.99**

380 cal

Orange juice, organic strawberries, banana, & vanilla whey protein

**27g Protein | 65g Carb**  
**3g Fat | 4g Fiber**

## Entrees

### **Life Café® Burger \$12.99**

560–600 cal

Choice of grass-fed beef burger (600 cal) or turkey burger (560 cal) with romaine, tomato & house-made red pepper mayo on a brioche bun

Add Cheese \$1 **cal 90**

#### **Beef (600 Cal)**

**29g Protein | 56g Carb**

**29g Fat | 3g Fiber**

**DF**

#### **Turkey (560 Cal)**

**40g Protein | 58g Carb**

**22g Fat | 3g Fiber**

### **California Chicken Sandwich \$12.99**

810 cal

Chicken, Swiss cheese, roasted red pepper, romaine, avocado & tomato with house made black pepper mayo on toasted ciabatta

**37g Protein | 66g Carb**

**46g Fat | 7g Fiber**

## Entrees

### **Turkey Avocado Sandwich \$12.99**

690 cal

Turkey, romaine, avocado & tomato with house made black pepper mayo on toasted ciabatta

**33g Protein | 60g Carb**  
**36g Fat | 6g Fiber**

### **Cheese Pizza \$11.99**

680 cal

Naan bread topped with marinara and three cheese blend

**30g Protein | 70g Carb**  
**32g Fat | 4g Fiber**

### **Chipotle Chicken Quesadilla \$12.99**

800 cal

Chicken, three cheese blend, pico de gallo, green onion, & house made chipotle ranch in a wheat tortilla & pico de gallo & cilantro crema (120 cal) on the side

**46g Protein | 64g Carb**  
**42g Fat | 8g Fiber**

## Bowls

### **Southwest Bowl \$12.99**

370–490 cal

Choice of chicken (370 cal) or grass-fed beef (490 cal) with brown rice, black beans, roasted vegetables, romaine, cilantro crema & pico de gallo

#### **Chicken**

**27g Protein | 30g Carb**

**17g Fat | 7g Fiber**

#### **Beef**

**26g Protein | 27g Carb**

**32g Fat | 7g Fiber**

### **Chicken Gyro Bowl \$12.99**

430 cal

Chicken, kale, brown rice, chickpeas, red onion, cucumber, tomato & feta, served with naan bread & tzatziki (190 cal)

**35g Protein | 50g Carb**

**15g Fat | 5g Fiber**

### **LT Bowl \$12.99**

470 cal

Chicken, brown rice, roasted red peppers, garlic seasoned broccoli with harissa

**32g Protein | 46g Carb**

**19g Fat | 10g Fiber**

## Salads

### **Cobb Salad \$12.99**

370 cal

Romaine, spinach, chicken, hard-boiled egg, nitrate-free bacon, blue cheese, avocado, grape tomatoes & shredded cheddar cheese

**30g Protein | 7g Carb**  
**24g Fat | 4g Fiber**

### **Mediterranean Salad \$12.99**

300 cal

Romaine, spinach, chicken, turkey, nitrate-free bacon, grape tomatoes, cucumber & Kalamata olives

**21g Protein | 5g Carb**  
**4g Fat | 4g Fiber**

### **Life Café<sup>®</sup> Salad \$12.99**

290 cal

Romaine, spinach, raisins, walnuts & blue cheese

**8g Protein | 24g Carb**  
**15g Fat | 4g Fiber**

## Kids

### **Fiesta Bowl \$7.99**

270 cal

Brown rice, black beans, tomato & avocado

**14g Protein | 42g Carb**

**9g Fat | 15g Fiber**

### **Cheese Pizza \$7.99**

360 cal

**15g Protein | 41g Carb**

**16g Fat | 3g Fiber**

### **Chicken Tenders \$7.99**

360 cal

**30g Protein | 27g Carb**

**14g Fat | 2g Fiber**

### **Mac N Cheese \$7.99**

300 cal

**10g Protein | 44g Carb**

**9g Fat | 2g Fiber**

12 & under. Served with banana (100 cal), kids chips (110–210 cal) & juice (40–70 cal); substitute organic milk for \$1 (70–120 cal)