

Sandwiches

Side Of Spring Mix Or
Gluten Free Slated Chips

*Turkey Feast 15

Turkey, Monterey Cheese, Tomato,
Red Onion, Alfalfa Sprouts, Avocado
On 21 Whole Grain with Mayo &
Stone Ground Mustard

*Turkey Pesto Panini 14.50

Organic Turkey, Pesto, Motzerella,
Tomato, Toasted on white bread.

*Bacon Jam Roast Beef 15

Organic Rye Bread, Jam, Blue Cheese,
Diced Bacon, Roast Beef, Provolone
Cheese, Microgreens, Horseradish

*BLTA Croissant 14.75

(Add Turkey \$2)

Uncured Thick Cut Bacon, Lettuce,
Tomato, Mayo & Avocado on a
Flakey Croissant

*Club Sandwich 15.95

Organic Turkey, Ham, Thick Cut Uncured
Bacon, Tomato, Lettuce, Monterey Cheese,
Cheddar Cheese with house made Garlic
Aioli

*Peppered Beef 15

Grass Fed Peppered Beef, Melted Pepper
Jack Cheese, Grilled Onion On Organic
Dark Rye Bread With Mayo, Stone Ground
Mustard and Horseradish

Add:

Bacon/Turkey/Roast Beef \$2
Sprouts \$1.50
Gluten Free \$2
Avocado: \$1.75



Grass Fed Burgers

(Veggie Patty Available)

Side Of Spring Mix or Gluten Free
Chips

*L.E.H Classic \$15.50

Angus Beef, Monterey Cheese, Tomato,
Red Onion, Alfalfa Sprouts, Avocado

*BBQ Bacon \$15.50

Angus Beef, Thick Cut Uncured Bacon,
Melted Pepper Jack Cheese, Cucumber,
Tomato, Grilled Red Onion Cream
Cheese and BBQ Sauce Spread

*Blue Cheese \$15.50

Angus beef, Blue cheese, Grilled Onion,
Thick Cut Uncured Bacon, Lettuce, Tomato,
Mayo, Ketuchup

Organic Rice Bowls

(Cauliflower Rice Sub + \$1.35)

*Teriyaki Chicken 15.50

Coconut Rice, Organic Teriyaki Chicken,
chives, Cilantro, Carrots, Red Cabbage,
Avocado, Sesame Seeds, Spicy Mayo

*Black Bean 14.50

Coconut Rice, Black Beans, Roasted
Corn, Cherry Tomato, Avocado,
Cilantro, Chives, Spicy Mayo, Sesame
Seeds

Organic Smoothies \$6.75

Chocolate PB & Protein

Nutella, Peanut Butter, Banana, Chocolate Protein Powder, Almond Milk

Detox Apple

Spinach, Apple, Cucumber, Lemon, Honey, Apple Juice

Strawbana

Strawberry, Banana, Almond Milk

Immune Defense

Pineapple, Mango, Ginger, OJ, Almond Milk

Digestion Green

Spinach, Pineapple, Plain Greek Yogurt, OJ, Lemon, Ginger,

Kids

Grilled Cheese 8.50

Classic Melty Grilled Cheese on Organic Oat Bread

Cheese Burger 9.75

Angus Beef, Cheddar Cheese, Lettuce, Tomato, Ketchup

Turkey Sandwich 8.99

Turkey, Cheddar Cheese, Lettuce

Jelly Saved the Peanuts 8.50

Classic PB&J with Chocolate Protein Powder and Powdered Greens Mixed Into the PB

Choose A Side
Fruit
Spring Mix
Gluten Free Chips

Lettuce-Eat-Healthy



Organic Salads \$15

Cranberry Almond

Organic Chicken, Dried Cranberries, Slivered Almonds, Red Onion, Goat Cheese

Pomegranate Goat Cheese

Organic Chicken, Pomegranate, Glazed Pecans, Goat Cheese

Apple Pecan

Organic Chicken, Apples, Glazed Pecans, Red onion, Cranberries, Feta Cheese



Our
Promise:
Fresh daily
Organic
Grass Fed
All items
Made &
Served
with LOVE



Organic Fresh Pressed Juice

\$8.50 20oz

- *Pear, Parsley, Cucumber
- *Apple, Basil, Cilantro, Lemon
- *Orange, Strawberry, Carrot

*Apple Carrot Beet

*MAKE YOUR OWN!

Ask About Our
Soups of The
Day!