


[COOLERS]


cucumber-mint \$2.99 47 cal 3 mg sodium
purified water with fresh slices of cucumber, mint, and lemon



pineapple-coconut-lime \$2.99 124 cal 37 mg sodium 
pineapple juice, coconut water, and fresh lime



cranberry-pomegranate \$2.99 213 cal 43 mg sodium
with cucumber, mint, and agave

[SMOOTHIES]

fruit, purified ice, and juice sweetened with agave

strawberry-banana \$4.49 272 cal 19 mg sodium 
organic strawberries, banana, white grape juice

mango madness \$4.49 279 cal 39 mg sodium  
mango, banana, and coconut water

very berry \$4.49 290 cal 10 mg sodium  
strawberries, blueberries, raspberries, acai, agave nectar, and fruit juices

[ICED TEAS]

black, green, or tropical iced teas \$1.99 4 cal 11 mg sodium

[WHEN LYFE HANDS YOU LEMONS]

fresh lemonade with mint \$2.29 167 cal 11 mg sodium

strawberry lemonade \$2.49 224 cal 8 mg sodium

[BOTTLED DRINKS]

oogave ginger ale \$2.99 98 cal 0 mg sodium **coconut water** \$2.99 60 cal 60 mg sodium

oogave cola \$2.99 98 cal 0 mg sodium **virgil's root beer** \$2.99 160 cal 0 mg sodium

[DRAFT BEER]

liberty ale, anchor brewing, san francisco \$5.49 180 cal

doppleweiss, lagunitas brewing, petaluma \$5.99 288 cal

big daddy IPA, speakeasy ales, san francisco \$4.49 185 cal

[WINE]

from growers and producers committed to sustainable and organic practices

white wines 120 cal (avg)

viognier 2010, ampelos cellars, santa barbara \$6.99

sauvignon blanc 2010, n.p.a o'neel family vineyard, sonoma county \$7.99




chardonnay 2010, sky saddle vineyard, napa valley \$8.99 

red wines 126 cal (avg)

rhone blend 2010, beckmen vineyards "cuvee le bec," santa ynez \$7.99 

zinfandel 2010, ambyth estate, paso robles \$8.49

syrah-grenache 2009, ampelos cellars "syrache," santa barbara county \$8.99

 = vegan or can be made vegan  = gluten-free or can be made gluten-free  = certified biodynamic



Welcome to LYFE Kitchen! We were founded with the simple notion that great-tasting food can also be great for you! We have five core values:

- 1. LYFE Tastes Great:** Every recipe is inspired by our two renowned chefs, Art Smith and Tal Ronnen. Together they created a menu that is innovative and makes it easy for you to enjoy food that's also great for you.
- 2. LYFE Is Good for You:** Rest assured that when you choose LYFE Kitchen for yourself and your loved ones, you're choosing real food. Learn about our menu, our ingredients, and our recipes and we believe you'll agree.
- 3. LYFE Is Socially and Environmentally Responsible:** From the floor you are walking on and the seats on your chair to the suppliers we select, we strive to reach the highest standards possible.
- 4. LYFE Is Ready When You Are:** We realize there's more to an abundant life than what you eat. You can find us anytime through regular, ongoing social media interactions and our website.
- 5. LYFE Gives Back:** We are committed to giving back to the people and communities we join.

follow us on:



167 Hamilton Avenue, Palo Alto, CA 94301

11/02/11



LYFE

LOVE YOUR FOOD EVERYDAY.

KITCHEN

MENU

[ALL THAT LYFE HAS TO OFFER]

[MAKE LYFE EASY]

place your takeout order online: www.lyfekitchen.com

167 Hamilton Avenue, Palo Alto, CA 94301 (650) 325-5933

[BREAKFAST] served 7 a.m.- 11 a.m.

farmer's market egg-white frittata (served with breakfast potatoes and garden fresh salsa) **\$5.99**
your choice
roasted mushroom & goat cheese with fresh basil 327 cal 804 mg sodium
or
spinach & avocado with green onion and cheddar cheese 401 cal 785 mg sodium

breakfast burrito (served with fruit salad) **\$6.49** 496 cal 627 mg sodium
whole-wheat tortilla stuffed with red peppers, onions, avocado, baby spinach, chipotle aioli, cheddar cheese, your choice of **scrambled eggs** or **egg whites**; with salsa

breakfast tofu wrap **\$6.49** 592 cal 604 mg sodium
whole-wheat tortilla stuffed with seasoned tofu, avocado, arugula, cherry tomatoes, and daiya cheese

breakfast sandwich (served with fruit salad) **\$5.99** max 463 cal 855 mg sodium
farm fresh organic eggs, turkey sausage or gardein* patty, tomatoes, arugula, and cheddar cheese on a whole-wheat english muffin, with garden fresh salsa

Art's start **\$4.99** 401 cal 164 mg sodium **V N**
steel-cut irish oatmeal with dried cranberries, granola, greek yogurt, and 100% real maple syrup

whole-grain buttermilk pancakes **\$4.99** 484 cal 638 mg sodium
served with fresh blueberries, strawberries, greek yogurt, and 100% real maple syrup

greek yogurt & fresh fruit parfait **\$3.99** 249 cal 81 mg sodium **V N**
seasonal fruit, greek yogurt, almond granola

carrot-zucchini-walnut muffin **\$2.49** 190 cal 138 mg sodium **N**

whole-wheat english muffin **\$1.99** 220 cal 340 mg sodium

child's pancakes **\$2.99** 359 cal 428 mg sodium
with strawberries, blueberries, greek yogurt, 100% real maple syrup

[BREAKFAST SIDES]

turkey breakfast sausage **\$2.49**
320 cal 340 mg sodium **Gf**

gardein* breakfast patty **\$2.49**
97 cal 360 mg sodium **V**

breakfast potatoes with aioli **\$2.49**
254 cal 229 mg sodium **Gf V**

seasonal fruit salad **\$2.49**
85 cal 11 mg sodium **Gf**

[COFFEE & TEA]

certified organic coffee **12oz \$1.99** 3 cal 6 mg sodium **16oz \$2.49** 4 cal 9 mg sodium
our blend of artisan, shade-grown coffee. **regular** or **decaffeinated**

single-serve pour-over coffee **12oz \$2.79** 2 cal 11 mg sodium
medium roast, rich and exceptionally smooth: Brazil, Columbia, Guatemala, Peru, or LYFE organic

café latte **12oz \$2.49** 175 cal 176 mg sodium **16oz \$2.99** 211 cal 213 mg sodium
espresso, steamed organic 2% milk

cappuccino **12oz \$2.49** 175 cal 176 mg sodium **16oz \$2.99** 211 cal 213 mg sodium
espresso, steamed organic 2% milk and foam

café mocha **12oz \$2.49** 190 cal 177 mg sodium **16oz \$2.99** 232 cal 214 mg sodium
espresso with chocolate and steamed organic 2% milk

hot tea **12oz \$1.99** 1 cal 9 mg sodium
citron green, masala chai, crimson berry, royal breakfast

[JUICES] **Gf**

fresh-squeezed orange **\$2.99** 108 cal 2 mg sodium

fresh-squeezed grapefruit **\$2.99** 94 cal 2 mg sodium

pomegranate & cranberry **\$2.49** 166 cal 27 mg sodium

[SHAREABLES]

edamame hummus and flatbread crisps **\$3.99** 373 cal 709 mg sodium **V**

grilled artichokes with lemon aioli **\$3.99** 154 cal 684 mg sodium **Gf**

[FLATBREADS]

all whole-wheat flatbread crusts made with flax seed and great-tasting spices

margherita **\$6.99** 495 cal 842 mg sodium
fresh mozzarella, cherry tomatoes, fresh basil, and pomodoro sauce

bbq chicken **\$7.99** 415 cal 924 mg sodium **V N**
free-range grilled chicken, sweet corn, roasted onion, cilantro, agave bbq sauce, and five-cheese blend

roasted mushroom & goat cheese **\$7.99** 473 cal 811 mg sodium
roasted onions, fresh herbs, with pomegranate balsamic drizzle

[SOUPS]

sweet corn chowder **\$3.99** 182 cal 468 mg sodium **V N**
made with cashew cream, chopped herbs, and multigrain croutons

seasonal soup **\$3.99** **N**
ask about today's soup

[SALADS]

farmer's market **\$8.99** 325 cal 375 mg sodium **Gf V N**
organic arugula, strawberries, red peppers, walnuts, pickled red onions, goat cheese, balsamic vinaigrette

roasted beets & farro **\$7.79** 467 cal 492 mg sodium **V N**
organic field greens, whole-grain farro, roasted red beets, roasted fennel, walnuts, dried cranberries, orange, red onion, basil, maple-sherry vinaigrette

chopped napa cabbage **\$7.79** 379 cal 551 mg sodium **N**
red pepper, edamame, cherry tomatoes, broccolini, scallion, cashews, cranberries, basil, mint, lime, ginger-sesame dressing

caesar **\$6.49** max 404 cal 547 mg sodium **V N**
organic romaine, cherry tomatoes, english cucumbers, shaved parmesan, eggless caesar dressing, multigrain croutons

add to any salad
free-range chicken breast **\$2.00** 81 cal 106 mg sodium **Gf**

gardein* chicken **\$2.00** 117 cal 334 mg sodium **V**

grilled shrimp **\$3.00** 94 cal 265 mg sodium **Gf**

agave lime grilled tofu **\$2.00** 97 cal 182 mg sodium

[A CHILD'S LYFE]

child's cheese-tomato flatbread **\$4.99** 247 cal 422 mg sodium

child's fish taco **\$4.99** 233 cal 253 mg sodium

child's gardein* chicken tenders with agave ketchup **\$4.99** 235 cal 525 mg sodium **V**

with choice of
baked sweet potato fries 100 cal 177 mg sodium

fresh fruit 38 cal and 5 mg sodium

child's juice: orange, grapefruit, or pomegranate & cranberry **\$1.99** max 166 cal 27 mg sodium

[GRAB LYFE WITH BOTH HANDS]

fish tacos **\$8.99** 510 cal 546 mg sodium
two tacos with grilled mahi, chayote slaw, avocado, chipotle aioli, cilantro, and chipotle vinaigrette on warm corn tortillas

chicken & grilled pineapple sandwich **\$7.99** 586 cal 549 mg sodium
with organic romaine, pickled red onion, avocado, fresh mint, and garlic aioli on multigrain bread

crispy gardein* chicken sandwich **\$7.99** 594 cal 786 mg sodium
with chayote slaw, fresh tomatoes, agave pickles, and garlic aioli on multigrain bread

classic burger **\$7.99** max 596 cal 898 mg sodium **V N**
grass-fed beef or gardein*, organic romaine, tomato, red onion, agave pickles, agave ketchup and cheddar cheese on a multigrain bun

grilled vegetable sandwich **\$7.99** 591 cal 746 mg sodium **V**
grilled portobello, eggplant, and red onion, with fresh english cucumber, tomato, and edamame hummus on multigrain bread

[MAIN DISHES]

Art's unfried chicken or gardein* **\$11.99** max 394 cal 599 mg sodium **V N**
with roasted winter squash, brussels sprouts, dried cranberries, cashew cream, and dijon vinaigrette

Tal's ancient grain bowl **\$11.99** 559 cal 646 mg sodium **V**
stir-fried gardein* tips and vegetables over whole-grain farro and quinoa with sweet chile-ginger sauce

eggplant parmesan **\$9.99** 550 cal 950 mg sodium
breaded and baked eggplant medallions, topped with pomodoro sauce, ricotta and five-cheese blend, served with garlic broccolini

grilled barramundi **\$11.99** 303 cal 763 mg sodium **Gf**
with edamame, napa cabbage, baby spinach, roasted mushrooms, and scallions in a spicy vegetable broth

free-range grilled chicken or gardein* & roasted mushroom pasta **\$9.99**
max 586 cal 929 mg sodium **N**
multigrain penne pasta with roasted mushrooms, spinach, scallions, and creamless sherry sauce (made from cashew cream), parmesan cheese, with grilled lemon

[SIDES] **V**

baked sweet potato fries **\$2.49** 394 cal 827 mg sodium

brussels sprouts & squash **\$2.49** **Gf** 187 cal 207 mg sodium

side salad **\$2.49** **Gf** 100 cal 67 mg sodium

roasted potatoes with aioli **\$2.49** **Gf** 254 cal 229 mg sodium

fresh fruit **\$2.49** **Gf** 85 cal 11 mg sodium

[THE SWEET LYFE]

lemon pound cake with greek yogurt & fruit **\$3.99** 359 cal 304 mg sodium

banana rum cheesecake (non-dairy) **\$3.99** 346 cal 193 mg sodium **V N**
made with pecan crust and topped with rum sauce

chocolate volcano cake **\$3.99** 304 calories 280 mg of sodium

chocolate chip cookie **\$1.29** (grab & go) max 156 cal 100 mg sodium **V**

*gardein™ (garden + protein) is made from delicious plant-based foods slow cooked to have the authentic taste and texture of premium lean meat.

V = vegan or can be made vegan **Gf** = gluten-free or can be made gluten-free **N** = contains nuts

LYFE kitchen uses shared cooking and preparation areas, so, while we will try our very best to accommodate you, we can't guarantee that any menu item will be completely free of tree nuts or any other allergen.