

CATERING MENU

STARTERS

serves 10 people / serves 15 people

guacamole, chips + salsa verde *gf v* 30 / 45 • hummus + veggies *gf v* 30 / 45

WRAPS

serves 10 people / serves 15 people

quinoa crunch v
whole wheat tortilla, quinoa, arugula,
cucumber, broccoli, tomato, avocado,
chipotle vinaigrette, fireman's hot sauce
70 / 105

grilled chicken avocado
whole wheat tortilla, mixed greens, grilled
chicken, red onion, edamame hummus,
sun-dried tomato, avocado smash, basil aioli
75 / 110

southwest grilled chicken
whole wheat tortilla, mixed greens, corn,
chayote slaw, black bean relish, avocado
smash, chipotle vinaigrette, spicy mayo
75 / 110

SALADS

serves 10 people / serves 15 people

ginger-citrus chop *gf v n*
bibb lettuce, mixed greens,
carrot, edamame, cucumber,
cashew, red pepper, sweet chile
vinaigrette, black sesame
65 / 95

seasonal market salad *gf n*
organic romaine, spinach, arugula,
roasted brussels, butternut squash,
dried cranberry, feta, almond nut crunch,
pomegranate vinaigrette
65 / 95

quinoa crunch bowl *gf v*
quinoa salad, arugula, snap peas,
broccoli, tomato, cucumber, edamame
hummus, avocado, chipotle vinaigrette,
fireman's hot sauce
65 / 95

ADD A PROTEIN

serves 10 people / serves 15 people

grilled chicken *gf*
30 / 45

roasted salmon *gf*
75 / 110

sautéed shrimp *gf*
45 / 65

organic tofu *gf v*
25 / 40

ENTRÉES

serves 10 people / serves 15 people

**herb roasted
salmon *gf***
roasted salmon, seasonal vegetables,
chayote slaw, basil aioli
115 / 170

**grilled chicken
and brussels *gf***
grilled chicken, roasted brussels +
squash, corn purée, dijon vinaigrette
75 / 105

curried rice noodles *gf v n*
curry, carrots, red peppers, snap peas,
broccoli, cauliflower, edamame, black sesame,
roasted cashew, sweet chile sauce
45 / 65

TACO BAR

serves 10 people / serves 15 people

corn tortillas • avocado smash • black bean relish • chipotle aioli • simple salad • chayote slaw • chips + salsa verde

chicken with roasted onions *gf* 100 / 150 • shrimp with roasted onions *gf* 130 / 195

DESSERT

chocolate chip cookies v 10 per dozen

LYFE BOX \$12.50 EACH

minimum of 10

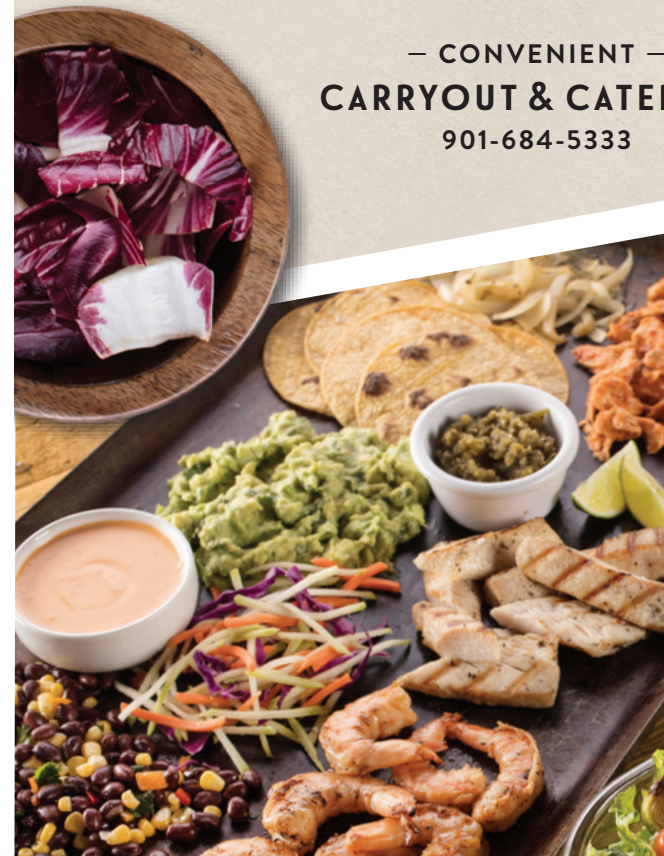
choose a wrap: southwest • chicken avocado • quinoa crunch
comes with simple salad, chips + chocolate chip cookie

*complimentary delivery on all catering orders
place your order online at order.lyfekitchen.com*

6201 POPLAR AVENUE • MEMPHIS, TN 38119 • 901-684-5333



— CONVENIENT —
CARRYOUT & CATERING
901-684-5333



order online: order.lyfekitchen.com -or- order + earn rewards with our app: lyfekitchen.com/rewards

CARRYOUT MENU

SHAREABLES *gf*

edamame hummus *v* **6**
cucumber, tomato, snap peas, broccoli,
toasted flatbread

cucumber bites **7**
cucumber, edamame hummus, seared
tuna, pickled red onion, chipotle aioli

turkey meatball martini **6**
ground turkey, pomodoro sauce, asiago

SALADS *gf*

tortilla crusted chicken salad **12**
organic romaine, seasonal greens, kale, chayote
slaw, black bean relish, avocado, chipotle aioli
without chicken *v* **8**

bronzed tuna salad *n* **13**
bibb lettuce, seasonal greens, seared tuna,
edamame, avocado, red peppers, cucumber, cashews,
carrots, black sesame, sweet chile vinaigrette

power greens salad *v* **8**
organic romaine, spinach, arugula, kale, edamame,
snap peas, broccoli, tomato, cucumber, asparagus,
sunflower seeds, lemon-basil vinaigrette

quinoa crunch bowl *v* **8**
quinoa, cucumber, snap peas, broccoli, tomato,
avocado, organic arugula, edamame hummus,
chipotle vinaigrette, fireman's hot sauce

seasonal market salad *n* **8**
organic romaine, spinach, arugula, roasted
brussels, butternut squash, dried cranberry, feta,
almond nut crunch, pomegranate vinaigrette

protein add-ons

organic tofu *gf v* **2** grilled wahoo *gf* **5**
grilled chicken *gf* **3** sautéed shrimp *gf* **6**
parmesan chicken **4** roasted salmon *gf* **7**

margherita flatbread **7**
mozzarella, tomato, basil, pomodoro sauce
with chicken **9** *with shrimp* **10**

bbq chicken flatbread **8**
grilled chicken, sweet corn, caramelized onion,
cilantro, smoky bbq, mozzarella

roasted vegetable flatbread *v* **7**
edamame hummus, zucchini, yellow squash,
onion, potato, butternut squash, asparagus,
portobello, balsamic, fresh basil

ENTRÉES

crispy chicken + brussels *n* **12**
roasted brussels + butternut squash, dried
cranberry, corn purée, dijon vinaigrette

parmesan crusted chicken **12**
seasonal vegetables, quinoa, black bean relish,
smoky pepper aioli

herb roasted salmon *gf* **16**
seasonal vegetables, quinoa, chayote slaw,
basil aioli

penne pomodoro *gf* **9**
penne, roasted zucchini, yellow squash, asiago,
basil, sun-dried tomato, spinach, pomodoro sauce

with turkey meatballs **11**

with shrimp **12**

turkey meatloaf *gf*  **11**
ground turkey, bacon, quinoa, roasted onions,
cauliflower mashed potatoes, sautéed green beans,
spicy pomodoro sauce

curried rice noodles *gf v n* **11**
curry, carrots, snap peas, red peppers,
broccoli, cauliflower, edamame, black sesame,
roasted cashew, sweet chile sauce

gf gluten-free *v* vegan
n contains tree nuts  contains pork

ROOTS + VEGGIES *gf*

steamed broccoli **3.5** roasted cauliflower *v* **3.5**
+ snap peas with
lemon vinaigrette *v*

sautéed green beans + bacon **3.5** roasted potatoes + spinach *v* **3.5**
roasted asparagus **4**

baked sweet potato fries *v* **3** roasted brussels + butternut squash *v* **4**

garlic parmesan baked sweet potato fries **3.5** simple salad *v* **3.5**
seasonal soup **3.5 / 5**

SANDWICHES

*served with your choice of baked sweet
potato fries or organic arugula salad
gluten-free bread available upon request*

chicken + avocado sandwich **10**
sun-dried tomato hummus, avocado smash,
bibb lettuce, red onion, basil aioli, ciabatta

parmesan chicken sandwich **11**
parmesan crusted chicken, mozzarella,
pomodoro, caramelized onions, basil, ciabatta

turkey burger **11**
bacon, cheddar cheese, avocado smash,
pickled carrots, ciabatta

turkey meatloaf sandwich  **9**
turkey meatloaf, roasted onion,
organic ketchup, ciabatta

farmhouse burger **13**
100% grass-fed beef, bacon, egg over easy,
cheddar cheese, dijonnaise, ciabatta

without bacon or egg **12**

black bean burger *v n* **10**
bibb lettuce, tomato, red onion, avocado
smash, smoky pepper aioli, ciabatta

DESSERTS

chocolate nut crunch parfait *v n* **5** gelato or sorbet trio **5**
brownie *gf v* **4.5** chocolate banana caramel crunch *gf v n* **4.5**
w/gelato or sorbet 3 chocolate chip cookies *v* **2.5**

TACOS *gf*

*made with organic corn tortillas
served with your choice of chips + salsa verde
or organic arugula salad*

sweet chile chicken **11**
avocado smash, chayote slaw, black bean relish,
chipotle aioli

roasted vegetable *v* **11**
portobello, butternut squash, onion, black
bean relish, zucchini, yellow squash, asparagus,
potato, avocado smash, chipotle aioli

line-caught wahoo **11**
avocado smash, chayote slaw, pickled
red onion, cilantro, chipotle aioli

tomatillo shrimp **12**
avocado smash, roasted onion, tomatillo,
cilantro, chipotle aioli

LITTLE LYFERS

*served with baked sweet potato fries
or steamed vegetables + a choice of kids
lemonade, milk, or organic apple juice*

grilled cheese **5**
whole grain bread, melted cheddar
gluten-free bread upon request

parmesan chicken strips **5**

pasta *gf* **5**
tomato sauce or butter + parmesan
with 3 turkey meatballs **6**

MOCKTAILS *gf v*

cucumber mint water **2.5** fresh-squeezed lemonade **3**
annie palmer **2.5** ginger pomegranate lemonade **3**
iced tea/coffee/tea **2**