

CATERING MENU

STARTERS

serves 8-10 people / serves 12-15 people

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

WRAPS

serves 8-10 people / serves 12-15 people

quinoa crunch v
whole wheat tortilla, quinoa, arugula,
cucumber, broccoli, tomato, avocado,
chipotle vinaigrette, hot sauce
75 / 110

grilled chicken avocado
whole wheat tortilla, mixed greens, grilled
chicken, red onion, edamame hummus,
sun-dried tomato, avocado smash, basil aioli
80 / 115

southwest grilled chicken
whole wheat tortilla, mixed greens, corn,
chayote slaw, black bean relish, avocado
smash, chipotle vinaigrette, spicy mayo
80 / 115

SALADS

serves 8-10 people / serves 12-15 people

ginger-citrus chop *gf v n*
bibb lettuce, mixed greens,
carrot, edamame, cucumber,
cashew, red pepper, sweet chile
vinaigrette, black sesame
70 / 100

seasonal market salad *gf n*
organic romaine, spinach, arugula,
roasted brussels, butternut squash,
dried cranberry, feta, almond nut crunch,
pomegranate vinaigrette
70 / 100

quinoa crunch bowl *gf v*
quinoa salad, arugula, snap peas,
broccoli, tomato, cucumber,
edamame hummus, avocado,
chipotle vinaigrette, hot sauce
70 / 100

ADD A PROTEIN

serves 8-10 people / serves 12-15 people

grilled chicken *gf*
35 / 50

roasted salmon *gf*
80 / 115

sautéed shrimp *gf*
50 / 70

organic tofu *gf v*
30 / 45

ENTRÉES

serves 8-10 people / serves 12-15 people

**herb roasted
salmon *gf***
roasted salmon, seasonal vegetables,
chayote slaw, basil aioli
120 / 180

**grilled chicken
and brussels *gf***
grilled chicken, roasted brussels +
squash, corn purée, dijon vinaigrette
90 / 135

curried rice noodles *gf v n*
curry, carrots, red peppers, broccoli,
cauliflower, green beans, black sesame,
roasted cashew, sweet chile sauce
50 / 70

TACO BAR

serves 8-10 people / serves 12-15 people

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

chicken with roasted onions *gf* 110 / 160 • shrimp with roasted onions *gf* 140 / 195

DESSERT

chocolate chip cookies *v* 10 per dozen

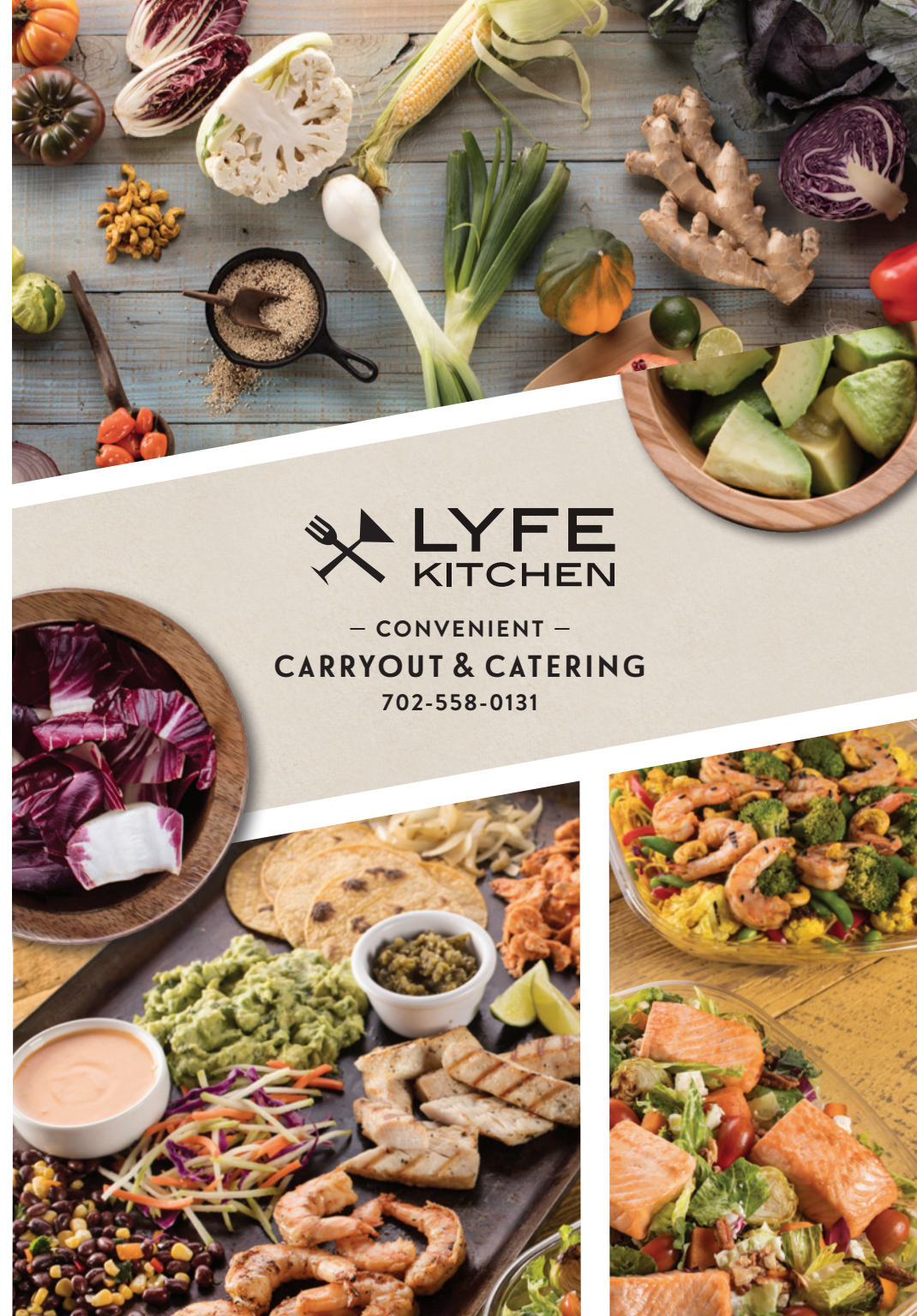
LYFE BOX \$12.50 EACH

minimum of 10

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

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CARRYOUT MENU

FLATBREADS *gf*

margherita flatbread 7.5	bbq chicken flatbread 9	roasted vegetable flatbread <i>v</i> 7
mozzarella, tomato, basil, pomodoro sauce	grilled chicken, sweet corn, caramelized onion, cilantro, smoky bbq, mozzarella	edamame hummus, zucchini, yellow squash, onion, potato, butternut squash, asparagus, portobello, balsamic, fresh basil
with chicken 9		
with shrimp 10		

SALADS *gf*

seasonal market salad <i>n</i> 9
organic romaine, spinach, arugula, roasted brussels, butternut squash, dried cranberry, feta, almond nut crunch, pomegranate vinaigrette
bronzed tuna salad <i>n</i> 14
bibb lettuce, seasonal greens, seared tuna, edamame, avocado, red peppers, cucumber, cashews, carrots, black sesame, sweet chile vinaigrette
power greens salad <i>v</i> 10
organic romaine, spinach, arugula, kale, edamame, snap peas, broccoli, cucumber, asparagus, sunflower seeds, lemon-basil vinaigrette
quinoa crunch bowl <i>v</i> 11
quinoa, cucumber, snap peas, broccoli, tomato, avocado, organic arugula, edamame hummus, chipotle vinaigrette, hot sauce

protein add-ons

organic tofu <i>gf v</i> 2	parmesan chicken 4	sautéed shrimp <i>gf</i> 6
grilled chicken <i>gf</i> 3	grilled wahoo <i>gf</i> 5	roasted salmon <i>gf</i> 7

ENTRÉES

crispy chicken + brussels <i>n</i> 14
roasted brussels + butternut squash, dried cranberry, corn purée, dijon vinaigrette
herb roasted salmon <i>gf</i> 17
seasonal vegetables, quinoa, chayote slaw, basil aioli
roasted vegetable cavatappi 12
cavatappi pasta, roasted asparagus, zucchini, onion, yellow squash, portobello, garlic, spinach, asiago, basil, tomato cream
turkey meatloaf <i>gf</i>  12
ground turkey, bacon, quinoa, roasted onions, cauliflower mashed potatoes, sautéed green beans, pomodoro, hot sauce
curried rice noodles <i>gf v n</i> 12
curry, carrots, red peppers, broccoli, cauliflower, green beans, black sesame, roasted cashew, sweet chile sauce

ROOTS + VEGGIES *gf*

chips + dip 4	roasted potatoes + spinach <i>v</i> 4	garlic parm baked sweet potato fries 4	simple salad <i>v</i> 4
choice of hummus or avocado smash	baked sweet potato fries <i>v</i> 4	roasted brussels + butternut squash <i>v</i> 4	seasonal soup cup 3.5
roasted asparagus 4			seasonal soup bowl 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, tomato, red onion, basil aioli, ciabatta
parmesan chicken sandwich 11
parmesan crusted chicken, fresh mozzarella, pomodoro, caramelized onions, basil, ciabatta
turkey burger 12
bacon, cheddar cheese, avocado smash, pickled carrots, ciabatta
farmhouse burger 14
100% grass-fed beef, bacon, egg over easy, cheddar cheese, dijonaise, ciabatta
without bacon or egg 13
black bean burger <i>v n</i> 10
bibb lettuce, tomato, red onion, avocado smash, smoky pepper aioli, ciabatta

LITTLE LYFERS

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

grilled cheese 6
whole grain bread, melted cheddar
<i>gluten-free bread upon request</i>
parmesan chicken strips 6
kids cavatappi or <i>gf</i> rice noodles 6
tomato sauce or butter + parmesan

TACOS *gf*

made with white 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
line-caught wahoo 12
avocado smash, chayote slaw, pickled red onion, cilantro, chipotle aioli
roasted vegetable <i>v</i> 11
portobello, butternut squash, onion, black bean relish, zucchini, yellow squash, asparagus, potato, avocado smash, chipotle aioli
tomatillo shrimp 13
avocado smash, roasted onion, tomatillo, cilantro, chipotle aioli

MOCKTAILS *gf v*

cucumber mint water 3
fresh cucumber juice, mint, lime, cane sugar
annie palmer 3
unsweetened tea, ginger pomegranate lemonade, splash of apple juice
fresh-squeezed lemonade 3
ginger pomegranate lemonade 3
iced tea / coffee / tea 3