

SALADS

add a bowl of soup for 3.50

MIGHTY KALE CAESAR

organic chopped kale & romaine,
local Mighty Vine tomatoes,
parmesan, gluten-free crisps,
vegan caesar 8.00

PISTACHIO HARVEST

harvest greens, roasted red &
candy stripe beets, pistachios,
goat cheese, pomegranate vin 9.50

GRILLED VEGGIE

organic romaine & baby spinach,
grilled peppers, eggplant, red onion,
cherry tomatoes, roasted chickpeas,
mozz, chimichurri vin 9.00

QUINOA CRUNCH BOWL

quinoa tabbouleh, broccoli, cucumber,
tomato, candy stripe beets, avocado,
arugula, edamame hummus, chipotle vin,
fireman's hot sauce 9.50

BUFFALO CHICKEN

chicken, organic romaine, chayote slaw,
avocado, black beans, corn, cilantro,
buttermilk ranch 10.00

PROTEIN ADD-ONS

all-natural chicken breast 3.50
grilled salmon 4.50
local garlic lime tofu 3.50
vegan crispy scallopini 3.00

SMALL PLATES

HOUSE-MADE CHIPS & GUACAMOLE

chips baked daily, salsa & guacamole 6.50

ROASTED CAULIFLOWER & CRISPY CHICKPEAS

dijon vin 5.00

BUFFALO CHICKEN STRIPS

with buttermilk ranch 7.50

BAKED SWEET POTATO FRIES

served with ketchup 3.50
add garlic parmesan & chipotle mayo 0.50

SWEET CORN CHOWDER

made with coconut milk 4.50

SEASONAL SOUP

ask about our current special

FLATBREADS

add a bowl of soup for 3.50

MARGHERITA FLATBREAD

mozz, tomato, basil, pomodoro 9.00

ROASTED CAULIFLOWER FLATBREAD

mozz, parm, capers, parsley, cashew cream 9.50

BBQ CHICKEN FLATBREAD

grilled chicken, sweet corn, onion, cilantro, mozz, BBQ sauce 10.50

ROASTED MUSHROOM & GOAT CHEESE

crimini mushrooms, caramelized onions, goat cheese, mozz,
chives, parsley, balsamic glaze 9.50

 CONTAINS NUTS  GLUTEN-FREE  VEGAN

WRAPS & TACOS

served with side salad

FISH TACOS

seasonal fish, chayote slaw, avocado, cilantro,
green onion, chipotle aioli, corn tortillas, salsa fresca 10.00
add third taco 3.00

BUFFALO CHICKEN WRAP

chicken, avocado, black beans, corn, chayote slaw,
organic romaine, cilantro, whole wheat tortilla,
buttermilk ranch 10.00

TURKEY BLT WRAP

turkey, crispy bacon, tomato, kale,
whole wheat tortilla, tarragon aioli 10.00

SANDWICHES

served with side salad

all sandwiches made gluten-free upon request
add cheese 0.50 - add avocado 1.00 - double down 3.50

FARMHOUSE BURGER

grass-fed beef, organic romaine, tomato, red onion,
pickle, chipotle aioli 9.50

TURKEY BURGER

chayote slaw, avocado, pickles, chipotle aioli 10.00

GRILLED CHICKEN & AVOCADO

roasted tomato, organic romaine, red onion, avocado, tarragon
aioli 10.00

BEYOND BURGER

plant based, soy-free patty, organic romaine, tomato,
red onion, pickles, ketchup 10.00

ENTRÉES

CRISPY BAKED CHICKEN & BRUSSELS

brussels sprouts, butternut squash, dried cranberries, sweet corn puree, dijon vinaigrette 14.00

AHI TUNA POKE

crispy baked wontons, quinoa, edamame, spicy mayo, sesame seeds, ginger lime marinade 11.00
add avocado 1.00

HERB ROASTED SALMON

grilled zucchini & squash with quinoa ratatouille topped with arugula 16.50

THAI RED CURRY BOWL

broccoli, eggplant, peppers, peas, wheat berries, coconut curry sauce 10.00
add tofu 3.50 - add chicken 3.50

SPICY CHICKEN & BLACK BEAN BOWL

sautéed peppers, black rice, cheddar, avocado, quinoa 13.00

CHICKEN MUSHROOM & SPINACH PENNE

pasta, grilled chicken, crimini mushrooms, organic spinach, parmesan, cashew cream sherry sauce 13.00

BEVERAGES

LYFE WATERS

HIBISCUS BEET

hibiscus tea infused with fresh beet juice, organic apple juice, ginger, lemon 3.00

GINGER MINT CHIA

infused with ginger, lime, mint, strawberry, agave & chia seeds 3.00

ORANGE GINGER CHIA

fresh-squeezed orange juice, filtered water, lime, ginger, mint, chia seeds 3.00

CUCUMBER MINT

fresh cucumber juice, mint, lime, agave 3.00

TEA

ICED: black, green or hibiscus 2.50

HOT: mighty leaf tea selection 2.50

LA COLOMBE COFFEE

check our chalkboards for specialty coffee selections

MARIN KOMBUCHA

bottle or draft available by location
{ask your cashier}

SMOOTHIES

KALE BANANA

organic kale, ginger, banana, cucumber, organic apple juice, lemon juice 5.95

BANANA DATE

banana, soy milk, fresh date syrup 5.95
add a shot of espresso 0.50

STRAWBERRY BANANA

strawberries, bananas, apple juice, orange juice, sweetened local yogurt 5.95

MAIN SQUEEZE

classic lemonade 3.50

ginger pom lemonade 3.50

orange juice 3.50

organic Apple juice 3.50


CHARCOAL LEMONADE 4.00

DIET COKE 2.00

SPINDRIFT 2.50

LITTLE LYFERS

served with choice of side salad or sweet potato fries

cheesy flatbread 5.00 

crispy baked chicken 6.00

pasta & red sauce 4.00 

vegan gardein tenders 5.00 

TREAT YO'SELF

CHOCOLATE POMEGRANATE PARFAIT

chocolate mousse, pomegranate chia seeds, toasted almonds 4.50

BANANA COCONUT PARFAIT

coconut milk, chia seeds, bananas, date syrup, nut crunch 4.50

GLUTEN-FREE COOKIE

baked daily 1.75

chocolate chip or ginger snap

VEGAN CHOCOLATE CHIP COOKIE

baked daily 1.75

LYFE Kitchen is not a gluten-free or allergen-free environment. Due to the handcrafted nature of our items & use of shared cooking & preparation areas, we cannot assure you that our restaurant environment or any menu item will be completely free of gluten, nuts, or any other allergens.



@LYFECHICAGO