

NUTRITIONAL INFORMATION											gf	v	n	🐟	🥛	🌱	🥚	🌾	🐠
											gluten-free	vegan	contains tree nuts	contains shellfish	contains dairy	contains corn	contains eggs	contains soy	contains fish
STARTERS	Edamame Hummus	448	28	3	467	40	6	11	14	gf	v							🌾	
	Cucumber Bites with Tuna	372	24	2	518	20	2	12	18	gf								🌾	🐠
	Turkey Meatball Martini	370	25	8	656	9	2	4	34	gf				🥛		🥚			
	Margherita Flatbread	511	24	7	606	58	2	9	15	gf				🥛					
	BBQ Chicken Flatbread	577	18	6	763	69	4	14	33	gf				🥛	🌱				
	Roasted Vegetable Flatbread	427	19	1	860	56	7	13	13	gf	v							🌾	
SALAD+SOUP	Seasonal Market Salad	219	11	3	227	28	7	11	7	gf			n		🥛			🌾	
	Bronzed Tuna Salad	291	14	2	221	27	6	15	17	gf			n					🌾	🐠
	Quinoa Crunch Bowl	541	33	3	498	54	9	9	14	gf	v							🌾	
	Tortilla Crusted Chicken Salad	710	39	4	760	58	11	9	33	gf				🥛	🌱			🌾	
	Arugula Salad (side)	41	3	1	62	2	1	1	2	gf				🥛				🌾	
	Power Greens Salad	455	37	3	417	21	11	8	12	gf	v							🌾	
	Butternut Squash Soup (6 fl oz cup)	116	7	2	450	12	2	4	2	gf	v								
	Butternut Squash Soup (9 fl oz bowl)	168	10	2	713	18	3	6	2	gf	v								
	Chicken, Kale & Sweet Potato (6 oz cup)	75	1	0	502	9	2	2	7	gf									
	Chicken, Kale & Sweet Potato (9 oz bowl)	112	2	1	753	13	3	3	10	gf									
	Corn Chowder (6 fl oz cup)	90	3	1	465	15	1	2	2	gf	v	n			🌱				
	Corn Chowder (9 fl oz bowl)	135	4	2	698	22	1	3	3	gf	v	n			🌱				
PROTEINS	Organic Tofu	163	6	2	95	17	0	6	11	gf	v							🌾	
	Roasted Salmon	368	22	4	358	2	0	0	28	gf									🐠
	Grilled Wahoo	129	4	0	402	0	0	0	20	gf									🐠
	Grilled Chicken Breast	167	7	1	219	1	0	0	24	gf									
	Sautéed Shrimp	160	6	3	550	1	0	1	24	gf				🐟					
	Parmesan Chicken	218	6	2	425	12	1	1	29					🥛					
DESSERT	Chocolate Nut Crunch Parfait	206	17	10	24	15	5	4	4		v	n						🌾	
	Trio of Gelato	all of our sorbets and gelatos are locally sourced, please ask us for the nutritional information								gf				🥛					
	Trio of Sorbet									gf	v								
	Chocolate Chip Cookie (1)	89	4	0	34	12	7	2	1		v							🌾	
	Chocolate Banana Caramel Crunch	330	19	11	24	44	6	5	5	gf	v	n							

NUTRITIONAL INFORMATION										gf	v	n	contains shellfish	contains dairy	contains corn	contains eggs	contains soy	contains fish
		CALORIES	TOTAL FAT	SAT. FAT	SODIUM	TOTAL CARBS	FIBER	SUGAR	PROTEIN	gluten-free	vegan	contains tree nuts						
HANDHELDS	Wahoo Tacos	609	20	1	406	90	10	14	18	gf								
	Tomatillo Shrimp Tacos	734	30	3	769	78	10	17	31	gf								
	Sweet Chile Chicken Tacos	704	31	3	656	78	10	17	31	gf								
	Roasted Vegetable Tacos	630	23	2	903	96	11	4	9	gf	v							
	Chicken & Avocado Sandwich	581	31	4	843	45	7	6	32	gf by request						*		
	Parmesan Chicken Sandwich	580	15	6	988	70	3	10	39	gf by request						*		
	Turkey Meatloaf Sandwich	594	29	8	916	47	4	8	42	gf by request						*		
	Farmhouse Burger	555	29	7	974	46	4	8	32	gf by request						*		
	Turkey Burger	705	44	11	1160	46	7	7	41	gf by request						*		
	Black Bean Burger	570	27	6	794	68	6	7	15	gf by request	v	n				*		
* please note, gluten-free buns contain egg																		
ENTRÉES	Crispy Chicken & Brussels	566	26	4	758	55	4	8	35			n						
	Turkey Meatloaf	648	38	11	1423	42	9	18	42	gf								
	Curried Rice Noodles	572	38	4	459	58	13	17	6	gf	v	n						
	Parmesan Crusted Chicken	598	31	4	1770	48	6	5	37									
	Penne Pomodoro	358	8	3	586	58	9	8	19	gf								
	Herb Roasted Salmon	356	17	1	1303	27	4	3	24	gf								
ROOTS+VEGGIES	Roasted Brussels & Butternut Squash	280	17	2	243	33	7	14	5	gf	v							
	Sweet Potato Fries	327	15	0	733	43	5	13	7	gf	v							
	Garlic Parmesan Sweet Potato Fries	487	35	5	845	36	5	14	10	gf								
	Steamed Broccoli + Snap Peas	75	3	1	56	9	1	2	4	gf	v							
	Sautéed Green Beans + Bacon	213	12	2	206	24	5	11	5	gf								
	Roasted Potatoes + Spinach	213	10	1	189	28	4	3	3	gf	v							
	Simple Salad	100	7	1	117	5	2	5	1	gf	v							
	Roasted Cauliflower	280	26	2	346	7	2	3	2	gf	v							
	Roasted Asparagus	105	6	2	170	12	5	3	7	gf								
BRUNCH	Bananas Foster French Toast	494	15	7	497	82	9	35	15			n						
	Blueberry Quinoa Pancakes	529	19	3	613	82	5	39	6	gf								
	Brunch Scramble	431	16	4	1688	51	6	8	24									
	Breakfast Tacos (3)	273	12	2	1412	24	3	2	15	gf								
	The Chancellor	664	40	10	1162	57	8	18	26									
	Breakfast Burrito	688	32	5	653	40	3	4	18									
	Morning Veggie Wrap	556	35	5	604	46	4	3	12		v							
	Frittata Primavera	600	48	10	627	17	5	9	26	gf								
	Sunny Side Skillet	874	55	13	966	53	6	7	49	gf by request								
	Yogurt + Berries	169	6	1	24	23	4	18	9	gf		n						
	Muffin	90	10	1.5	138	17	2	10	3			n						

LYFE Kitchen is not a dedicated gluten-free or allergen-free environment. We will do our best to accommodate special requests, but due to the hand-crafted nature of our menu and our use of shared preparation areas, we cannot completely assure you that our restaurant environment or any menu item will be completely free of gluten, nuts, or any other allergen. **Thank you for choosing LYFE!**