

BOWLS

GF

Each bowl includes seasonal roasted vegetables, our garden mix salad (cucumber, tomato, radish, mixed greens), and rice.

Choose Your Protein & flavor style



Falafel



Chicken



Chimichurri Chicken



Teriyaki Chicken

Served with house-made hummus



Salmon



Chimichurri Salmon



Teriyaki Salmon

WRAPS

GFO

Choose your tortilla:

Whole Wheat

Spinach

Gluten-Free

CHICKEN



Teriyaki

Chicken, jasmine rice, roasted vegetables, avocado, sesame seeds, house teriyaki glaze



Chimichurri

Chicken, jasmine rice, roasted vegetables, avocado, fresh herb chimichurri sauce

SALMON



Teriyaki

Oven-roasted salmon, jasmine rice, seasonal roasted vegetables, avocado, sesame seeds, house teriyaki glaze, mixed greens



Chimichurri

Oven-roasted salmon, jasmine rice, roasted vegetables, avocado, chimichurri sauce, mixed greens



Falafel

v

Falafel, hummus, cucumber, tomato, mixed greens, avocado, pickled red onion



The Power Wrap

Pasture - raised fluffy egg, turkey bacon, spinach, sweet potato, mozzarella, avocado with La Vida sauce



Kale Chicken Caesar

Antibiotic-free chicken, chopped kale, parmesan, toasted sourdough croutons, our addictive Caesar dressing

SANDWICHES / TOAST

All sandwiches include our signature La Vida sauce



Cali Chicken

Toasted ciabatta, antibiotic-free chicken, avocado, mozzarella, pickled red onion, tomato, mixed greens



Perfect Egg

Served on toasted ciabatta with fluffy, pasture-raised eggs, turkey bacon, fresh tomato, mozzarella, avocado, and arugula



Pesto Chicken

Toasted ciabatta, antibiotic-free chicken, arugula, tomato, mozzarella, kale pesto sauce*, balsamic glaze drizzle



Avocado Toast

Toasted local sourdough, smashed avocado, cucumber, radish, microgreens



Greek Goddess

Arugula, mixed greens, tomatoes, cucumber, feta cheese, mint, sourdough croutons, citrus glow dressing



Kale Caesar

Chopped kale, toasted sourdough croutons, Parmigiano Reggiano, our addictive Caesar dressing



Harvest Salad

Shredded kale, roasted sweet potatoes, apples, feta cheese, quinoa, pumpkin seeds, maple-citrus dressing

SALADS

SUPERFOOD SMOOTHIES

GF

V



Passion Colada

Pineapple, passion fruit, coconut water, chia seeds



Welcome to San Diego

Organic raw açai, mango, banana, blueberries, hemp seeds



Choco Fuel

GF
V

Banana, peanut butter, honey, grass-fed whey chocolate protein



Vitamin Sea

Banana, strawberry, pineapple, coconut water, lemon juice



The Glow Up

Blueberry, banana, spinach, almond milk, almond butter, collagen protein



Very Greens

Celery, cucumber, pineapple, lemon juice, ginger, and spinach



Collagen Madness

Pineapple, banana, mango, coconut water, hemp seed, blue spirulina, collagen protein, shaved coconut

MATCHA BAR GF V

Oat milk or Almond milk



Strawberry Matcha



Matcha Latte



Matcha Lemonade



Coconut Matcha

ACAI BOWLS GF V

Add fruit, cacao nibs, chia seeds, goji berries



La Vida Bliss

Organic raw açai, banana, strawberry, pineapple, chia seed, shaved coconut, nutella, housemade granola



Beach Body

Organic raw açai, banana, strawberry, mango, chia seeds, goji berries, cacao nibs, shaved coconut, almond butter, housemade granola



PB Kiss

Organic raw açai, banana, strawberry, blueberries, goji berry, peanut butter, shaved coconut, housemade granola