

BREAKFAST

SERVED UNTIL 11AM DAILY

ENTRÉES

CLASSIC BREAKFAST organic LYFE eggs, turkey sausage, fingerling potato hash, chipotle aioli 6.99
476 CALORIES | 597 MG SODIUM

FARMER'S MARKET FRITTATA organic egg-whites, avocado, spinach, scallions, cheddar, served with fingerling potato hash, salsa fresca 6.49
462 CALORIES | 726 MG SODIUM

BREAKFAST BURRITO choice of organic LYFE eggs or organic egg whites in a whole-wheat tortilla with organic arugula, avocado, cherry tomatoes, chipotle aioli, cheddar, salsa fresca 6.49
520 CALORIES | 613 MG SODIUM

MORNING TOFU WRAP scrambled tofu in a whole-wheat tortilla with gardein™ sausage, organic arugula, avocado, cherry tomatoes, daiya vegan cheddar 6.49
n 513 CALORIES | 482 MG SODIUM

BREAKFAST SANDWICH organic LYFE eggs, choice of turkey sausage or gardein™ sausage, tomatoes, organic arugula, cheddar on harvest seeded english muffin 5.99
MAX 524 CALORIES | 765 MG SODIUM

ART'S START steel-cut oatmeal with dried cranberries, almond granola greek yogurt, 100% maple syrup 4.99
n 388 CALORIES | 127 MG SODIUM

ANCIENT GRAIN BUTTERMILK PANCAKES griddled with whole-grain farro and quinoa, served with fresh berries, greek yogurt, 100% maple syrup 4.99
427 CALORIES | 705 MG SODIUM

GREEK YOGURT PARFAIT with fresh fruit, pomegranate soaked chia seeds, almond granola 3.99
n 253 CALORIES | 87 MG SODIUM

without nuts
167 CALORIES | 46 MG SODIUM

CARROT-ZUCCHINI-WALNUT MUFFIN 2.99
n 190 CALORIES | 138 MG SODIUM

HARVEST SEEDED ENGLISH MUFFIN 1.99
230 CALORIES | 250 MG SODIUM

CHILD'S PANCAKES served with fresh berries, greek yogurt, 100% maple syrup 2.99
251 CALORIES | 224 MG SODIUM

SIDES

TURKEY BREAKFAST SAUSAGE 2.99
320 CALORIES | 340 MG SODIUM

GARDEIN™ SAUSAGE 2.99
99 CALORIES | 360 MG SODIUM

FINGERLING POTATO HASH 2.99
204 CALORIES | 165 MG SODIUM

SEASONAL FRUIT SALAD 2.99
96 CALORIES | 8 MG SODIUM

n CONTAINS NUTS

Gardein™ (Garden + Protein) is made from delicious plant-based foods slow cooked to have the authentic taste and texture of premium lean meat.

LYFE kitchen uses shared cooking and preparation areas, so while we will try our very best to accommodate you, we cannot guarantee that any menu item will be completely free of nuts or any other allergens.

LUNCH AND DINNER

ASK ABOUT OUR GLUTEN-FREE AND VEGAN OPTIONS

STARTERS

EDAMAME HUMMUS with fresh crunchy vegetables, smoky paprika, flax crackers 5.99
416 CALORIES | 509 MG SODIUM

GRILLED ARTICHOKEs with garlic aioli 7.99
173 CALORIES | 252 MG SODIUM

CHUNKY GUACAMOLE with house baked corn tortilla chips, salsa fresca 5.99
289 CALORIES | 300 MG SODIUM

SOUPS

SWEET CORN CHOWDER made with sweet corn, peppers, potatoes, cashew cream 3.99
n 174 CALORIES | 498 MG SODIUM

SEASONAL SOUP ask about today's soup 3.99 n

SALADS

FARMER'S MARKET organic winter greens with blackberries, agave pickled onions, spiced pecans, goat cheese, balsamic vinaigrette, and pomegranate drizzle 8.99
n 394 CALORIES | 342 MG SODIUM

CAESAR SALAD organic romaine, cherry tomatoes, english cucumbers, broccolini, shaved parmesan, multigrain croutons and eggless caesar dressing, 6.99
481 CALORIES | 710 MG SODIUM

BEETS AND FARRO organic field greens, roasted beets, farro, apple, fennel, red onion, walnut, dried cranberries, and maple-sherry vinaigrette 8.99
n 413 CALORIES | 430 MG SODIUM

CHOPPED NAPA CABBAGE edamame, scallions, cucumber, cherry tomatoes, broccolini, dried cranberries, cashews, mint, basil, lime, and ginger-sesame dressing 8.99
n 367 CALORIES | 626 MG SODIUM

ADD TO ANY SALAD

FREE-RANGE CHICKEN BREAST 2.49
88 CALORIES | 116 MG SODIUM

GARDEIN™ CHICKEN 1.99
102 CALORIES | 290 MG SODIUM

AGAVE-LIME TOFU 1.99
89 CALORIES | 195 MG SODIUM

GRILLED SHRIMP 3.49
119 CALORIES | 526 MG SODIUM

GRILLED SALMON 3.99
174 CALORIES | 178 MG SODIUM

FLATBREADS

Our whole-wheat flatbread crusts are handmade with flax seed and toasted spices.

MARGHERITA fresh mozzarella, cherry tomatoes, basil, pomodoro sauce, five-cheeses 7.99
498 CALORIES | 742 MG SODIUM

BBQ CHICKEN free-range grilled chicken, sweet corn, roasted onion, cilantro, agave BBQ sauce, five-cheeses 8.49
403 CALORIES | 769 MG SODIUM

ROASTED MUSHROOM AND GOAT CHEESE portobello, crimini, roasted onions, fresh herbs, pomegranate-balsamic drizzle 8.99
452 CALORIES | 739 MG SODIUM

SHISHITO PEPPER grilled shishito peppers, broccolini, basil, tofu ricotta, white sauce 7.99
n 256 CALORIES | 782 MG SODIUM

ENTRÉES

ART'S UNFRIED CHICKEN OR GARDEIN™ CHICKEN with roasted brussels sprouts, butternut squash, dried cranberries, cashew cream, dijon vinaigrette 12.99
n MAX 481 CALORIES | 640 MG SODIUM

TAL'S ANCIENT GRAIN BOWL stir-fried vegetables and gardein™ “beef tips,” served over whole-grain farro and quinoa with sweet chile-ginger sauce 11.99
505 CALORIES | 561 MG SODIUM

GARDEIN™ SAUSAGE AND MOZZARELLA RAVIOLI with kale, broccolini, cherry tomatoes, garlic, basil 11.99
n 430 CALORIES | 951 MG SODIUM

GRILLED BARRAMUNDI with soba noodles, edamame, napa cabbage, baby spinach, shiitake, scallions in a spicy vegetable broth 12.99
346 CALORIES | 880 MG SODIUM

KABOCHA SQUASH RISOTTO made with farro, kale, carrot, broccolini 8.99
390 CALORIES | 426 MG SODIUM
with shrimp 12.49
523 CALORIES | 963 MG SODIUM

ROASTED LOCH DUART SALMON with steamed baby bok choy, shiitake, jalapenos, scallion, ginger miso 14.99
586 CALORIES | 862 MG SODIUM

PORTOBELLO PASTA WITH FREE-RANGE CHICKEN OR GARDEIN™ CHICKEN whole-grain penne pasta with roasted mushrooms, spinach, scallions, cashew cream-sherry sauce, parmesan, grilled lemon 11.99
n MAX 586 CALORIES | 928 MG SODIUM

SIDES

BAKED SWEET POTATO FRIES with agave ketchup 2.99
380 CALORIES | 796 MG SODIUM

ROASTED BRUSSELS SPROUTS AND BUTTERNUT SQUASH with dried cranberries, dijon vinaigrette 2.99
201 CALORIES | 173 MG SODIUM

GREEN SALAD with lemon vinaigrette 2.99
103 CALORIES | 51 MG SODIUM

BABY KALE SALAD marinated in fresh-squeezed lemon juice 2.99
40 CALORIES | 43 MG SODIUM

SANDWICHES AND BURGERS

FISH TACOS grilled mahi, chayote slaw, avocado, green onion, cilantro, chipotle aioli on warm corn tortillas 9.99
418 CALORIES | 340 MG SODIUM

CHICKEN AND GRILLED PINEAPPLE SANDWICH with avocado, agave pickled onion, fresh mint, organic romaine, garlic aioli on multigrain 8.49
566 CALORIES | 529 MG SODIUM

CRISPY GARDEIN™ CHICKEN SANDWICH shishito pepper relish, organic romaine, tomato, red onion, vegan spicy mayo on multigrain 8.99
583 CALORIES | 985 MG SODIUM

QUINOA CRUNCH WRAP fresh crunchy vegetables, avocado, edamame hummus, forbidden rice, and adzuki beans in a whole wheat tortilla, hot sauce on the side 8.99
519 CALORIES | 420 MG SODIUM

VEGGIE BURGER gardein™ patty, organic romaine, tomato, red onion, agave pickles, agave ketchup on a golden flaxseed bun 8.49
456 CALORIES | 763 MG SODIUM
add daiya vegan cheese 0.25
n 543 CALORIES | 888 MG SODIUM

CLASSIC BURGER 100% grass-fed beef, organic romaine, tomato, red onion, agave pickles, agave ketchup on a golden flaxseed bun 8.79
548 CALORIES | 605 MG SODIUM
add cheddar 0.25
582 CALORIES | 944 MG SODIUM

CHILD’S MENU

All child’s entrées served with choice of baked sweet potato fries or fresh fruit.

CHILD’S CHEESY FLATBREAD 4.99
MAX 482 CALORIES | 925 MG SODIUM

CHILD’S FISH TACO 5.99
MAX 292 CALORIES | 430 MG SODIUM

CHILD’S CRISPY GARDEIN™ CHICKEN TENDERS served with agave ketchup 4.99
MAX 336 CALORIES | 697 MG SODIUM

CHILD’S PIZZA RAVIOLI stuffed with gardein™ sausage, daiya mozzarella, tomato and broccolini 5.99
MAX 338 CALORIES | 778 MG SODIUM

CHILD’S FRESH-SQUEEZED ORANGE JUICE 1.99
126 CALORIES | 2 MG SODIUM

ORGANIC APPLE JUICE 1.99
133 CALORIES | 22 MG SODIUM

DESSERTS

CHOCOLATE BUDINO with pomegranate soaked chia seeds 3.99
204 CALORIES | 24 MG SODIUM

CHOCOLATE CHIP COOKIE grab and go 1.49
156 CALORIES | 100 MG SODIUM

APPLE AND QUINOA CRISP with greek yogurt 3.99
312 CALORIES | 190 MG SODIUM

COFFEE AND TEA

CERTIFIED ORGANIC COFFEE our blend of artisan, shade-grown coffee, regular or decaffeinated 1.99
3 CALORIES | 6 MG SODIUM

CAFÉ LATTE organic espresso, steamed organic 2% milk 2.99
158 CALORIES | 158 MG SODIUM

CAPPUCCINO organic espresso, frothed organic 2% milk 2.99
158 CALORIES | 158 MG SODIUM

CAFÉ MOCHA organic espresso, house-made chocolate syrup, steamed organic 2% milk 2.99
231 CALORIES | 166 MG SODIUM

ORGANIC HOT TEA equator breakfast, cranberry & orange, green tea 1.99
0 CALORIES | 10 MG SODIUM

HOT CHOCOLATE made with bittersweet cocoa, organic cane sugar, ugandan vanilla, a pinch of sea salt 2.99
268 CALORIES | 170 MG SODIUM

COOLERS

CUCUMBER MINT fresh cucumber juice, mint, lemon, agave 2.99
32 CALORIES | 5 MG SODIUM

SPICED CRANBERRY HIBISCUS cranberry juice, hibiscus tea, mulling spices, agave 2.99
150 CALORIES | 26 MG SODIUM

ICED TEAS

BLACK OR HIBISCUS 2.49
0 CALORIES | 10 MG SODIUM

SMOOTHIES

KALE-BANANA made with raw kale, fresh ginger, banana, cucumber, organic apple juice, lemon juice 4.99
187 CALORIES | 32 MG SODIUM

STRAWBERRY-YOGURT made with organic strawberries, greek yogurt, banana, organic apple juice, fresh-squeezed orange juice 4.49
239 CALORIES | 31 MG SODIUM

HANDMADE SODAS

GINGER-MINT 2.99
163 CALORIES | 49 MG SODIUM

APPLE-GINGER 2.99
101 CALORIES | 54 MG SODIUM

FRESH-SQUEEZED

ORANGE JUICE 2.99
126 CALORIES | 2 MG SODIUM

LEMONADE 2.49
165 CALORIES | 8 MG SODIUM

RASPBERRY LEMONADE 2.99
211 CALORIES | 13 MG SODIUM

WINE AND BEER

From growers and producers committed to sustainable and organic practices.

DRAFT BEER

TRUMER PILS a german-style pilsner characterized by a distinct hops flavor, high carbonation and light body 4.49
156 CALORIES

PYRAMID HEFEWEIZEN a unique take on the traditional bavarian classic, a refreshingly unfiltered wheat ale with a distinctively smooth flavor 4.49
144 CALORIES

LAGUNITAS IPA (INDIA PALE ALE) lagunitas’ flagship beer, a moderately hoppy and well balanced IPA 4.49
180 CALORIES

WHITE WINE

AVG 133 CALORIES
KING ESTATE WINERY, “ACROBAT”, OREGON, 2010 fresh pear, citrus and honeydew melon flavors with a clean refreshing finish
7.99 glass | 19.95 1/2 liter | 39.50 liter

FROG’S LEAP, SAUVIGNON BLANC, NAPA VALLEY, 2010 crisp flavors of citrus peel and stone fruit with subtle minerality made from 100% organic grapes
8.49 glass | 21.95 1/2 liter | 43.50 liter

TREFETHEN VINEYARDS, CHARDONNAY, NAPA VALLEY, 2010 rich with tropical floral aromas and a hint of almond
8.99 glass | 23.95 1/2 liter | 46.50 liter

RED WINE

AVG 142 CALORIES
BECKMAN VINEYARDS, “CUVEE LE BEC”, SANTA YNEZ VALLEY, 2010 a Rhône-style blend with earthy notes and a hint of spice that intermix with flavors of red and blue fruit; made from 100% biodynamically grown grapes
7.99 glass | 19.95 1/2 liter | 39.50 liter

PAUL DOLAN VINEYARDS, CABERNET SAUVIGNON, MENDOCINO COUNTY, 2009 ripe, concentrated flavors of cherry and plum with intriguing notes of spice and licorice made from 100% organic grapes
8.99 glass | 23.95 1/2 liter | 48.50 liter

AU BON CLIMAT, PINOT NOIR, SANTA BARBARA COUNTY, 2009 full-bodied with flavors of cherries and wild strawberries with a subtle hint of oak on the finish
9.99 glass | 26.95 1/2 liter | 53.50 liter

WATER

LYFE CHIA WATER filtered water with chia seeds, strawberries, ginger, mint, and lime 0.99
62 CALORIES | 9 MG SODIUM

SPARKLING WATER 2.99
0 CALORIES | 95 MG SODIUM



LOCATION
167 N. Hamilton Ave
Palo Alto, CA 94301
(650) 325-5933
www.LyfeKitchen.com

HOURS
Mon-Thurs: 7am – 9pm
Fri: 7am – 10pm
Sat: 8am – 10pm
Sun: 9am – 9pm