

COLD SANDWICHES

PROTEIN SALAD \$4.99 HALF \$8.99 WHOLE

Choice of Line Caught Tuna or Organic Chicken or Organic Egg Salad, Organic Lettuce, Organic Tomato, Organic Sprouts, Salt and Pepper, Choice of Bread.

● **VEGAN TUNA** \$4.99 HALF \$8.49 WHOLE

Vegan Tuna Salad, Organic Vegenaize, Organic Sprouts, Organic Lettuce, Organic Tomato. Choice of bread.

● **VEGAN AVOCADO** \$4.99 HALF \$8.49 WHOLE

Organic Avocado, Sunflower Seeds, Organic Yellow Mustard, Sea Salt and Organic Pepper, Organic Sprouts, Organic Vegenaize, Organic Lettuce, Organic Tomato, Choice of Bread.

● **VEGAN HERO** \$4.99 HALF \$8.49 WHOLE

Field Roast Smoked Tomato Deli Slices, Organic Lettuce, Organic Balsamic Vinaigrette, Organic Red Onions, Daiya Jalapeno Havarti Cheese, Olive Tapenade, Organic Tomato, Organic Stone Ground Mustard on Ciabatta.

TURKEY PASTRAMI \$4.99 HALF \$8.49 WHOLE

Free Range Turkey Pastrami, Natural Swiss Cheese, Organic Yellow Mustard, Organic Sprouts, Organic Lettuce, Organic Tomato, Non-GMO Mayo, Choice of bread.

FREE RANGE TURKEY \$4.99 HALF \$8.99 WHOLE

Free Range Turkey, Natural Swiss Cheese, Organic Sprouts, Organic Lettuce, Organic Tomato, Non-GMO Mayo, Choice of bread.

SANDWICH OPTIONS

CHEESE

SWISS
PROVOLONE
CHEDDAR
PEPPERJACK

● DAIYA JALAPENO HAVARTI
● DAIYA CHEDDAR

BREAD

WHOLE WHEAT
RYE
SOURDOUGH
CIABATTA ROLL

● CANYON BAKEHOUSE
GLUTEN FREE BREAD
ADD 50¢

*ORGANIC AVOCADO CANNOT SERVE AS A SUBSTITUTION

Please be advised that food prepared in Lassens kitchen may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and shellfish.

sandwich ADD-ONS

ORGANIC AVOCADO* \$1
CHEESE 2 OZ. 49¢
CHOICE OF MEAT 4 OZ. \$2.99
GRILLED SALMON 4 OZ. \$4.99

LOW-CARB OPTIONS

FOR ONLY \$1 EXTRA

● MAKE IT A COLLARD WRAP...\$1

FOR ONLY 50¢ EXTRA

● SUBSTITUTE A BOWL
FOR BREAD.....50¢

HOT SANDWICHES

● **VEGAN AVOCADO REUBEN** \$8.99 WHOLE

Field Roast Smoked Tomato Deli Slices, Vegan Daiya Provolone Cheese, Organic Sauerkraut, Organic Homemade Vegan Thousand Island Dressing, Half Organic Avocado, Carmelized Onions, On Rye Bread.

● **BEYOND BURGER** \$8.99 WHOLE

Beyond Meat Vegan Burger, Vegan Cheese, Organic Lettuce, Organic Tomato, Organic Yellow Mustard, Organic Vegenaize, Organic Pickles on Whole Wheat Bun.

● **VEGGIE CHICKEN** \$8.49 WHOLE

Vegan Chicken Patty, Vegan Daiya Cheddar Cheese, Organic Lettuce, Organic Tomato, Organic Red Onion, Organic Sprouts, Annie's BBQ Sauce, Organic Vegenaize, Organic Mustard, on a Whole Wheat Bun.

GRILLED CHICKEN PESTO \$8.99 WHOLE

Organic Chicken, Organic Carmelized Onion, Natural Provolone Cheese, Organic Lettuce, Organic Tomato, Pesto Sauce, Non-GMO Mayo, on Ciabatta roll.

REUBEN \$8.99 WHOLE

Nitrite-Free Corned Beef, Natural Swiss Cheese, Organic Sauerkraut, Organic Homemade Thousand Island Dressing, on Rye Bread.

HOT SANDWICHES

BBQ TRI-TIP \$8.99 WHOLE

All Natural Beef, Rufus BBQ Sauce, Provolone Cheese, Red Onions, on Ciabatta Bread.

WRAPS

● **LASSENS SIGNATURE WRAP** \$8.49 WHOLE

Tabbouleh, Hummus, Organic Tahini, Organic Lettuce, Organic Cucumber, Organic Tomato, Flour Tortilla.

MEDITERRANEAN WRAP \$8.99 WHOLE

Roasted Peppers, Organic Cucumber, Organic Tomato, Organic Grilled Red Onion, Natural Feta, Hummus, Olive Tapenade, Organic Mixed Greens, Organic Balsamic

CHICKEN CAESAR WRAP \$8.99 WHOLE

Organic Chicken, Organic Romaine, Organic Parmesan Cheese, Organic Caesar Dressing, Choice of Tortilla.

NEW! JACKFRUIT BURRITO

Brown Rice, Black Beans, Jackfruit, Daiya Cheddar Cheese, Cilantro, Chipotle Aioli.\$8.99 ea

BREAKFAST

● **VEGAN SOYRIZO BURRITO** \$7.49 EACH

Organic Soyrito, Organic Tofu, Organic Black Beans Hash Browns, Chipotle Aioli, Flour Tortilla

● **BREAKFAST BURRITO** \$6.49 EACH

Organic Cage-Free Eggs, Natural Cheddar Cheese, Organic Spinach, Hash Browns, Flour Tortilla

BACON BREAKFAST BURITTO \$8.49 EACH

Organic Cage-Free Eggs, Natural Pork Bacon, Natural Cheddar Cheese, Hash Browns, Flour Tortilla.

ADD ONS

- Avocado (\$1)
- All Natural Bacon (\$2)
- 2nd Side of House-Made Salsa (\$1)
- Egg Whites (\$2)
- Onion and Bell Pepper (50¢)

ORGANIC COFFEE

REGULAR BREW \$1.99 12 oz \$2.49 20 oz
ICED HOUSE COFFEE \$2.19 16 oz \$2.69 24 oz
HOUSE COFFEE REFILLS 99¢

ORGANIC TEA

YERBA MATE HOT TEA \$1.99 12 oz \$2.49 20 oz
YERBA MATE ICED TEA \$2.19 16 oz \$2.69 24 oz



FRESH ORGANIC JUICE

● **APPLE DANDELION** \$6.99 16 OZ \$8.99 24 OZ

Organic dandelion greens, organic cucumber, organic apple organic beet, organic ginger, organic lemon, organic turmeric

● **CRUCIFEROUS CLEANSE** \$6.99 16 OZ \$8.99 24 OZ

Organic Kale, organic cabbage, organic apple, organic cucumber, organic ginger

● **GREEN MONSTER** \$6.99 16 OZ \$8.99 24 OZ

Organic Kale, organic celery, organic cucumber, organic parsley, organic spinach

● **RUBY DETOX** \$6.99 16 OZ \$8.99 24 OZ

Organic carrot, organic celery, organic spinach, organic beets, organic parsley

● **WELLNESS TONIC** \$6.99 16 OZ \$8.99 24 OZ

Organic kale, organic apple, organic ginger, organic turmeric, organic wheat grass, organic cayenne



NEW! ORGANIC CELERY JUICE

100% Pure Organic Celery Juice
\$6.99 16 OZ \$8.99 24 OZ

ORGANIC SHOTS

● **ORGANIC GINGER SHOT** \$2.29 2 OZ

● **ORGANIC WHEAT GRASS** \$2.29 PER OZ

● **ORGANIC TURMERIC** \$3.49 PER OZ

● **WELLNESS SHOT** \$2.99 2 OZ

Organic lemon, organic cayenne, organic garlic, organic ginger

BUILD YOUR OWN

\$6.49 16 OZ

\$8.49 24 OZ

1 Start with your choice of:
organic carrot, organic cucumber, organic celery or organic apple juice

2 Choose up to three of the following organic ingredients:
lemon, beet, ginger, garlic, parsley, cilantro, kale, spinach, dandelion greens, turmeric root, cabbage, tomato, bell pepper, basil

ORGANIC ADD-ONS 99¢ each

CUCUMBER, APPLE, BASIL, CAYENNE, CELERY, CARROT, LEMON, LIME, BEET, GINGER, PARSLEY, KALE, CILANTRO, SPINACH, DANDELION GREENS, TURMERIC, CABBAGE, TOMATO, BELL PEPPERS, BASIL, FLAX OIL

REAL FRUIT SMOOTHIES

ACAI BOWL SMOOTHIE BOWL
Organic acai, organic coconut water, organic blueberries, organic bananas, organic dates, organic ginger, organic hemp protein. Topped with sliced organic banana, organic hemp seeds, organic sliced almonds and organic goji berries.
\$7.99 16 oz

● **AMAZING ACAI** \$6.99 16 OZ \$8.99 24 OZ

Organic papaya and organic pineapple blend, organic acai, organic banana, organic blueberries

● **SWEET MONSTER** \$6.99 16 OZ \$8.99 24 OZ

Organic coconut pineapple juice, organic banana, organic mango, organic spinach, organic cucumber, organic kale

● **HAPPY CACAO WITH MACA** \$6.99 16 OZ \$8.99 24 OZ

Chocolate hemp milk, organic bananas, organic maca, organic cacao powder, organic cacao nibs, organic chia seeds

● **PITAYA MINT PUNCH** \$6.99 16 OZ \$8.99 24 OZ

Organic Pitaya, organic peaches, organic mango, organic coconut water, organic coconut juice, organic mint

● **PEANUT BUTTER POWER** \$6.99 16 OZ \$8.99 24 OZ

Organic almond milk, organic peanut butter, organic banana, organic non-dairy ice cream

● **SIGNATURE SMOOTHIE** \$6.99 16 OZ \$8.99 24 OZ

Organic almond milk, organic strawberry, organic hemp seeds, bee pollen, organic banana, royal jelly, organic lemon zest

● **THE DELICIOUS** \$6.99 16 OZ \$8.99 24 OZ

Organic almond milk, organic dates, almonds, organic banana, organic blueberries, organic ginger

● **SWEET TURMERIC** \$8.99 16 OZ

Coconut water, avocado, mango, turmeric, mint, lemon zest

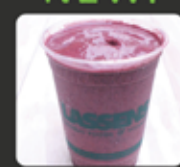
BUILD YOUR OWN

\$6.99 16 OZ \$8.99 24 OZ

1 Start with your choice of:
organic milk, milk alternative, or organic juice

2 Choose up to three of the following ingredients:
strawberry, blueberry, mango, blackberry, bananas

NEW! KETO BLUEBERRY



Almond Breeze unsweetened vanilla almond milk, organic avocado, organic blueberries, Nutiva MCT oil, Nuzest Vanilla Protein
\$8.99 16 OZ

NEW! PALEO PEACH



Coconut water, avocado, peaches, collagen peptides, ginger
\$8.99 16 OZ

PROTEIN ADD-ON HEMP 99¢ WHEY 99¢ RICE 99¢

BOOSTS 99¢

spirulina, maca powder, probiotic, camu camu, MCT Oil, green tea

ADD ONS 99¢

organic chia seeds, organic frozen fruit, organic fresh greens (1 oz)