

LASSENS FRESH KITCHEN

REAL FRUIT SMOOTHIES

- **SWEET MONSTER** \$9.99 16oz \$11.99 24oz
Organic Coconut, Pineapple Juice, Organic Banana, Organic Mango, Organic Spinach, Organic Cucumber, Organic Kale
- **HAPPY CACAO WITH MACA** \$9.99 16oz \$11.99 24oz
One alternative milk of your choice (oat, almond, hemp), Organic Banana, Organic Maca, Organic Cacao Nibs, Organic Chia Seeds.
- **PITAYA MINT PUNCH** \$9.99 16oz \$11.99 24oz
Organic Pitaya, Organic Banana, Organic Peaches, Organic Mango, Organic Coconut Water, Organic Coconut Juice, Organic Mint
- **PEANUT BUTTER POWER** \$9.99 16oz \$11.99 24oz
Organic Almond Milk, Organic Peanut Butter, Organic Banana, Organic Non-Dairy Ice Cream
- **SIGNATURE SMOOTHIE** \$9.99 16oz \$11.99 24oz
Organic Almond Milk, Organic Banana, Organic Strawberry, Organic Hemp Seeds, Bee pollen, Organic Lemon Zest
- **THE DELICIOUS** \$9.99 16oz \$11.99 24oz
Almond Milk, Organic Dates, Organic Almonds, Organic Banana, Organic Blueberries, Organic Ginger
- **SWEET TURMERIC** \$11.99 16oz
Organic Avocado, Organic Coconut Water, Organic Mango, Organic Mint, Organic Lemon Zest, Organic Turmeric Booster
- **KETO BLUEBERRY** \$11.99 16oz
Almond Breeze Unsweetened Vanilla Almond Milk, Organic Avocado, Organic Blueberries, Nutiva MCT Oil, Nuzest Vanilla Protein. 16 NET CARBS!
- **BLUEBERRY MAINTENANCE** \$13.99 24oz
Organic Unsweetened Vanilla Almond Milk, Organic Haas Avocados, Organic Blueberries, Nuzest Vanilla Protein, Nutiva MCT Oil. 23 NET CARBS!
- **PEACH GLOW WITH COLLAGEN** \$11.99 16oz
Organic Coconut Water, Organic Avocado, Organic Peaches, Collagen Peptides, Organic Ginger.

We only use
100% ORGANIC
fruits & veggies in our smoothies & juices

BUILD YOUR OWN

\$9.99 16oz \$11.99 24oz

- 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, Bananas.

BOOSTS \$1.50
Spirulina, Maca Powder, MCT Oil, Green Tea

ADD ONS \$1.50
Hemp protein, Whey protein, Rice protein, Probiotic, Camu Camu, Organic Chia seeds, Organic fruit, Organic greens.

ORGANIC SHOTS

- **ORGANIC GINGER SHOT** \$3.99 2oz
- **ORGANIC WHEAT GRASS** \$3.99 PER OZ
- **ORGANIC TURMERIC** \$3.99 2oz
- **WELLNESS SHOT**
Organic Lemon, Organic Cayenne, Organic Garlic, Organic Ginger \$4.99 2oz

FRESH ORGANIC JUICE

BUILD YOUR OWN

\$9.99 16oz \$11.99 24oz

- 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

- **WELLNESS TONIC** \$9.99 16oz \$11.99 24oz
Organic Kale, Organic Lemon, Organic Apple, Organic Ginger, Organic Turmeric, Organic Wheat Grass, Organic Cayenne
- **ORGANIC CELERY JUICE** \$9.99 16oz \$11.99 24oz
100% Pure Organic Celery Juice

GREEN MONSTER \$9.99 16oz \$11.99 24oz

Organic Kale, Organic Celery, Organic Cucumber, Organic Parsley, Organic Spinach

ORGANIC ADD-ONS \$1.50 ea

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

ORGANIC COFFEE **groundwork** coffee tea community

ORGANIC TEA **GUAYAKI** YERBA MATE

- **REGULAR BREW** \$2.49 12 oz \$2.99 20 oz
Medium or Dark Roast
- **ICED HOUSE COFFEE** \$2.69 16 oz \$2.99 24 oz
- **YERBA MATE HOT TEA** \$2.49 12oz \$2.99 20 oz
- **YERBA MATE ICED TEA** \$2.69 16 oz \$2.99 24 oz

HOT SANDWICHES COLD SANDWICHES WRAPS

VEGAN AVOCADO REUBEN \$13.99 EACH

Field Roast Smoked Tomato Deli Slices, Vegan Daiya Provolone Cheese, Organic Sauerkraut, Organic Home-made Vegan Thousand Island Dressing, Half Organic Avocado, Caramelized Onions, On Rye Bread.

BEYOND BURGER \$12.99 EACH

Beyond Meat Vegan Burger, Vegan Cheese, Organic Lettuce, Organic Tomato, Organic Yellow Mustard, Organic Veganaise, Organic Pickles, on Vegan Brioche Bun.

GRILLED CHICKEN PESTO \$14.99 EACH

Organic Chicken, Organic Caramelized Onion, Natural Provolone Cheese, Organic Lettuce, Organic Tomato, Pesto Sauce, Organic Mayonaise, on Ciabatta roll.

CHEESE

- SWISS
- PROVOLONE
- DAIYA JALAPENO HAVARTI
- DAIYA CHEDDAR

BREAD

R We use fresh baked and local vegan Rockenwagner Bakery bread for all of our deli sandwiches.

VEGAN - MADE WITH ORGANIC INGREDIENTS

- GLUTEN FREE BREAD ADD \$1.00
- KETO BREAD ADD \$1.00

TUNA, CHICKEN OR EGG SALAD SANDWICH

\$11.99 EACH

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

VEGAN AVOCADO \$11.99 EACH

Organic Avocado, Organic Sunflower Seeds, Sea Salt and Organic Pepper, Organic Sprouts, Organic Veganaise, Organic Lettuce, Organic Tomato, Whole Wheat Bread.

VEGAN HERO \$11.99 EACH

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

● **VEGAN TURKEY CLUB** \$11.99 EACH

Tofurky Roasted Turkey Slices, Vegan Smoked Gouda, Organic Veganaise, Organic Green Leaf Lettuce, Organic Tomato, Organic Avocado, Ciabatta Roll.

FREE RANGE TURKEY \$11.99 EACH

Free Range Turkey, Natural Swiss Cheese, Organic Sprouts, Organic Lettuce, Organic Tomato, Non-GMO Mayo, Whole Wheat Bread.

CHICKEN CAESAR WRAP

\$14.99 EACH

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

● **MEDITERRANEAN WRAP**

\$11.99 EACH

Organic Roasted Bell Peppers, Organic Cucumber, Organic Tomato, Organic Grilled Red Onion, Violife Vegan Feta, Hummus, Olive Tapenade, Organic Mixed Greens, Organic Balsamic Vinaigrette, Choice of Tortilla.

● **JACKFRUIT BURRITO**

\$11.99 EACH

Organic Brown Rice, Organic Black Beans, Organic Jackfruit, Daiya Cheddar Cheese, Organic Cilantro, Chipotle Aioli.

SANDWICH ADD-ONS

1/2 ORGANIC AVOCADO \$1.50
CHEESE 2 OZ. \$1.25
CHOICE OF MEAT 4 OZ. \$3.49

*ORGANIC AVOCADO CANNOT SERVE AS A SUBSTITUTION

BREAKFAST



BREAKFAST SANDWICH

BACON BREAKFAST BURRITO \$11.49 EACH

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

BREAKFAST SANDWICH \$12.99 EACH

Organic Eggs, Natural Pork Bacon, Cheddar Cheese, Chipotle Aioli, Organic Hash Browns, Brioche bun or Ciabatta bun.

● **VEGAN SOYRIZO BURRITO** \$10.99 EACH

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

● **BREAKFAST BURRITO** \$10.49 EACH

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

1/2 Avocado \$1.25
All Natural Bacon- 2 strips \$2.25
2nd Side of House-Made Salsa or House-Made Aioli- 4oz \$1.50
Onion and Bell Pepper-2oz 99¢
Hash Browns-4 oz 99¢

*Add-ons cannot be a-la-carte. Must accompany main menu item.

DIETARY INDICATORS ● VEGAN | ● VEGETARIAN | ● GLUTEN-FREE

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