

LASSENS FRESH KITCHEN

REAL FRUIT SMOOTHIES

- **SWEET MONSTER** \$8.99 16 OZ \$10.99 24 OZ
Organic Coconut, Pineapple Juice, Organic Banana, Organic Mango, Organic Spinach, Organic Cucumber, Organic Kale
- **HAPPY CACAO WITH MACA** \$8.99 16 OZ \$10.99 24 OZ
One alternative milk of your choice (oat, almond, hemp), Organic Banana, Organic Maca, Organic Cacao Nibs, Organic Chia Seeds.
- **PITAYA MINT PUNCH** \$8.99 16 OZ \$10.99 24 OZ
Organic Pitaya, Organic Banana, Organic Peaches, Organic Mango, Organic Coconut Water, Organic Coconut Juice, Organic Mint
- **PEANUT BUTTER POWER** \$8.99 16 OZ \$10.99 24 OZ
Organic Almond Milk, Organic Peanut Butter, Organic Banana, Organic Non-Dairy Ice Cream
- **SIGNATURE SMOOTHIE** \$8.99 16 OZ \$10.99 24 OZ
Organic Almond Milk, Organic Banana, Organic Strawberry, Organic Hemp Seeds, Bee pollen, Organic Lemon Zest
- **THE DELICIOUS** \$8.99 16 OZ \$10.99 24 OZ
Almond Milk, Organic Dates, Organic Almonds, Organic Banana, Organic Blueberries, Organic Ginger

- **SWEET TURMERIC** \$10.99 16 OZ
Organic Avocado, Organic Coconut Water, Organic Mango, Organic Mint, Organic Lemon Zest, Organic Turmeric Booster
- **KETO BLUEBERRY** \$10.99 16 OZ
Almond Breeze Unsweetened Vanilla Almond Milk, Organic Avocado, Organic Blueberries, Nutiva MCT Oil, Nuzest Vanilla Protein. 16 NET CARBS!
- **BLUEBERRY MAINTENANCE** \$12.99 24 OZ
Organic Unsweetened Vanilla Almond Milk, Organic Haas Avocados, Organic Blueberries, Nuzest Vanilla Protein, Nutiva MCT Oil. 23 NET CARBS!

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

ADD ONS \$1.50
Organic Chia Seeds, Organic Frozen Fruit, Organic Fresh Greens (1oz)

PROTEIN ADD-ON \$1.50 EACH
HEMP PROTEIN | WHEY PROTEIN | PEA PROTEIN

ORGANIC SHOTS

- **ORGANIC GINGER SHOT** \$3.99 2 OZ
- **ORGANIC WHEAT GRASS** \$3.99 PER OZ
- **ORGANIC TURMERIC** \$3.99 2 OZ
- **WELLNESS SHOT** Organic Lemon, Organic Cayenne, Organic Garlic, Organic Ginger \$3.49 2 OZ

BUILD YOUR OWN
\$8.99 16 OZ \$10.99 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, Bananas.

FRESH ORGANIC JUICE

BUILD YOUR OWN
\$8.99 16 OZ \$10.99 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

- **WELLNESS TONIC** \$8.99 16 OZ \$10.99 24 OZ
Organic Kale, Organic Lemon, Organic Apple, Organic Ginger, Organic Turmeric, Organic Wheat Grass, Organic Cayenne
- **ORGANIC CELERY JUICE** \$8.99 16 OZ \$10.99 24 OZ
100% Pure Organic Celery Juice

GREEN MONSTER \$8.99 16 OZ \$10.99 24 OZ
Organic Kale, Organic Celery, Organic Cucumber, Organic Parsley, Organic Spinach

ORGANIC ADD-ONS \$1.50 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

ORGANIC COFFEE groundwork coffee tea community

- **REGULAR BREW** \$1.99 12 oz \$2.49 20 oz
Medium or Dark Roast
- **ICED HOUSE COFFEE** \$2.19 16 oz \$2.69 24 oz

ORGANIC TEA GUAYAKI YERBA MATE

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

HOT SANDWICHES | COLD SANDWICHES | WRAPS

VEGAN AVOCADO REUBEN \$12.99 WHOLE

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

BEYOND BURGER \$11.99 WHOLE

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

GRILLED CHICKEN PESTO \$13.99 WHOLE

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

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 50¢

TUNA, CHICKEN OR EGG SALAD SANDWICH \$5.49 HALF \$10.99 WHOLE

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 \$5.49 HALF \$10.99 WHOLE

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

VEGAN HERO \$5.49 HALF \$10.99 WHOLE

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 \$5.49 HALF \$10.99 WHOLE

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

FREE RANGE TURKEY \$5.49 HALF \$10.99 WHOLE

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

CHICKEN CAESAR WRAP \$13.99 WHOLE

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

MEDITERRANEAN WRAP \$10.99 WHOLE

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 \$10.99 WHOLE

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 \$10.49 EACH
Organic Cage-Free Eggs, Natural Pork Bacon, Natural Cheddar Cheese, Organic Hash Browns, Flour Tortilla.

BREAKFAST SANDWICH \$10.99 EACH
Organic Eggs, Natural Pork Bacon, Cheddar Cheese, Chipotle Aioli, Organic Hash Browns, Brioche bun or Ciabatta bun.

• **VEGAN SOYRIZO BURRITO** \$9.99 EACH
Organic Soyrizo, Organic Tofu, Organic Black Beans, Organic Hash Browns, Chipotle Aioli, Flour Tortilla

• **BREAKFAST BURRITO** \$8.99 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 (\$1.25),
Onion and Bell Pepper-2oz (75¢)
Hash Browns-4 oz (75¢)

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.