



LYFE Kitchen

Menu Prices — October 24, 2026

LYFE Kitchen menu with prices in United States, updated August 2023: 117 items across 12 categories, prices from \$1.75 to \$16.50.

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LYFE Kitchen Menu with Prices (United States)

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Menu categories: Breakfast Entrées · Breakfast Sides · Soups · Burgers & Plates · Mega Bowls · Greens Galore · Flatbreads · Small Plates & Sides · Dessert · Smoothie Bar · Elixirs, Tonics & Teas · Coffee & Wellness Beverages

Breakfast Entrées	
ITEM	PRICE
Almond Butter Banana Toast Contains nuts. Fresh banana, organic hemp seeds, toasted pecan crunch, locally baked sourdough.	\$8.95
Nutella Strawberry Toast Contains nuts. Organic strawberries, sprouted lil bucks buckwheat, high-fiber chia seeds, locally baked sourdough.	\$8.95
Avocado Toast Smashed avocado, pickled red onion, feta, crispy chickpeas, lake breeze organic micro greens, locally baked hewn sourdou...	\$9.50
Pumpkin Pie Overnight Oats Contains nuts, gluten-free, dairy-free, vegan. Organic oats and high-fiber chia seeds, toasted pecan crunch.	\$5.50
Cinnamon Bun Overnight Oats Contains nuts, gluten-free, dairy-free, vegan. Organic oats and high-fiber chia seeds, almond butter protein crumble.	\$5.50
Balance Bowl Gluten-free, dairy-free, vegan, contains nuts. Organic strawberries, blueberry compote, acai, high-fiber coconut chia se...	\$7.00
Anti-Burnout Bowl Gluten-free. Sweet potato, quinoa, organic spinach, sunny-side-up cage-free egg, ricotta, tahini miso dressing.	\$9.50
Paleo Power Start Gluten-free, dairy-free. Three cage-free sunny-side-up eggs, choice of applewood smoked bacon, or chicken sausage, side...	\$10.50
Breakfast Salad Gluten-free. Soft-boiled cage-free egg, avocado, cucumber, local tomato, pickled red onion, feta, organic local green le...	\$9.50
Will Wake for Tacos Cage-free eggs, spicy vegan chorizo, queso-fresco, sweet potato, cilantro, corn tortillas.	\$10.25
Keto Scramble Gluten-free. Cage-free eggs, roasted bell peppers, organic chopped kale, goat cheese, applewood smoked bacon on the side...	\$10.50
Protein Pancakes Protein-packed buttermilk cakes, local pure maple syrup.	\$8.95
Classic Breakfast Gluten-free, dairy-free. Two scrambled cage-free eggs, breakfast potatoes, choice of applewood smoked bacon or chicken s...	\$9.95
Egg Sandwich Plate Cage-free eggs, arugula, cheddar, local tomato, whole grain English muffin, breakfast potatoes.	\$8.95
Mighty Breakfast Burrito Cage-free scrambled eggs, arugula, local tomatoes, roasted mushrooms, chipotle aioli, cheddar, whole-wheat tortilla, bre...	\$9.50
Vegan Burrito Dairy-free, vegan local tofu, roasted mushrooms, arugula, local tomatoes, quinoa, chipotle aioli, fires-roasted salsa fr...	\$8.95
Glow-Up Egg Omelet Gluten-free. Cage-free eggs, local tomatoes, arugula, cheddar, roasted mushrooms, chipotle aioli, breakfast potatoes.	\$8.95
Coconut Banana Chia Seed Bowl Gluten-free, dairy-free, vegan, contains nuts. Coconut milk, high-fiber chia seeds, bananas, date syrup, almond butter p...	\$4.95

Breakfast Sides	
ITEM	PRICE
Applewood Smoked Bacon Gluten-free, dairy-free.	\$4.50
Chicken Sausage Patties Gluten-free, dairy-free.	\$3.50
Seasonal Fruit Bowl Gluten-free, dairy-free, vegan.	\$4.00
Breakfast Potatoes Gluten-free, dairy-free, vegan. Crispy potatoes served with chipotle aioli and caramelized onions.	\$3.50
Hewn Sourdough Toast Made fresh daily by our favorite local baker, hewn bakery!	\$2.00
Carrot Zucchini Walnut Muffin Contains nuts.	\$3.75

Soups	
ITEM	PRICE
Pumpkin Bisque	\$5.00
Sweet Corn Chowder Gluten-free, vegan, contains nuts.	\$4.50
Chicken Tortilla Soup	\$5.00
Tomato Zucchini Soup	\$4.75

Burgers & Plates	
ITEM	PRICE
Cauliflower Grilled Cheese Cheddar, mozzarella, roasted cauliflower, local tomato, dijonaise on locally baked hewn country toast.	\$9.50
Mahi Mahi Tacos Gluten-free, dairy-free. Now with three tacos! Chayote slaw, avocado, cilantro, green onion, chipotle aioli, corn tortil...	\$11.75
Buffalo Cauliflower Tacos Gluten-free, dairy-free, vegan. Now with three tacos! Roasted buffalo cauliflower, avocado, scallions, cilantro, green h...	\$11.25
Crispy Chicken & Brussels Roasted brussels and sweet potatoes, dried cranberries, Dijon, sweet corn sauce.	\$14.50
Vegan Chimichurri Sandwich Crispy plant protein, avocado, spicy mayo, local green leaf lettuce, local tomato, housemade chimichurri.	\$10.50
Turkey & Havarti Sandwich Oven roasted turkey, avocado, Dijon aioli, locally baked hewn sourdough, served with side salad.	\$11.00
Grass-Fed Burger Dairy-free. Local tomato, roasted onions, lettuce, housemade Dijon aioli, served with side salad.	\$10.50
Gluten-Free Grass-Fed Burger Gluten-free, dairy-free. Local tomato, roasted onions, lettuce, housemade Dijon aioli, served with side salad.	\$11.50
Beyond Burger Dairy-free, vegan. Plant based soy-free patty, local tomato, red onion, lettuce, ketchup, served with side salad.	\$10.75
Gluten-Free Beyond Burger Gluten-free, dairy-free, vegan. Plant based soy-free patty, local tomato, red onion, lettuce, ketchup, served with side...	\$11.75

ITEM	PRICE
Grilled Chicken & Avocado Sandwich Dairy-free. Roasted local tomato, red onion, avocado, lettuce, housemade herb aioli, served with side salad.	\$10.50
Gluten-Free Grilled Chicken & Avocado Sandwich Gluten-free, dairy-free. Roasted local tomato, red onion, avocado, lettuce, housemade herb aioli, served with side salad...	\$11.50
Mega Bowls	
Mediterranean Halloumi Bowl Gluten-free. Grilled, high-protein halloumi cheese, red lentils, roasted cauliflower, local tomatoes, red onions, chemic...	\$13.00
Chicken & Black Bean Burrito Bowl Gluten-free. Avocado, queso fresco, jalapeño crema, roasted bell peppers, brown rice.	\$13.75
Thai Tofu Bowl Gluten-free, dairy-free, vegan, contains nuts. Local tofu, spicy pickled cucumber, roasted sweet potatoes, edamame, cash...	\$13.50
Roasted Salmon & Ancient Grains Bowl Norwegian salmon filet, red lentils, farro, quinoa, raw pepitas, fennel, dill, mint yogurt sauce.	\$16.50
Chicken Cashew Penne Gluten-free, contains nuts. Lentil penne, crimini mushrooms, organic spinach, scallions, Parmesan, cashew cream alfredo.	\$14.00
Ahi Tuna Poke Bowl Dairy-free, contains nuts. Grade aa ahi tuna, quinoa, edamame, crispy baked wontons, spicy mayo, housemade ginger lime m...	\$11.50
Greens Galore	
Harvest Berry Bowl Farro, quinoa, red lentils, organic spinach, fresh berries, pickled red onions, feta, organic hemp seeds, balsamic glaze...	\$9.50
Super Foods Salad Gluten-free, dairy-free, vegan, contains nuts. Organic chopped kale, roasted sweet potatoes, pickled red onion, sprouted...	\$10.00
Mediterranean Chop Gluten-free, contains nuts. Organic chopped romaine, arugula, local tomatoes, toasted falafel almonds, feta, lemon-dill...	\$9.50
Quinoa Crunch Bowl Gluten-free, dairy-free, vegan. Quinoa tabbouleh, avocado, local tomatoes, broccoli, cucumber, watermelon radish, arugul...	\$10.00
Mighty Kale Caesar Gluten-free. Organic chopped kale and romaine, mighty vine tomatoes, Parmesan, sprouted buckwheat, gluten-free crisps, v...	\$8.75
Buffalo Chicken Salad Gluten-free. All-natural buffalo chicken, organic romaine, chayote slaw, avocado, black beans, corn, cilantro, buttermil...	\$10.50
Flatbreads	
Roasted Mushroom & Ricotta Flatbread Gluten-free. Seasoned ricotta, roasted red onions, organic spinach, Parmesan, slow-roasted mushrooms, peppers.	\$10.50
Margherita Gluten-free. Local tomatoes, mozzarella, basil, pomodoro.	\$10.00
BBQ Chicken Gluten-free. All-natural grilled chicken, sweet corn, onion, cilantro, mozzarella.	\$11.00

Small Plates & Sides

ITEM	PRICE
Superfood Guacamole & Baked Chips Gluten-free, dairy-free, vegan. Organic hemp seeds and raw pepitas, served with housemade fire roasted salsa.	\$7.00
Roasted Cauliflower & Crispy Chickpeas Gluten-free, dairy-free, vegan. With Dijon vinaigrette.	\$5.50
Buffalo Chicken Strips Gluten-free, dairy-free, vegan. Served with ketchup.	\$8.00
Baked Sweet Potato Fries Gluten-free, dairy-free, vegan. Served with ketchup.	\$3.50
Garlic Parmesan Sweet Potato Fries Gluten-free. Served with chipotle aioli.	\$4.50

Dessert

ITEM	PRICE
Pumpkin Crumble Cake Gluten-free, dairy-free. Baked locally at defloured bakery.	\$4.75
Chocolate Whoopie Pie Gluten-free, vegan. Baked locally at defloured bakery.	\$4.95
Raspberry Crumble Bar Gluten-free. Baked locally at def loured bakery.	\$4.50
Glazed Oatmeal Cookie Gluten-free, vegan. Baked locally at defloured bakery.	\$2.95
Double Chocolate Brownie Gluten-free.	\$3.95
Halo Top Ice Cream Single serve cups, wooden spoon included click to select your flavor!	\$4.75
Vegan Chocolate Chip Cookie Vegan. Freshly baked.	\$2.25
Chocolate Chip Cookie Gluten-free. Fresh baked.	\$1.75
Ginger Snap Cookie	\$1.75
Chocolate Pomegranate Parfait Gluten-free, dairy-free, vegan, contains nuts. Chocolate mousse, pomegranate chia seeds, sliced almonds.	\$4.50
Coconut Chia Seed Pudding Gluten-free, dairy-free, vegan, contains nuts. Coconut milk, chia seeds and toasted almond pecan crunch.	\$3.00
Carrot-Zucchini Walnut Muffin Contains nuts.	\$3.75

Smoothie Bar

ITEM	PRICE
Matcha Almond (12 oz.) Energizing matcha, banana, dates, dash of vanilla, almond milk.	\$6.95
Silver Bullet (12 oz.) Contains nuts. La colombe cold brew, cacao, banana, housemade date syrup, hemp seeds, almond butter, almond milk.	\$6.95

ITEM	PRICE
Blueberry Oat (12 oz.) Oat milk, blueberries, acai, high fiber steel cut oats, banana, chia seeds.	\$6.95
Kale Banana Ginger (12 oz.) Organic kale, fresh ginger, banana, cucumber, organic apple juice, lemon juice.	\$6.95
Strawberry Beet (12 oz.) Organic strawberries, banana, scratch-made hibiscus beet juice, lemon juice, soy milk.	\$6.95

Elixirs, Tonics & Teas

ITEM	PRICE
Hot Ginger Tonic Fresh ginger and lime.	\$2.75
Cucumber Mint Fresh cucumber juice, mint, lime, agave.	\$3.00
Ginger Mint Chia Fresh ginger, strawberry, lime, mint, agave, chia seeds.	\$3.00
Hibiscus Beet Fresh beet juice, organic apple juice, fresh ginger, lemon, hibiscus tea.	\$3.00
Lavender Lemonade	\$4.00
Charcoal Lemonade	\$4.00
Ginger Pomegranate Lemonade Fresh squeezed lemonade with house ginger syrup and sweet pomegranate juice.	\$4.00
Classic Lemonade	\$3.50
Earl Grey Bullet Tea (12 oz.) Mighty leaf tea, organic coconut oil, kerry gold grass-fed butter.	\$6.00
Earl Grey Bullet Tea (16 oz.) Mighty leaf tea, organic coconut oil, kerry gold grass-fed butter.	\$8.00
Hot Tea (12 oz.) Select your mighty leaf favorite.	\$2.50
Hot Tea (16 oz.) Select your mighty leaf favorite.	\$3.00
Green Iced Tea	\$2.50
Hibiscus Iced Tea	\$2.50
Black Iced Tea	\$2.50
Organic Apple Juice	\$3.50
Orange Juice	\$3.50

Coffee & Wellness Beverages

ITEM	PRICE
Pumpkin Spice Wellness Latté (12 oz.) Pumpkin puree, local pure maple syrup, cinnamon, nutmeg, ginger.	\$4.00
Pumpkin Spice Wellness Latté (16 oz.) Pumpkin spice wellness latté 16 oz. pumpkin puree, local pure maple syrup, cinnamon, nutmeg, ginger.	\$5.50
Cinnamon Oat Latté (12 oz.)	\$4.50

ITEM	PRICE
Cinnamon Oat Latté (16 oz.)	\$5.75
Belgian Dark Cocoa Mocha (12 oz.)	\$3.75
Belgian Dark Cocoa Mocha (16 oz.)	\$4.75
Adaptogenic Latté (12 oz.) Pure collagen, maca root, ceylon cinnamon.	\$5.50
Golden Latté (12 oz.) Pure collagen, turmeric, ashwagandha, nutmeg, caco, cayenne.	\$5.50
Traditional Bullet Coffee (12 oz.) Organic coconut oil, kerry gold grass-fed butter.	\$6.00
Traditional Bullet Coffee (16 oz.) Organic coconut oil, kerry gold grass-fed butter.	\$8.00
Vegan Bullet Coffee (12 oz.) Organic coconut oil, creamy avocado.	\$6.00
Vegan Bullet Coffee (16 oz.) Organic coconut oil, creamy avocado.	\$8.00
Organic Bone Broth Whole 30 and paleo approved, high-protein beef bone broth by osso good.	\$9.50
Cappuccino (12 oz.)	\$3.50
Cappuccino (16 oz.)	\$4.50
Americano (12 oz.)	\$3.00
Americano (16 oz.)	\$4.00
Latté (12 oz.)	\$3.50
Latté (16 oz.)	\$4.50
La Colombe Coffee (12 oz.)	\$2.25
La Colombe Coffee (16 oz.)	\$2.75
Iced la Colombe Coffee (12 oz.)	\$2.50
Iced la Colombe Coffee (16 oz.)	\$3.00