

LYFE KITCHEN NUTRITION GUIDE

	Calories	Total Fat	Saturated Fat	Total Carbs	Protein	Gluten-Free	Vegan	Contains Nuts
SMALL PLATES								
Roasted Cauliflower & Crispy Chickpeas	410	23	1.5	44	14	x	x	
Chips & Guac	330	16	2	46	6	x	x	
Buffalo Chicken Strips	412	20	4	27	31			
Sweet Corn Chowder	164	7	1	23	5	x	x	x
Baked Sweet Potato Fries	327	15	0	43	7	x	x	
Garlic Parmesan Sweet Potato Fries	487	35	5	36	10	x		
FLATBREADS								
Margherita	511	24	7	58	15	x		
Giardiniera Pepperoni	600	29	11	54	28	x		
Roasted Mushroom & Goat Cheese	500	21	12	54	21	x		
BBQ Chicken	474	14	5	49	18	x		
SALADS								
Mighty Kale Caesar	350	22	7	22	16	x	by request	
Quinoa Crunch Bowl	550	28	3.5	62	20	x	x	
Strawberry Fields Salad	450	34	9	23	16	x	by request	x
Garden Solstice Salad	600	48	8	39	13	x	by request	
Tahini Soba Salad	670	35	5	79	21		x	x
Mediterranean Chop Salad	480	35	11	28	14	x	by request	
Buffalo Chicken Salad	489	26	3	34	32	x		
PROTEIN ADD-ONS								
Chicken	167	7	1	1	24	x		
Salmon	184	22	4	2	28	x		
Tofu	163	6	2	17	11	x		
SANDWICHES								
Farmhouse Burger	555	29	7	46	32	by request	by request	
Grilled Chicken & Avocado	581	31	4	45	32	by request		
Beyond Burger	550	27	6	56	28		x	
WRAPS & TACOS								
Fish Tacos	487	29	3	34	25	x	by request	
Buffalo Cauliflower Tacos	480	33	3	39	7	x	x	
Buffalo Chicken Wrap	568	25	4	61	22			
ENTREES								
Crispy Baked Chicken & Brussels	566	26	4	55	35	by request		x
Thai Red Curry Bowl (No Protein)	298	19	13	34	3	by request	x	x
Thai Red Curry Bowl (Chicken)	465	26	14	35	27	by request	by request	x
Thai Red Curry Bowl (Tofu)	510	26	15	54	20	by request	x	x
Thai Red Curry Bowl (Shrimp)	670	32	18	55	44			x
Spicy Chicken & Black Bean Bowl	566	31	6	37	37	x		
Ahi Tuna Poke	610	32	2.5	50	27			x
Roasted Salmon & Soba	1020	56	10	79	59			x
Chicken Mushroom & Spinach Pasta						x		
DESSERT								
Chocolate Pomegranite Parfait	206	17	10	15	4	x	x	x
Banana Coconut Parfait	254	15	6	28	4	x	x	x
Gluten-Free Cookie	190	8	3.5	24	2	x		
Vegan Chocolate Chip Cookie	156	7	3	23	2		x	

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BREAKFAST				
Classic Breakfast	456	x		
Blueberry Buttermilk Pancakes	580			
Buttermilk Pancakes	540			
Fresh-Mex Breakfast Bowl	760	x		
Morning Tofu Wrap	590		x	x
Mighty Breakfast Burrito	576			
Simple Egg Sandwich	521	by request		
Bright Eyes Omelette	389	x		
Protein Power Start	490			
Oatmeal Start	405		x	x
Pomegranate Power Bowl	215	x		x
Banana Coconut Budino	256	x	x	x
BREAKFAST SIDES				
Chicken Sausage Patties	160	x		
Applewood Smoked Bacon	195	x		
Carrot-Zucchini Walnut Muffin	190			x
Chipotle Potato Hash	213	x	x	
English Muffin	159			
Gluten-Free English Muffin	230	x	x	
Seasonal Fruit Bowl	75	x	x	
Multi-Grain Griddle Toast	219		x	