

Lettuce Indulge Signature

Choose your base:

Salad

Farm Fresh Lettuce blend with
Seasonal Veggies

-OR-

Wrap

Farm Fresh Lettuce blend and
with veggies in whole wheat wrap

-OR-

Zucchini Noodles

Sautéed Spiraled
Zucchini Noodles

Choose your signature:

BLTA - Bacon, Lettuce, Tomato, Avocado.....\$9

Avocado Caprese - Avocado, Basil, Tomato,
Mozzarella\$9

Farmers Basket - Roasted Chicken, Cheddar Cheese,
Sliced Egg & Bacon.....\$11

Chicken House - Roasted Chicken, Feta & Honey
Pecans.....\$11

Sirloin House - Sliced Sirloin & Feta (Wagyu or Grass-
Fed Beef Available).....\$11

Black and Blu - Blackened Sirloin, Bacon & Blue
Cheese Crumbles(Wagyu or Grass-Fed Beef Available)...\$12

Salmon House - Wild-Caught Salmon, Feta &
Pepitas\$9

Farmers Daughter - Avocado, Chickpeas, Sliced Egg,
Feta & Honey Pecans.....\$9

Festive Vegan - Avocado, Chickpeas, Black Beans, Hemp
Hearts & Pepitas.....\$9

Powered by Plants - Shiitake Mushrooms, Quinoa, Kale,
Avocado, Chickpeas, Almond Slivers & Micro greens.....\$11

Energize - Kale, Spinach, Micro greens, Bella Mushrooms,
Black Beans, Quinoa, Hemp Hearts, and Pepitas.....\$11

Choose Add-Ons...\$1

- Sliced Egg
- Avocado

Dressing Options: (All Dressings are Gluten-Free)

Creamy Garlic • Blue Cheese • Avocado Limes [Vegan] • Lemon Basil [Vegan]
Balsamic Vinaigrette [Vegan] • Berry Vinaigrette [Vegan]



Skillet Dinners:

Served with seared seasonal
veggies and the choice of Quinoa
or Roasted Red Potatoes on a
cast iron platter.

Veggie Skillet.....\$13

Quartered Chicken Skillet.....\$15

Wild Salmon Skillet.....\$15

Sirloin Steak Skillet.....\$16

Grass-Fed available on request

Breakfast:

Fruit Bowl: Bowl of fresh fruit, tossed in local honey and
topped with gluten free granola.....Sml \$3.5...Lg \$5

Yogurt Parfait: Vanilla Greek Yogurt or Coconut
Yogurt layered with fresh fruit tossed in local honey,
topped with gluten-free granola.....Sml \$4....Lg \$6

Brunch:

Veggie Scramble: Pastured eggs, spinach, kale,
mushrooms, bell pepper over red potatoes topped with
cheddar.....\$5

Meat Lovers Scramble: Pastured eggs, spinach,
bacon, and sausage over red potatoes topped with
cheddar.....\$6

Mini-Frittatas (2 per order) w/ local pastured eggs.....\$5

- Cheddar cheese, sausage, and kale *gluten-free
- Cheddar cheese, sausage, and bacon *gluten-free
- Cheddar cheese, kale, broccoli, micro greens, shiitake mushrooms *vegetarian, gluten-free

Breakfast Wrap:

- Veggie.....\$5
- Meat Lovers....\$6



Sirloin Steak & Eggs Wagyu steak served with two eggs
cooked to order and roasted red potatoes.....\$14

Cold-Pressed Juice 14oz:\$6

Greens Galore Spinach, Kale, Cucumber, Celery	Sweet & Green Spinach, Kale, Cucumber, Apple	Good Morn Green Oranges, Local Honey, Wheatgrass	Level Up Lemonade Lemons, Local Honey, Wheatgrass	Rise and Shine Lemons, Local Honey, Wheatgrass	Sweet Delish Apple, Beet, Carrot
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Toast: on Rosemary bread or Gluten-free bread.....add an egg for \$1

- **Avocado Caprese:** Mashed avocado layered with sliced tomatoes, mozzarella and topped with fresh basil and balsamic drizzle.....\$9
- **Black & Blu:** Mashed avocado with Sliced Blackened Sirloin, bacon, blistered tomatoes, blue cheese crumbles & blue cheese dressing.....\$11
- **Avocado Chicken Salad:** House-made Avocado Chicken Salad layered on fresh lettuce leaf.....\$9
- **BLTA:** Mashed avocado layered with heirloom tomato, bacon, and leaf lettuce.....\$10
- **Chicken Caprese:** Mashed avocado layered with sliced tomatoes, mozzarella and roasted, pasture-raised chicken then topped with fresh basil and balsamic drizzle.....\$10
- **Powered by Plants:** Mashed avocado, seasoned chickpeas with tomatoes, diced cucumber, red onion, shiitake mushrooms and kale then loaded with micro greens and drizzled with Balsamic\$10
- **Brunch Toast:** Mashed avocado toast, scrambled eggs, bacon, sausage and cheddar. *Vegetarian option available.....\$8
- **Tuscan Toast:** House-made, Toasted Rosemary bread, with pesto and roasted garlic dipping oils.....\$5

Smoothie Bowls:.....Mini (12oz) \$5...Reg(24oz) \$8

- **Banana Berry:** Banana base topped with Berries, Bananas, & Coconut Flakes
- **Super Greens:** Banana Avocado Base topped with Blueberries, Strawberries, Almond Butter, Spiralina, Chia Seeds & Hemp Hearts
- **Dragon Bowl:** Dragon Fruit base topped with Banana, Berries, Granola, Chia Seeds, Pepitas and Honey Drizzle
- **Berry Delicious:** Acai base topped with Berries, Kiwi, Honey Drizzle, Hemp Hearts, Pepitas
- **Nut Butter Bliss:** Banana Base topped with Banana, Chocolate Chips, Granola, Almond Slivers (Choose Peanut or Almond Butter)
- **Tropical Dream:** Pineapple base topped with Kiwi, Bananas, Strawberries, Granola, Coconut Flakes, Honey & Chia Seeds



Add-ins: \$1 ea
 Avocado • Kale
 Spinach • Nut Butter
 Spiralina • Protein Powder

Lettuce Wraps: Pick 3.....\$9

Chicken Pesto Blackened Chicken	Avocado Caprese Avocado Chicken Salad	Steak Chimichurri Black and Blu Texas Wagyu <small>*Grass-fed beef available upon request</small>	Avocado ChickPea Salad
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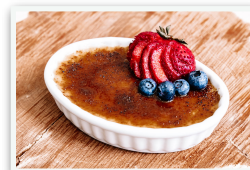
Indulgence Platters: on Toasted Rosemary Bread..... Sml \$14...Lg \$19

Veggie & Dips - Fresh, Sliced Veggies, with Scoops of Avocado Chicken Salad & Hummus	Fruits & Cheese - Assorted Cheeses, Seasonal Fruit & Whipped Ricotta Fruit Dips	Chicken Skewer - Skewers loaded with Bell Pepper, Onion and Mushrooms	Steak Skewer - Skewers loaded with Bell Pepper, Onion and Mushrooms
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Sweet Treats

Protein Bites - 12 per order...\$6
Honey Peanut Butter
Dark Chocolate Peanut Butter
 *Other Flavors Available

Crème Brûlée: Made
 with pastured eggs & coconut
 sugar, opped with fresh
 berries.....\$6



We aim to provide numerous vegetarian & vegan and gluten free options and are careful to educate all of our guests on our selected ingredients. All meals are made with whole food ingredients steering clear of any hydrogenated oils, soy, msg, refined sugars and GMO products.