

A HEALTHY MEAL IN 3 EASY STEPS

SALAD \$11.95
 CHOOSE: 1 Green, 4 Veggies or Fruits,
 1 Cheese, 1 Protein, 1 Topping and 1 Dressing

WRAP \$11.95
 CHOOSE: 1 Wrap Base, 1 Green, 4 Veggies or
 Fruits, 1 Cheese, 1 Protein, and 1 Dressing

GREENS

- Baby Spinach
 Mixed Baby Greens
 Romaine

BASE

- Whole Wheat Tortilla
 GF Tortilla (non-organic),
 Napa Cabbage (GF) (Seasonal)

VEGGIES & FRUITS

- | | | |
|---|---|--|
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Garbanzo Beans | <input type="checkbox"/> Red Onions |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Green Onions | <input type="checkbox"/> Roasted Red Peppers |
| <input type="checkbox"/> Artichoke Hearts | <input type="checkbox"/> Jalapeños | <input type="checkbox"/> Roma Tomatoes |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Kalamata Olives | <input type="checkbox"/> Yellow Beets |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Kale | Surcharge |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Mandarin Oranges | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Mangos | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Pepperoncinis | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Red Beets | <input type="checkbox"/> Sundried Tomatoes |

CHEESE

- Crumbled Blue (Non-GF)
 Feta
 Shredded Raw Cheddar
 Goat

PROTEIN

- Grilled Chicken Breast
 Roast Beef
 Turkey Breast
 Low Fat Albacore Tuna Salad
 Balsamic Marinated Tofu ✓
 Roasted Eggplant ✓

TOPPINGS

- Raw Almonds ✓
 Raw Walnuts ✓
 Sunflower Seeds ✓
 Hard boiled Egg Whites
 Turkey Bacon
 Pine Nuts - (Surcharge) ✓

HOUSEMADE DRESSING OR SPREAD

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> No Dressing | <input type="checkbox"/> Balsamic Vinaigrette | <input type="checkbox"/> Herb & Garlic Italian ✓ | <input type="checkbox"/> Vegganaise Mayo ✓ |
| <input type="checkbox"/> Dressing on the side | <input type="checkbox"/> Blue Cheese (Non-GF) | <input type="checkbox"/> Sesame Miso ✓ | <input type="checkbox"/> Dijon Mustard ✓ |
| <input type="checkbox"/> Easy Dressing | <input type="checkbox"/> Buttermilk Herb | <input type="checkbox"/> Olive Oil ✓ | <input type="checkbox"/> Spicy Chili Vinaigrette ✓ |
| | <input type="checkbox"/> Honey-Dijon ✓ | <input type="checkbox"/> Balsamic Vinegar ✓ | <input type="checkbox"/> Hummus <input type="checkbox"/> Salsa ✓ \$1.50 |

HEALTHY
 NEVER TASTED
 SO GOOD



DELIVERY AVAILABLE*

La Jolla: 858.459.LEAN (5326)
 7825 Fay Avenue, Suite 180, La Jolla, California 92037

Sorrento Valley: 858.455.LEAN (5326)
 9868 Scranton Road, San Diego CA 92121

www.leanandgreencafe.com

EXTRAS Greens \$2 • Fruits & Veggies \$1 (except Avocado, Mushrooms, Strawberries and Sundried Tomatoes \$2)
 Cheese \$1 • Protein \$3 • Toppings \$1.50 (except Pine nuts \$2.50) • Dressing (\$.75)



PROTEIN SHAKES

- STRAWBERRY FAT BURNER** Filtered Water, Bananas, Strawberries, Vanilla Whey Protein \$7.25 **GF**
- COFFEE BOOSTER** Soy milk, Coffee, Bananas, Cinnamon, Chocolate Whey Protein \$7.25 **GF**
- SKINNY MONKEY** Soy milk, Peanut Butter, Bananas, Chocolate Whey Protein \$7.75 **GF**
- MUSCLE FUEL** Almond Milk, Spinach, Peanut Butter, Bananas, Vanilla Whey Protein \$7.75 **GF**
- LEAN MACHINE** Filtered Water, Mangos, Strawberries, Kale, Vanilla Whey Protein \$7.50 **GF**
- AÇAÍ SUPER BOOST** Almond Milk, Bananas, Blueberries, Açai, Coconut, Vanilla Whey Protein \$8.75 **GF**

SMOOTHIES

- CRAZY JUNGLE** Almond Milk, Spinach, Bananas, Cucumbers, Avocado \$7.75 **V GF**
- POWER UP** Soy milk, Peanut Butter, Raw Oats, Bananas, Strawberries \$7.25 **V**
- TROPIKALE SMOOTHIE** Orange Juice, Kale, Spinach, Strawberries, Bananas \$7.25 **V GF**
- STRAWBERRY BLISS** Apple Juice, Strawberries, Bananas \$6.25 **V GF**
- MANGO RUSH** Orange Juice, Frozen Yogurt, Mangos \$6.25 **GF**
- PEACH DREAM** Peach Nectar, Mangos, Bananas, Raspberries \$6.25 **V GF**
- EXTRAS: WHEY PROTEIN \$1.50 • VEGAN PROTEIN \$2.50**

JUICES

- HAPPY LIVER** Apple, Beet, Carrot, Celery, Ginger, Lemon Juice 12oz \$6.50 20oz \$9.75 **V GF**
- SUPER DEFENDER** Orange, Carrot, Ginger \$5.75 \$7.95 **V GF**
- MASTER DETOX** Celery, Cucumber, Kale, Spinach, Lemon Juice \$6.50 \$9.75 **V GF**
- ULTIMATE GREEN** Apple, Celery, Cucumber, Spinach \$6.50 \$9.75 **V GF**
- CARROT JUICE** \$5.00 \$7.00 **V GF**
- FRESH SQUEEZED ORANGE JUICE** \$6.50 \$8.75 **V GF**

SHOTS

- WHEATGRASS** 1oz \$2.00 2oz \$3.00 **V GF**
- ORGANIC IMMUNITY** 1oz \$2.00 2oz \$3.00 **V GF**
- MASTER IMMUNITY** 1oz \$2.00 2oz \$3.00 **V GF**

SALADS

- SOUTHWEST STYLE** Romaine, Tofu, Brown Rice, Black Beans, Carrots, Corn, Cheddar Cheese, Miso Dressing \$11.95 **GF**
- BEET N' GOAT** Spring Mix, Roasted Red and Yellow Beets, Goat Cheese, Walnuts, Honey Dijon Dressing \$10.95 **GF**
- DETOX SALAD** Spring Mix, Yellow Beets, Red Beets, Apples, Cilantro, Walnuts, Avocado, Olive Oil, Lemon Juice \$11.95 **V GF**
- LOW FAT TUNA*** Romaine, Tuna Salad, Sundried Tomatoes, Olives, Basil, Red Onions, Pepperoncinis, Feta Cheese, Herb & Garlic Dressing \$10.95 **GF**
- ASIAN CHICKEN** Romaine, Chicken, Brown Rice, Green Onions, Mandarin Oranges, Cilantro, Raw Almonds, Miso Dressing \$10.95 **GF**
- PROTEIN LOADED COBB** Romaine, Turkey, Turkey Bacon, Hard Boiled Egg White, Tomatoes, Blue Cheese, Avocado, Blue Cheese Dressing \$10.95 **GF**

WRAPS

- LOW FAT TUNA*** Romaine, Tuna Salad, Tomatoes, Cucumbers, Dijon Mustard \$10.95
- POWER WRAP** Quinoa, Black Beans, Roasted Red Peppers, Red Onions, Feta Cheese, Avocado, Miso Dressing \$10.95
- VEGAN DELIGHT** Baby Spinach, Roasted Eggplant, Roasted Red Bell Pepper, Basil, Sunflower Seeds, Avocado, Extra Virgin Olive Oil, Balsamic Vinegar \$10.95 **V**
- TURKEY RAINBOW** Baby Spinach, Turkey, Tomatoes, Alfalfa Sprouts, Pepperoncinis, Goat Cheese, Buttermilk Herb Dressing \$11.95
- SOUTHEAST ASIAN STYLE BEEF** Baby Spinach, Roast Beef, Carrots, Cucumbers, Jalapeños, Cilantro, Spicy Chili Vinaigrette \$10.95
- CHICKEN MISO DELIGHT** Baby Spinach, Grilled Chicken, Pepperoncinis, Sundried Tomatoes, Almonds, Miso Dressing \$11.95
- MEDITERRANEAN CHICKEN** Baby Spinach, Hummus, Grilled Chicken, Basil, Sundried Tomatoes, Artichoke Hearts, Feta Cheese, Herb & Garlic Dressing \$12.50

! GLUTEN FREE TORTILLA AVAILABLE

V=Vegan Item GF= Gluten Free Item

RICE BOWLS

- MISO BOWL** Brown Rice, Broccoli, Carrots, Jalapeños, Miso Dressing \$6.25 **V GF**
- SUPER BOWL** Brown Rice, Black Beans, Mushrooms, Green Onions, Feta, Miso Dressing, Siratcha \$7.25 **GF**
- POWER BOWL** Brown Rice, Quinoa, Black Beans, Kale, Salsa, Olive Oil \$8.25 **V GF**
- SKINNY BOWL** Quinoa, Tuna Salad, Cottage Cheese, Avocado \$8.25 **GF**
- TERIYAKI BOWL** Brown Rice, Broccoli, Pine Nuts, Teriyaki Sauce \$8.25 **V GF**

! PACK YOUR BOWL WITH PROTEIN FOR \$3.00

EGG BOWLS & BURRITOS

- HEALTHY START BURRITO** Tortilla, Whole Eggs, Avocado, Feta, Cholula \$6.75
- FIT BOWL** Egg Whites, Broccoli, Alfalfa Sprouts, Cheddar, Avocado \$9.75 **GF**
- BREAKFAST BURRITO** Tortilla, Whole Eggs, Turkey Bacon, Cheddar \$7.75
- PROTEIN PACKED BOWL** Whole Eggs, Turkey, Feta, Salsa \$10.50 **GF**

EXTRAS: EGG WHITE ADD \$1.50 • TORTILLA \$1.00 GF TORTILLA \$1.50 • EXTRA SALSA \$1.50

COMBO MENU

- 1/2 WRAP + 1/2 SALAD** \$13.00
- 1/2 WRAP + SOUP CUP** \$13.00
- 1/2 SALAD + SOUP CUP** \$13.00

SOUPS

- SOUP CUP** \$4.50
- SOUP BOWL** \$5.95

AÇAÍ BOWLS

- AÇAÍ BOWL** Almond Milk, Bananas, Açai + 2 toppings \$7.75 **V GF**
- Bananas • Mangos • Strawberries • Honey Agave • Coconut • Almonds • GF Granola
- 3RD & 4TH TOPPING: \$1.00**

SWEET BOWLS

- FRUIT BOWL** Strawberries, Mangos, Bananas, Apples \$6.25 **V GF**
- GRANOLA PARFAIT** Plain Yogurt, GF Granola +2 Fruits (Strawberries, Apples, Bananas, Mangos) \$8.25 **GF**

OATMEAL BOWLS

- PLAIN OATMEAL** Oatmeal \$3.75 **V**
- HEALTHY BOMB** Oatmeal, Peanut Butter, Bananas, Chocolate Whey Protein, Honey \$7.95
- SWEET WAKE UP BOWL** Oatmeal, Strawberries, Raw Almonds, Agave \$7.95 **V**

KIDS MENU

- KIDS BOWL** Brown Rice, Black Beans, Tomatoes, Cheddar Cheese \$4.95 **GF**
- KIDS TURKEY WRAP** Tortilla, Turkey, Tomatoes, Avocado \$5.75
- KIDS QUESADILLA** Tortilla, Cheddar Cheese \$4.95
- KIDS BURRITO** Tortilla, Brown Rice, Black Beans, Cheddar Cheese \$4.95

WE CATER!!!
 Make your next meeting a healthy one.
 Call today and let us show you how a healthy meal can CHARGE UP your team.
La Jolla: 858.459.5326
Sorrento Valley: 858.455.5326

* CONTAINS ALMONDS