

# CREATE YOUR OWN HEALTHY MEAL

hi, welcome to lean and green.

please tell us your name: \_\_\_\_\_

## 1 - what can we create for you?

## 2 - choose what goes inside

## 3 - make it great !

### salad \$7

(greens + 6 toppings + dressing)

- baby spinach
- mixed baby greens
- romaine

### wrap \$9

(base + greens + 6 toppings + dressing)

- whole wheat tortilla
- gluten free tortilla

+

- baby spinach
- mixed baby greens
- romaine

or

### bowl \$6

(Includes base + 3 toppings)

- organic brown rice base
- organic golden quinoa base (+\$1)

### eggs \$6

(Includes base + 3 toppings)

- organic brown shelled eggs base
- free range egg whites base (+\$1)

### premium items \$2

- house-made hummus
- haas avocado
- cremini mushrooms
- goat cheese
- golden quinoa
- strawberries
- sun-dried tomatoes
- sweet potato
- house-made salsa
- teriyaki sauce
- raw almonds
- raw walnuts
- pine nuts

### gourmet items \$1

- broccoli
- blue cheese
- cheddar cheese
- feta cheese
- hard boiled egg whites
- turkey bacon
- sunflower seeds

### toppings (included)

- alfafa sprouts
- apples
- artichoke hearts
- basil
- black beans
- brown rice
- carrots
- cilantro
- corn
- cucumbers
- dried cranberries
- garbanzo beans
- green kale
- green onions
- Jalapeños
- kalamata olives
- mandarin oranges
- mangos
- pepperoncini
- red beets
- roasted red peppers
- red onions
- tomatoes

### proteins

- grilled chicken \$4
- oven roasted turkey breast \$5
- marinated tofu \$3
- oven roasted eggplant \$3
- tuna salad\* \$3

### dressings

- no dressing
- tossed
- balsamic vinegar
- blue cheese
- buttermilk herb
- dijon mustard (spread)
- herb and garlic italian
- honey dijon
- lemon juice
- olive oil
- sesame miso
- spicy chili mint
- vegganaise mayo (spread)
- vinaigrette

### ADD MORE!!

- proteins \$3 to \$5
- greens \$3
- wrap base \$2
- toppings \$1
- premium items \$2
- gourmet items \$1
- extra dressings \$1

\*Contains Dairy and or Nuts

HEALTHY NEVER TASTED SO GOOD



DELIVERY AVAILABLE

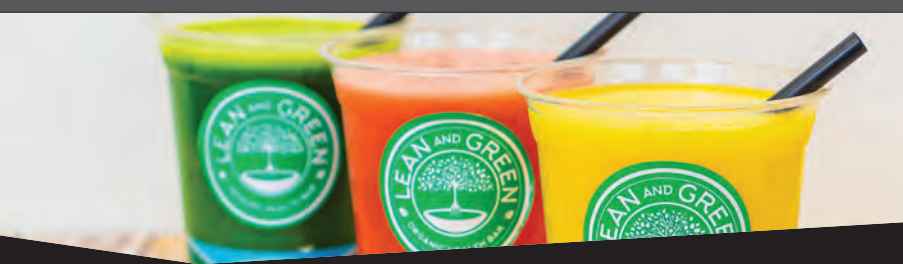
**La Jolla:** 858.459.LEAN (5326)  
7825 Fay Avenue, La Jolla, CA 92037

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

info@leanandgreencafe.com  
www.leanandgreencafe.com

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## ORGANIC PROTEIN SHAKES

- ACAI SUPER BOOST** Almond Milk, Coconut, Bananas, Blueberries, Acai, Vanilla Whey \$9
- MUSCLE FUEL** Almond Milk, Peanut Butter, Spinach, Bananas, Vanilla Whey \$9
- SKINNY MONKEY** Almond Milk, Peanut Butter, Bananas, Chocolate Whey \$8
- LEAN AND GREEN** Coconut Water, Mangos, Strawberries, Spinach, Vanilla Whey \$8
- BOOST ME UP** Almond Milk, Bananas, Strawberries, Vanilla Whey \$8
- CREATE YOUR OWN SMOOTHIE** Choose 1 base and 3 fruits \$7

**ADD A BOOST \$1**  
ENERGY • IMMUNITY  
ANTIOXIDANT • WEIGHT LOST

## ORGANIC SMOOTHIES

- TROPI'KALE** Orange Juice, Green Kale, Spinach, Bananas, Strawberries \$8
- PEACH PERFECT** Peach Nectar, Mangos, Bananas, Strawberries \$7
- PINEAPPLE REFRESHER** Coconut Water, Bananas, Mangos, Pineapple \$7
- BERRYLICIOUS** Almond Milk, Blueberries, Strawberries, Low-Fat Frozen Yogurt \$7
- MANGO RUSH** Orange Juice, Mango, Low-Fat Frozen Yogurt \$7

## ORGANIC JUICES

- MASTER DETOX** Celery, Cucumber, Green Kale, Lemon Juice, Spinach \$10
- GREEN ENERGY** Apple, Cucumber, Green Kale, Ginger, Lemon Juice, Spinach \$10
- RED RECOVERY** Apple, Beet, Celery, Carrot, Green Kale, Ginger, Lemon Juice \$9
- ENERGIZER** Apple, Carrot, Ginger, Valencia Oranges \$9
- INNER BLISS** Coconut Water, Apple, Cucumber, Lemon Juice \$9
- MIGHTY APPLE** Apple, Ginger, Lemon Juice, Cayenne \$9

## ACAI BOWLS

- ALMOND MILK, FROZEN BANANAS, ACAI + 2 TOPPINGS** \$8
- Bananas – Mangos – Strawberries – Granola – Coconut
- Almonds – Honey – Agave

## ORGANIC SHOTS

- WHEATGRASS** Freshly Sprouted First Leaves \$3
- MASTER IMMUNITY** Ginger, Lemon Juice, Cayenne Pepper

## ORGANIC BREAKFAST AND EGGS

- HEALTHY BOMB** Steal Cut Oatmeal, Peanut Butter, Chocolate Whey Protein, Sliced Banana, Honey \$9
- FRUIT BOWL** Strawberries, Mangos, Sliced Banana, Chopped Green Apples \$7
- HEALTHY START BURRITO** Whole Wheat Tortilla, Brown Shelled Eggs, Avocado, Feta, Cholula \$8
- BREAKFAST BURRITO** Whole Wheat Tortilla, Brown Shelled Eggs, Turkey Bacon, Cheddar Cheese \$8
- WHOLESOME EGG BOWL** Brown Shelled Eggs, Turkey Bacon, Jalapeños, Avocado, Cheddar cheese \$10

## ORGANIC JUICE CLEANSSES

- 1 DAY** \$65
- 2 DAY** \$125
- 3 DAY** \$185



## ORGANIC SOUPS COMBO MENU

- Changes daily Cup \$5 - Bowl \$7
- Half Organic Salad + Organic Soup Cup \$14



**ADD A PROTEIN**  
CHICKEN • TURKEY • TOFU  
EGGPLANT • TUNA

## ORGANIC RICE BOWLS

- VITALITY BOWL** Brown Rice, Black Beans, Feta, Avocado, House Made Salsa \$8
- SUPER BOWL** Brown Rice, Black Beans, Mushrooms, Green Onions, Feta, Miso Dressing, Sriracha \$8
- MISO BOWL** Brown Rice, Jalapeños, Carrots, Broccoli, Miso Dressing \$7
- POWER BOWL** Brown Rice, Golden Quinoa, Black Beans, Green Kale, House Made Salsa, Olive Oil \$9



## ORGANIC WRAPS

- MEDITERRANEAN CHICKEN** Baby Spinach, Hummus, Grilled Chicken, Sun-dried Tomatoes, Artichoke Heart, Basil, Feta, Herb Garlic Dressing \$13
- TURKEY RAINBOW** Baby Spinach, Turkey Breast, Tomatoes, Pepperoncini, Alfafa Sprouts, Goat Cheese, Buttermilk Herb Dressing\* \$13
- TUNE IT UP** Mixed Baby Greens, Tuna Salad\*, Tomatoes, Cucumbers, Red Onions, Olive Oil, Lemon Juice \$12
- ULTIMATE SWEET POTATO** Baby Spinach, Sweet Potato, Brown Rice, Black Beans, Cilantro, Feta, Honey Dijon Dressing \$12
- POWER WRAP** Golden Quinoa, Black Beans, Roasted Red Peppers, Red Onions, Feta, Avocado, Miso Dressing \$12
- VEGAN BLOSSOM** Baby Spinach, Roasted Eggplant, Roasted Red Peppers, Basil, Avocado, Miso Dressing \$12



## ORGANIC SALADS

- PROTEIN LOADED COBB** Romaine, Turkey Breast, Turkey Bacon, Egg Whites, Tomatoes, Blue Cheese, Avocado, Blue Cheese Dressing\* \$13
- LEAN AND GREEK** Mixed Baby Greens, Grilled Chicken, Tomatoes, Kalamata Olives, Cucumbers, Basil, Feta, Spicy Chili Mint Dressing \$12
- KALE'FORNIA** Spinach, Green Kale, Grilled Chicken, Red Onions, Feta, Strawberries, Almonds, Balsamic Vinaigrette\* \$12
- ASIAN CHICKEN** Romaine, Grilled Chicken, Brown Rice, Green Onions, Mandarin Oranges, Cilantro, Raw Almonds, Miso Dressing \$12
- LOW-FAT TUNA\*** Romaine, Tuna Salad\*, Sun-dried Tomatoes, Kalamata Olives, Basil, Red Onions, Pepperoncini, Feta, Herb Garlic Dressing \$12
- ENERGY QUINOA** Mixed Baby Greens, Golden Quinoa, Black Beans, Tomatoes, Roasted Red Peppers, Red Onions, Cilantro, Spicy Chili Mint Dressing \$11

**NO** substitutions on signature items please.  
Refer to **CREATE YOUR OWN FORM** to build a Salad, Wrap, Rice Bowl or Egg meal

\*Contains Dairy and or Nuts • Price does not include tax