LIFE ALIVE
ORGANIC CAFÉ

Allergen Guide

There is no one way of eating that's right for all of us—and we think that's something worth celebrating! It's why we take great care to accommodate dietary preferences, welcoming substitutions and customizations whenever possible. And it's also why we craft all of our house-made sauces to be gluten-free.

	EGGS	MILK	PEANUTS	TREE NUTS	SESAME	WHEAT (GLUTEN)	SOY	ALLIUMS	NOT VEGAN
Warm Grain Bowls									
Adventurer		X		Almonds	X		X	X	X
Autumn Falafel					X		X	X	
Avocado Sol				Almonds			X	X	
Buddha Bowl							X	X	
Chili Garlic Mushroom Bibimbap	X				X		X	X	X
Coconut Red Lentil Dal				Coconut			X		
Emperor		X			X		X	X	X
Green Goddess							X	X	
Innocent				Almonds			X	X	
Lover							X	X	
Miso Eggplant & Crispy Rice					X		X	X	
Rainbow Harvest				Coconut			X	X	
Roasted Mushroom Shawarma					X	X		X	
Spicy Feta Farro		X			X	X		X	X
Swami				Almonds	X		X	X	
Teriyaki Tofu					X		X	X	
Salads									
Avocado Greens		X			X		X	X	X
Greek Tahini		X			X			X	X
L.A Caesar		X				X	X	X	X
Market Mediterranean		X			X			X	X
Mexicali Tostada				Coconut			X	X	
Mighty Greens	X	X					X	X	X
Thai Peanut Power			X	Almonds	X		X	X	X

Before placing your order, please inform your server if a person in your party has a food allergy. Though we will take steps to minimize risk once we learn someone in your party has an allergy, we operate a scratch kitchen that prepares dishes with allergens and some of our ingredients may be processed in facilities that handle other allergens, so we cannot 100% guarantee there is no cross contact. Our products may contain wheat, egg, peanut, tree nuts, milk, soy, sesame, sulfites or other allergens.

	EGGS	MILK	PEANUTS	TREE NUTS	SESAME	WHEAT (GLUTEN)	SOY	ALLIUMS	NOT VEGAN
Wraps & Handhelds									
All-Day Breakfast Burrito	X	X			X	X	X	X	X
Crispy Falafel Pita					X	X		X	
Hot & Healthy Bachelor	X	X				X	X		X
L.A Caesar Wrap		X				X	X	X	X
Mediterranean Chickpea		X			X	X		X	X
Mushroom Shawarma Pita					X	X		X	
Rainbow Nori					X		X	X	
Romantic		X				X	X	X	X
Noodles									
Blonde Miso	X					X	X	X	X
Chili Garlic Noodles					X	X	X	X	
Fool II					X	X	X	X	
Miso Tofu Ramen					X	X	X	X	
Shiitake Udon	X					X	X	X	X
Spicy Peanut Noodles			X		X	X	X	X	
Soups									
Butternut Bisque								X	
Creamy Cauliflower								X	
Greek Lemon and Rice	X							X	X
Red Lentil Curry				Coconut				X	
Smoky Chipotle Chili								X	
Small Bites & Shareables									
Avocado Toast						X	X		
Crispy Baked Falafel					X			X	
Hummus & Pita Plate					X	X		X	
Quesadilla		X				X			X
Roasted Koginut Squash		X						X	X
Spinach Feta Fritters	X	X					X	X	X
Sticky Sesame Tofu Skewers			X		X		X	X	
Açaí Bowls									
Chocolate Hazelnut Açaí		X		Hazelnut Coconut					X
PB Cup Açaí			X	Coconut					
PB&J Açaí			X						
Super Berry Açaí				Coconut					

	EGGS	MILK	PEANUTS	TREE NUTS	SESAME	WHEAT (GLUTEN)	SOY	ALLIUMS	NOT VEGAN
Smoothies									
Cookie Butter Protein Shake		X		Coconut					X
Elvis			X	Coconut					
Love Child				Coconut					
PB&J Powerhouse		X	X	Coconut					X
Peanut Butter Power			X	Coconut					
Strawberry Bliss				Coconut					
Sunrise Surge				Coconut					
Super Greens				Coconut					
Espresso									
Americano									
Butternut Spice Latté									
Cafe Latté									
Cappuccino									
Caramel Sea Salt Latté									
Cookie Butter Latté				Coconut					
Cortado									
Espresso									
Flat White									
Latté									
Macchiato									
Mocha Latté									
Vanilla Latté									
Vanilla Tahini Latté					X				
Matcha									
Banana Bread Matcha									
Matcha Latté									
Strawberry Dream Matcha									
Coffee & Cold Brew									
Banana Oat Cold Brew									
Brewed Coffee									
Cold Brew Coffee									
Maple Vanilla Cloud Cold Brew				Coconut					
Superfood Lattés									
Chai Tea									
Golden Milk									
Hot Chocolate									
Ocean Blue									

	EGGS	MILK	PEANUTS	TREE NUTS	SESAME	WHEAT (GLUTEN)	SOY	ALLIUMS	NOT VEGAN
Hand-Crafted & Tea									
Ginger Crush									
Green Fizz									
Lemon Honey Ginger Tea									X
Lemon Honey Iced Tea									X
Strawberry Lemonade									
Watermelon Cooler									
Winter Herbal Tea									
Juices									
Beta Carrotene									
Go Green									
Heart Beet									
Morning Moxie									X
Orange Blossom									
Spicy Green Tonic									
Kombucha									
Blissberry Kombucha									
Ginger Kombucha									
Wellness Shots									
Ginger Shot									
Turmeric Shot									
Wheatgrass Shot									
Dessert									
Avocado Chocolate Mousse				Coconut					
Greek Yogurt Parfait		X							X
Organic Fruit Cup									
Strawberries & Cream Power Chia				Coconut					
Kid's Menu									
Lil' Adventurer		X					X	X	X
Kids Quesadilla		X				X		X	X
Teriyaki Noodles					X	X	X	X	

	EGGS	MILK	PEANUTS	TREE NUTS	SESAME	WHEAT (GLUTEN)	SOY	ALLIUMS	NOT VEGAN
Breakfast									
All-Day Breakfast Burrito	X	X			X	X	X	X	X
Avocado Toast						X	X		
Blueberry Superfood Waffles	X			Coconut					X
Breakfast Hash	X	X					X	X	X
Chocolate Banana Protein Pancakes	X	X		Hazelnut Coconut					X
Crispy Breakfast Taco	X	X						X	X
Greens, Egg & Cheese	X	X				X	X		X
Greek Yogurt Parfait		X							X
Hot & Healthy Bachelor	X	X				X	X		X
Organic Fruit Cup									
Romantic		X				X	X	X	X
Strawberries & Cream Power Chia				Coconut					
Shakshuka Breakfast Sando	X	X			X	X		X	X
Sunrise Breakfast Sandwich	X	X				X	X	X	X
Proteins & Add Ons									
Avocado									
Miso Tofu					X		X	X	
Black Beans								X	
Black Lentils									
Caramelized Miso Eggplant					X		X	X	
Cheddar Cheese		X							X
Chili Garlic Mushrooms					X		X	X	
Creatine									
Crispy Baked Falafel								X	
Crispy Sesame Tofu					X		X	X	
Everything Encrusted Avocado					X			X	
Feta Cheese		X							X
Hard Boiled Egg	X								X
House Granola									
Hummus					X			X	
Lentil Taco Crumble								X	
Mushroom Shawarma					X			X	
Peanut Butter			X						
Peanut Crumble			X						
Pita Bread						X			
Spinach Feta Fritters	X	X						X	X
Superfood Fudge				Coconut					
Tamari Almonds				Almonds			X		
Whole Wheat Tortilla (Wrap)						X			
Whipped Sweet Potato				Coconut					
Vegan Protein Powder									
NOBULL Vanilla Whey Protein Powder		X							X

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House-Made Sauces									
Basil Green Goddess		X					X	X	X
Braggs							X		
Caesar Dressing		X					X	X	X
Chili Crisp Aioli					X		X	X	
Chipotle-Lime Aioli							X	X	
Cumin Lime Vinaigrette								X	
Garlic Gochujang Sauce					X		X	X	
Ginger Tamari Sauce							X	X	
Greek Vinaigrette								X	
Harissa Zhoug Sauce								X	
Hot Sauce							X	X	
Jalapeño Ranch				Coconut			X	X	
Lemon Tahini Sauce					X				
Lemon Vinaigrette							X		
Peanut Lime Sauce			X		X		X	X	
Red Miso Sauce					X		X	X	
Salsa Verde								X	
Sesame Ginger Sauce					X		X		
Teriyaki Sauce					X		X	X	
Milks									
Oat Milk									
Coconut Milk				Coconut					
Whole Milk		X							