

Our Nutrition Philosophy

We celebrate nutritious meals prepared from scratch using a colorful array of organic, whole & nutrient-dense ingredients. Our recipes are crafted to be rich in vitamins, minerals, fiber and healthy fats and mindful of the use of sodium and natural sweeteners.

You'll also find a handful of indulgent dishes on our menu because we believe that celebration and joy are an important part of overall well-being too.

Warm Grain Bowls

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Adventurer	600	41	10	0	35	1030	36	7	8	1	26
Autumn Falafel	890	53	7	0	0	1040	88	21	12	0	26
Avocado Sol	560	30	4	0	0	1020	63	17	8	0	18
Buddha Bowl	460	33	4.5	0	0	600	34	10	8	0	10
Coconut Red Lentil Dal	830	38	7	0	0	1500	84	19	5	<1	44
Chili Garlic Mushroom Bibimbap	450	23	4	0	185	960	41	7	14	5	24
Emperor	610	39	10	0	35	610	46	7	13	3	22
Golden Glow	570	33	4.5	0	0	940	60	14	11	1	14
Green Goddess	520	38	5	0	0	620	36	12	3	0	16
Innocent	430	28	3.5	0	0	920	33	7	4	0	13
Miso Eggplant & Crispy Rice	410	21	2.5	0	0	980	42	7	12	4	16
Rainbow Harvest	460	24	3.5	0	0	710	46	9	11	<1	16
Roasted Mushroom Shawarma	750	36	5	0	0	1160	87	17	9	1	29
Swami	400	17	2	0	0	640	53	10	8	1	12
Teriyaki Tofu	400	14	1.5	0	0	740	52	8	14	6	22

Salads

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Avocado Greens	610	46	11	0	25	1510	43	16	9	0	17
Farmhouse Cobb	590	47	11	0	215	1240	25	9	9	<1	21
Greek Tahini	420	32	8	0	15	1160	26	10	5	0	11
L.A. Caesar	530	36	4.5	0	10	1070	38	10	3	0	16
Market Mediterranean	740	59	13	0	25	1790	45	12	9	<1	17
Mexicali Tostada	660	35	3.5	0	0	1030	70	20	9	0	22
Mighty Greens	660	39	9	0	65	1540	57	16	5	0	30
Thai Peanut Power	660	32	3.5	0	0	1480	60	17	25	7	42

Nutrition is based on Life Alive's standardized recipes and serving sizes, values provided by suppliers and analysis using industry standard software. A number of factors including variation in serving sizes, scratch-preparation techniques, sources of supply and seasonal differences may affect the actual nutrition values for each item and, as such, Life Alive cannot guarantee the complete accuracy of the nutritional information provided. Cold brew, iced lattés, hand-crafted beverages, kombucha and iced teas are based on standard fill levels plus ice. Customization of your order may also impact the accuracy and/or completeness of the nutritional values.

Noodles

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Chili Garlic Noodles	510	9	1	0	0	1380	94	7	10	4	15
Fool II	680	26	2.5	0	0	1160	86	10	8	2	24
Miso Tofu Ramen	600	12	1.5	0	0	1980	101	10	12	<1	25
Shiitake Udon	610	14	2	0	185	1660	98	11	12	0	23
Spicy Peanut Noodles	780	29	4	0	0	1360	103	11	16	8	31

Handhelds

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
All-Day Breakfast Burrito	1220	76	22	0	485	1440	87	13	4	0	48
Crispy Falafel Pita	570	29	4	0	0	880	65	7	5	2	15
Hot & Healthy Bachelor	560	25	9	0	220	1240	53	7	4	0	28
L.A. Caesar Wrap	810	45	6	0	10	1540	79	12	4	0	23
Mediterranean Chickpea	510	25	6	0	15	1250	59	8	4	0	16
Mushroom Shawarma Pita	430	16	2	0	0	700	60	7	6	2	14
Rainbow Nori	380	20	3	0	0	700	44	11	10	3	10
Romantic	500	27	9	0	40	780	46	4	1	0	19
Teriyaki Wrap	540	20	2.5	0	0	750	70	8	7	2	22

Soups

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Butternut Bisque	120	7	5	0	0	250	14	2	5	0	1
Creamy Cauliflower	130	7	10	0	0	820	12	3	3	0	4
Greek Lemon & Rice	120	8	1.5	0	30	290	10	2	3	0	3
Red Lentil Curry	340	14	7	0	0	1150	42	8	5	3	14
Smoky Chipotle Chili	180	6	1	0	0	1000	28	7	6	0	7

Small Bites & Shareables

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Avocado Toast	480	32	4.5	0	0	1350	42	13	2	0	10
Crispy Baked Falafel	470	40	5	0	0	590	23	5	3	0	9
Hummus & Pita Plate	660	33	7	0	0	1450	78	11	6	2	22
Quesadilla	470	24	10	0.5	45	760	43	2	1	0	19
Slow Roasted White Sweet Potato	270	14	2	0	0	660	33	5	7	2	5
Spinach Feta Fritters	300	19	4	0	45	700	22	2	<1	0	10
Sticky Sesame Tofu Skewers	370	21	2.5	0	0	470	17	3	7	6	29

Kids Menu

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Lil' Adventurer	400	31	9	0	35	620	21	4	4	0	11
Kids Quesadilla	460	23	8	0	35	890	46	3	2	0	16
Teriyaki Noodles	500	13	1	0	0	610	81	8	7	<1	13

Matcha

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Banana Bread Matcha	190	6	0.5	0	0	125	30	6	17	12	6
Matcha Latte	110	5	0	0	0	120	22	1	10	0	2
Strawberry Dream Matcha	210	6	0.5	0	0	70	35	6	24	5	6

Smoothies

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Blue Breeze	310	10	3	0	0	15	54	9	35	0	7
Cookie Butter Protein Shake	500	15	11	0	0	150	74	7	54	12	19
Elvis	570	33	21	0	0	125	62	8	41	20	9
Love Child	260	5	2.5	0	0	15	56	10	34	0	4
PB&J Powerhouse	530	22	3.5	0	0	340	64	15	39	4	32
Peanut Butter Power	410	18	4	0	0	210	53	13	29	0	26
Strawberry Bliss	250	4	3	0	0	15	56	8	37	0	3
Super Greens	290	10	3.5	0	0	80	53	12	31	0	6
Sunrise Surge	260	1	0	0	0	70	65	7	54	0	3
Tahini Date Shake	510	25	4	0	0	400	65	7	41	13	11

Espresso

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Americano	0	0	0	0	0	10	<1	0	0	0	0
Butternut Spice Latté	260	11	1	0	0	125	34	3	21	21	4
Cappuccino	80	4.5	0.5	0	0	55	8	<1	3	3	1
Caramel Sea Salt Latté	140	5	0.5	0	0	780	21	2	14	4	2
Chocolate Hazelnut Affogato	300	18	14	0	0	15	29	<1	27	17	1
Espresso	0	0	0	0	0	5	<1	0	0	0	0
Latté	160	9	1	0	0	100	15	2	7	7	3
Mocha Latté	180	8	1	0	0	100	25	3	17	16	3
Vanilla Latté	180	8	1	0	0	100	25	2	17	17	3
Vanilla Tahini Latté	190	12	1.5	0	0	170	17	2	8	7	4

Coffee & Cold Brew

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Banana Oat Cold Brew	290	7	1	0	0	75	58	7	38	5	4
Brewed Coffee	0	0	0	0	0	0	0	0	0	0	<1
Cafe Latté	170	10	1	0	0	110	16	2	7	7	3
Cold Brew Coffee	0	0	0	0	0	0	0	0	0	0	0
Maple Vanilla Cloud Cold Brew	50	1	0.5	0	0	60	6	0	10	5	0

Superfood Lattés

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Chai Tea Latté	180	9	1	0	0	220	22	2	13	13	3
Golden Milk	250	9	1.5	0	0	100	37	8	12	11	5
Hot Chocolate	290	11	1	0	0	150	45	5	33	32	5
Ocean Blue	230	10	1	0	0	330	28	2	18	17	4

Açaí Bowls

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Chocolate Hazelnut Acai	500	14	3.5	0	0	100	91	7	68	15	4
Green Energy	450	14	2	0	0	105	76	14	46	0	17
PB Cup Açaí	920	51	21	0	0	270	111	11	80	28	14
PB&J Açaí	800	46	8	0	0	330	85	9	63	17	19
Super Berry Açaí	430	14	4	0	0	85	76	6	59	15	3

Cold- & Fresh-Pressed Juice

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Beta Carrotene	130	0	0	0	0	55	30	0	23	0	1
Go Green	140	0	0	0	0	55	33	2	24	0	2
Heart Beet Juice	150	0	0	0	0	105	34	0	30	0	2
Morning Moxie	170	0	0	0	0	95	43	0	39	17	1
Orange Blossom	120	0	0	0	0	130	27	0	24	0	2
Spicy Green Tonic	170	0	0	0	0	20	41	0	32	0	2

Hand-Crafted & Tea

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Ginger Crush	140	0	0	0	0	10	32	0	25	23	0
Green Fizz	20	0	0	0	0	65	5	<1	3	0	0
Lavender Lemonade	80	0	0	0	0	15	20	<1	17	16	0
Lemon Honey Ginger Tea	70	0	0	0	0	10	16	0	15	15	0
Lemon Honey Iced Tea	120	0	0	0	0	10	26	0	24	23	0
Strawberry Basil Lemonade	100	0	0	0	0	15	25	2	20	16	<1
Watermelon Cooler	90	0	0	0	0	0	24	1	19	0	2
Winter Herbal Tea	50	1	0	0	0	15	12	2	8	7	0

Kombucha

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Ginger Kombucha	40	0	0	0	0	0	10	0	8	8	0
Blissberry Kombucha	45	0	0	0	0	0	11	0	10	8	0

Wellness Shots

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Ginger Shot	10	0	0	0	0	5	2	0	0	0	0
Turmeric Shot	30	0	0	0	0	0	7	0	5	0	<1
Wheatgrass Shot	10	0	0	0	0	0	0	0	0	0	0

Dessert

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Avocado Chocolate Mousse	380	27	17	0	0	45	36	8	24	20	3
Chocolate Hazelnut Affogato	300	18	14	0	0	15	29	<1	27	17	1
Greek Yogurt Parfait	280	11	3	0	15	80	35	3	23	4	12
Organic Fruit Cup	90	0	0	0	0	0	23	3	17	0	1
Strawberries & Cream Power Chia	280	17	9	0	0	210	27	6	13	6	5

Breakfast

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
All-Day Breakfast Burrito	1220	76	22	0	485	1440	87	13	4	0	48
Avocado Toast	480	32	4.5	0	0	1350	42	13	2	0	10
Blueberry Superfood Waffles	350	15	9	0	50	280	49	4	17	15	6
Breakfast Hash	470	24	7	0	230	1000	45	9	11	0	19
Chocolate Banana Protein Pancakes	720	31	12	0	100	520	86	9	38	5	24
Crispy Breakfast Taco	160	8	3.5	0	105	150	13	1	<1	0	8
Greens Egg & Cheese	560	25	9	0	220	1240	53	7	4	0	28
Hot & Healthy Bachelor	560	25	9	0	220	1240	53	7	4	0	28
Romantic	500	27	9	0	40	780	46	4	1	0	19
Shakshuka Breakfast Sando	250	11	3.5	0	195	470	24	2	2	1	13
Strawberries & Cream Power Chia	280	17	9	0	0	210	27	6	13	6	5
Sunrise Breakfast Sandwich	380	20	6	0	205	730	33	7	<1	0	19

Add Ons

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Avocado	½ avocado	150	15	2	0	0	5	9	7	<1	0	2
Black Beans	113 g	30	1	0	0	0	140	5	2	0	0	2
Black Lentils	50 g	60	0	0	0	0	80	11	2	0	0	4
Blue Cheese	31 g	110	9	7	0	35	280	0	0	0	0	7
Brussels Sprouts	100 g	120	7	0	0	0	35	13	6	3	0	5
Caramelized Miso Eggplant	65 g	50	1	0	0	0	360	11	2	4	1	<1
Spinach Feta Fritter	3 pieces	130	5	2.5	0	35	420	15	1	0	0	7
Chili Garlic Mushrooms	100 g	40	1	0	0	0	150	6	2	3	1	2
Creatine	5 g	0	0	0	0	0	0	0	0	0	0	0
Crispy Baked Falafel	3 pieces	270	24	3.5	0	0	350	12	3	2	0	3
Sticky Sesame Tofu	100 g	140	7	0.5	0	0	140	7	0	0	0	13
Everything Encrusted Avocado	½ avocado	200	18	2.5	0	0	380	10	7	<1	0	5
Feta Cheese	15 g	40	3	2	0	15	170	<1	0	0	0	2
Hard Boiled Egg	1 egg	80	5	1.5	0	185	60	<1	0	<1	0	6
Hummus	56 g	150	11	1.5	0	0	250	11	3	1	0	5
Lentil Taco Crumble	113 g	290	5	0.5	0	0	340	48	8	3	0	16
Mushroom Shawarma	80 g	80	6	1	0	0	280	6	2	1	0	2
Sea Moss Gel	36 g	0	0	0	0	0	0	0	0	0	0	0
Slow Roasted Sweet Potato	85 g	100	3	0	0	0	160	17	3	3	0	1
Tamari Almonds	10 g	40	3.5	0	0	0	190	1	<1	0	0	2
Warm Whole Grain Pita	100 g	220	1	0	0	0	320	44	3	2	2	8
Whipped Sweet Potato	129 g	110	1.5	1.5	0	0	35	24	3	9	1	2
Vegan Protein Powder	8 g	25	0	0	0	0	70	1	0	0	0	10.5
Vanilla Whey Protein Powder	9 g	35	0	0	0	0	55	<1	0	0	0	8

House-Made
Sauce Add-Ons

(1.75 fl oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Basil Green Goddess	190	19	1	0	0	190	3	<1	<1	0	2
Caesar Dressing	230	23	3.5	0	10	490	3	0	0	0	2
Chili Crisp Aioli	330	35	1.5	0	0	460	0	0	0	0	0
Chipotle-Lime Aioli	190	19	1	0	0	370	4	1	2	0	<1
Cumin Lime Vinaigrette	310	33	4.5	0	0	460	3	0	0	0	<1
Garlic Gochujang Sauce	130	7	1	0	0	950	16	1	10	9	2
Ginger Tamari Sauce	270	29	4	0	0	310	2	0	0	0	<1
Golden Tahini	150	13	2	0	0	550	8	1	2	2	4
Greek Vinaigrette	220	23	3	0	0	490	2	0	0	0	<1
Harissa Zhoug Sauce	110	11	1.5	0	0	380	3	<1	1	0	<1
Hot Sauce	50	3.5	0	0	0	110	4	0	3	<1	<1
Jalapeño Ranch	190	20	2	0	0	410	3	<1	<1	0	<1
Lemon Tahini Sauce	150	14	2	0	0	290	5	1	0	0	4
Lemon Vinaigrette	190	20	3	0	0	650	2	0	<1	0	2
Peanut Lime Sauce	190	13	2	0	0	430	15	1	10	8	5
Red Miso Sauce	230	23	3	0	0	280	6	<1	4	3	<1
Salsa Verde	25	1.5	0	0	0	75	3	1	1	0	<1
Sesame Ginger Sauce	230	22	3	0	0	410	9	<1	6	4	1
Teriyaki Sauce	90	1.5	0	0	0	1010	18	0	13	12	2