



# LUNCH & DINNER MENU

**SERVED ALL DAY**

## LETTUCE INDULGE SIGNATURE

*Comes with seasonal fresh vegetables as well as the toppings of choice*

Choose your base:

**Salad -OR- Whole Wheat Wrap -OR- Spiraled Zucchini**

Choose your signature:

**BLTA // 9**

*Bacon, Lettuce, Tomato, Avocado*

**Avocado Caprese // 9**

*Avocado, Basil Tomato, Mozzarella*

**Farmers Basket // 11**

*Roasted Chicken, Cheddar Cheese, Sliced Egg & Bacon*

**Chicken House // 11**

*Roasted Chicken, Feta, & Honey Pecans*

**Sirloin House // 11**

*Sliced Sirloin\*, Pepitas, & Feta*

**Black and Blu // 12**

*Blackened Sirloin\*, Bacon & Blue Cheese Crumbles*

**Salmon House // 11**

*Wild Caught Salmon, Feta & Pepitas*

**Farmers Daughter // 10**

*Avocado, Chickpeas, Sliced Egg, Feta & Honey Pecans*

**Festive Vegan // 10**

*Avocado, Chickpeas, Black Beans, Hemphearts & Pepitas*

**Powered by Plants // 11**

*Shiitake Mushrooms, Quinoa, Kale, Avocado, Chickpeas, Almond Slivers & Microgreens*

**Energize // 11**

*Kale, Spinach, Microgreens, Bella Mushrooms, Black Beans, Quinoa, Hemp Hearts and Pepitas*

*\*Wagyu or Grass-Fed Beef Available*

Add-Ons \$1   Add-Ons \$4   Dressing Options (All Gluten-Free)

<b>Sliced Egg</b>	<b>Steak</b>	<b>Creamy Garlic • Blue Cheese Avocado</b>
<b>Avocado</b>	<b>Salmon</b>	<b>Lime [Vegan] • Lemon Basil [Vegan] •</b>
<b>Bacon</b>	<b>Chicken</b>	<b>Balsamic Vinaigrette [Vegan] • Berry Vinaigrette [Vegan]</b>

## INDULGENCE PLATTERS

*Served with Toasted Rosemary Bread*

*Sm Lg*  
*14 19*

### Veggie & Dips

*Assorted cut veggies with house-made hummus & guacamole*

### Fruits & Cheese

*Assorted fresh fruits with vanilla ricotta dip*

### Chicken Skewers

*Grilled chicken breast with mushrooms, red potatoes & bell peppers*

### Wagyu Sirloin Skewers

*With mushroom, red potatoes & bell peppers*

## AVOCADO TOAST

*Served on Rosemary bread or Gluten-free bread, with a side salad*

**Avocado Caprese // 9**

*Avocado, Basil, Tomatoes, Mozzarella*

**Black and Blu // 12**

*Blackened Sirloin\*, Bacon & Blue Cheese Crumbles, Blue Cheese Drizzle*

**Avocado Chicken Salad // 9**

*House-Made Avocado Chicken Salad layered on a fresh lettuce leaf*

**BLTA // 9**

*Bacon, Lettuce, Tomato, Avocado*

**Chicken Caprese // 10**

*Roasted Chicken, Avocado, Tomato, Mozzarella, Basil, Balsamic Drizzle*

**Powered by Plants // 10**

*Avocado, Seasoned Chickpeas, tomatoes, Cucumber, Red Onion, Shiitake Mushrooms, Kale, micro greens, Balsamic Drizzle*

**Brunch Toast // 9**

**CHOOSE...**

***Meat:** Sausage, Bacon, Egg, Cheddar*

***Veggie:** Spinach, bell pepper, mushrooms and eggs*

**Tuscan Toast // 5**

*House-made, toasted Rosemary bread with pesto and roasted garlic dipping oils*

*\*add an egg, any style for \$1*

## SKILLET DINNERS

*Served with seared seasonal veggies and the choice of Side Salad, Quinoa or Roasted Red Potatoes*

<b>Veggie Skillet.....</b>	<b>14</b>
<b>Quartered Chicken Skillet.....</b>	<b>15</b>
<b>Wild Salmon Skillet.....</b>	<b>15</b>
<b>Wagyu Sirloin Steak Skillet*.....</b>	<b>17</b>

## LETTUCE WRAPS (Pick 3).....9

**Chicken Pesto**

**Avocado Caprese**

**Blackened Chicken**

**Avocado Chicken Salad**

**Steak Chimichurri**

**Avocado Chickpea Salad**

**Black and Blu Texas Wagyu\***

# COLD-PRESSED JUICE & SMOOTHIE BOWLS

## COLD-PRESSED JUICE (14oz).....6.5

<b>Greens Galore</b> <i>Spinach, Kale, Cucumber, Celery</i>	<b>Sweet &amp; Green</b> <i>Spinach, Kale, Cucumber, Apple</i>	<b>Good Morning Green</b> <i>Oranges, Local Honey, Wheatgrass</i>	<b>Level Up Lemonade</b> <i>Lemons, Local Honey, Wheatgrass</i>	<b>Rise &amp; Shine</b> <i>Carrots, Orange, Ginger, Celery</i>	<b>Sweet Delish</b> <i>Apple, Beet, Carrot</i>
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<b>Juice Boost (3oz)....3.5</b>	<b>Premium Boost (6oz).....5</b>	<b>Any 4</b>
- <b>Ginger Lemon Shot</b>	- <i>Immune Booster: Orange, Ginger, Turmeric &amp; Oregano Oil</i>	<i>Choose your favorite combo</i>
- <b>Wheatgrass</b>	- <i>Energizer: Apple, Lemon, Ginger w/ ACV</i>	
	- <i>Volcano: Carrot, Lemon, Ginger, Turmeric, Cayenne Pepper &amp; Organic Coconut Oil</i>	
	- <i>Ocean Love: Blue Spirulina, Aloe &amp; Lemon</i>	

## SMOOTHIE BOWLS Mini (12oz)...6      Reg (24oz)...8

**Banana Berry**  
*Banana base topped with Berries, Bananas, Coconut Flakes*

**Berry Delicious**  
*Acai base topped with Berries, Kiwi, Honey Drizzle\*, Hemp Hearts, Pepitas*

**Dragon Bowl**  
*Dragon Fruit base topped with Banana, Berries, Granola, Chia Seeds, Pepitas and Honey Drizzle\**

**Super Greens**  
*Banana Avocado Base topped with Blueberries, Strawberries, Almond Butter, Spiralina, Chia Seeds & Hemp Hearts*

**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      Nut Butter  
Kale          Spiralina  
Spinach      Protein Powder  
Gluten-Free Granola

*\*Request maple syrup in place of local honey for vegan accommodations*

## PROTEIN BITES GF 12 PER ORDER - 6.5

Honey Peanut Butter      Dark Chocolate Peanut Butter      *\*Other flavors available*

# BREAKFAST MENU

SERVED ALL DAY

## BREAKFAST CLASSICS

### Breakfast Wrap or Bowl

**Veggie** - bell pepper, Bella mushrooms, black beans & avocado w/ scrambled eggs.....6

**Meat Lovers** - sausage, bacon & cheddar cheese w/ scrambled eggs...6  
\*add potatoes...1

**Loaded steak & potato** - w/ cheddar cheese and scrambled eggs.....10

### Breakfast Plate.....7

2 eggs any style, bacon OR sausage, 2 slices of toast w/ skillet tossed, red potatoes..8.5

### Yogurt Parfait

Greek vanilla yogurt topped with fresh fruit and our gluten-free granola

	<u>Sm</u>	<u>Lg</u>
	4	6

### Steak & Eggs.....15

8oz Wagyu sirloin, roasted red potatoes & two eggs

### Fruit Bowl

Seasonal Fruit topped with Granola and Chia Seeds

	<u>Sm</u>	<u>Lg</u>
	4	6

**Choose your topping:**

**Peanut Butter, Almond Butter, or Local Honey**

## BELGIAN WAFFLES

**Belgian Waffle**.....6

- **Banana Maple Pecan**.....7

- **Fresh Berries**.....7

- **Banana Peanut Butter**.....7

- **Bruschetta Waffle**.....7

add bacon crumbles.....1

**Belgian Breakfast**.....10

choice of waffle with two eggs and choice of bacon or sausage patty

## BREAKFAST SCRAMBLE

**Veggie Scramble**.....7

Spinach, bell pepper, Bella mushroom w/ scrambled eggs over roasted red potatoes, topped with cheddar & avocado

**Meat Lovers**.....8

Bacon, sausage & scrambled eggs served over red potatoes & topped with steak strips & cheddar cheese

## ABOUT LETTUCE INDULGE

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. Integrity and transparency in our menu items is a priority ALWAYS!