

"Introducing our New Take on a Lite Lifestyle"

Upper Crust Lite **Gluten & Dairy Free**



Burrito Bowl 10.95***

Black beans, quinoa, romaine lettuce, tomato, red onion, cucumber, bell pepper, jalapeno, avocado, cilantro, lime, cumin, chili powder, garlic powder, sea salt, cashews, lemon juice

Raw Taco Salad 10.95***

Romaine lettuce, tomato, cucumber, red onion, bell pepper, avocado, jalapeno, cilantro, lime, walnuts, sundried tomatoes, garlic powder, cumin, chili powder, cashews, lemon juice

Raw Pad Thai 10.25***

Zucchini, red, and white cabbage, carrots, bell pepper. Cauliflower, garlic ginger tahini, peanut butter, brags liquid amino, lime juice, peanuts

Hummus Collard Wraps 11.95**

Collard greens, hummus, bell pepper, carrots, cucumber, romaine lettuce or Napa cabbage

Asian Chicken Wrap 11.95**

Napa cabbage, chicken, garlic, ginger, brags liquid amino, sesame oil, rice wine vinegar, chili dipping sauce

Super Food Kale Salad 10.95

Kale, bell peppers, carrots, cucumbers, tomato, red onion, walnuts, raisins, lemon juice, garlic, tahini, olive oil, nutritional yeast, sea salt and black pepper

Detox Salad 5.95**

Broccoli cauliflower, carrots, raisins, sunflower seeds, lemon juice, agave, sea salt

Fall Slaw w Grilled Chicken and Carrots ginger dressing 10.95**

Broccoli, Brussels sprouts, carrots, chicken, lemon zest, carrots, ginger, rice wine vinegar, orange juice, sesame oil, canola oil

Paleo Chipotle Turkey Chili 9.95**

Ground turkey, onions, garlic, bell peppers, zucchini, carrots, diced and crushed tomatoes, garlic powder, oregano, chili powder, chipotle, olive oil, sea salt

Autumn Roasted Veggies 5.95***

Sweet potatoes, beets, Brussels sprouts, turnips, parsnips, red onion, carrots, olive oil, sea salt, black pepper

Coconut Chicken Tenders 10.95***

Chicken, gluten free flour blend, coconut flakes, onion powder, garlic powder, sea salt, black pepper, coconut oil and vegetable oil, ketchup

Soup of the Day 5.95***

Southwest Quinoa Salad 5.95***

Quinoa, black beans, celery, red peppers, cilantro, zucchini, onions, lime juice, sea salt, black pepper, olive oil, cumin

Keto Peanut Butter Cups 3.99***

Coconut oil, peanut butter, cacao, stevia

Date Walnut Brownies 5.99***

Dates, walnuts, cacao, coconut, agave, sea salt

Coconut Macaroons 5.95***

Coconut, gluten free Flor's blend, coconut sugar, coconut milk, agave, vanilla, sea salt, dairy free chocolate chips

Chillin Oats 3.99***

Hard Boiled Eggs 2.95***