

“Introducing our New Take on a Lite Lifestyle”

Upper Crust Lite

Gluten & Dairy Free

Menu items subject to change



Breakfast

Chillin Oats 3.99***

Groats, water, raw cashews, agave vanilla, salt, walnuts, raisins

Hard Boiled Eggs 2.95 ***

Paleo Egg Muffin w/ side of Turkey sausage 5.95***

Egg, onions, peppers, mushroom, turkey sausage

Lunch

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

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

Southwest Quinoa Salad 5.95***

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

Mediterranean Salad 7.95***

Grilled Chicken breast, olives, chick peas, roasted red peppers, artichoke hearts, romaine lettuce, balsamic vinaigrette

Egg White Spinach Salad 5.95***

Egg whites, spinach, mayo, salt and pepper

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

Turkey Chili 6.95**

Ground turkey, onions, garlic, bell peppers, zucchini, carrots, beans, 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***

Dessert

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