

“Introducing our New Take on a Lite Lifestyle”

Upper Crust Lite

Gluten & Dairy Free

Menu items subject to change



Breakfast

Chillin Oats 3.99***

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

Hard Boiled Eggs 2.95 ***

Protein Bar 4.99***

Almonds, almond butter, plant protein powder, raisins, pumpkin seeds

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, sun flower seeds, raisins, lemon juice, garlic, tahini, olive oil, nutritional yeast, sea salt and black pepper

Hummus Veggie Collard Wraps 11.95**

Collard cabbage leaf, hummus, bell pepper, carrots, cucumber, romaine lettuce

Mediterranean Salad 11.95***

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

Southwest Quinoa Salad 5.95***

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

Detox Salad 5.95***

Broccoli, cauliflower, carrots, raisins, sun flower seeds, lemon juice, agave, sea salt

Tuna Collard Wrap 11.95**

Collard cabbage leaf, garlic, ginger, brags liquid amino, sesame oil, rice wine vinegar, chili dipping sauce

Paleo Turkey Chili 9.95**

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

Grilled Veggies 5.95***

Bell peppers, squash, eggplant, red onions, carrots

Spa Chicken Salad 5.95***

Chicken breast, walnuts, celery, red onion, raisins, apples, apple cider vinegar, orange juice, sunflower oil

Homemade Soup 5.95***

Dessert

Baked Goods 4.25***

Raw Brownies Bites 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