

“Introducing our new take on a lite lifestyle”

Upper Crust Lite

Gluten & Dairy Free

Menu items subject to change

Chillin Oats... \$3.99

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

Hard Boiled Eggs... \$2.95

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

Southwest Quinoa Salad... \$5.95

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

Paleo 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

Soup of the Day... \$5.95

Detox Salad... \$5.95

Cauliflower, broccoli, carrots, raisins, sunflower seeds, lemon, agave, salt, pepper

Gazpacho Soup... \$5.95

Cucumber, red bell pepper, plum tomatoes, garlic, vinegar, olive oil, kosher salt, pepper, jalapenos

Moroccan Chickpea Salad... \$4.25

Garbanzo beans, scallions, tomato, parsley, garlic, olive oil, lemon juice, cumin, black pepper, cayenne

Turkey Bolognese... \$11.95

Turkey, carrots, zucchini, onion, garlic, mushrooms, basil, tomatoes, olive oil, oregano

Tuna Collard Wrap... \$11.95

Collards, white albacore tuna, carrots, peppers, onions, cucumber, romaine, mayo

Spa Chicken Salad... \$5.99

Chicken breast, walnuts, celery, red onion, raisins, apples, apple cider vinegar

Paleo Egg Salad... \$5.95

Egg whites, spinach, mayo, sea salt, pepper

Kale, Quinoa, Cranberry, Spinach Pesto Salad... \$10.95

Kale, quinoa, dried cranberries, spinach, walnuts, olive oil, garlic

Whole30 Turkey Collard Wraps... \$11.95

Collards, cucumber, peppers, turkey, salt, pepper, dijon mustard

Hummus Collard Wrap... \$11.95

Collards, chickpeas, hummus, asparagus, cucumber, carrots, zucchini, red cabbage, greens

Protein Bar... \$4.99

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

Date Walnut Brownies... \$5.99

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

Coconut Macaroons... \$5.95

Coconut, gluten free flour blend, coconut sugar, coconut milk, agave, vanilla, sea salt, dairy free chocolate chips