

# GREENS

11 am to close

**ROBUST ROSA 10**  
kale, spinach, broccoli, red onion, tomato, toasted hemp seeds, avocado caesar dressing **gf V DF**

**LE MIDI 10**  
kale, spinach, shaved fennel, green beans, orange slices, red onion, smoked almonds, flaxseeds, basil, black olive tapenade, tahini-yogurt dressing **gf**

**THE ARCADIAN 10**  
arugula, roasted butternut squash, apple, farro, red onion, parsley, seeded cracker, parmesan, vegan basil pesto

**JIMMY CHING 10**  
napa cabbage, romaine hearts, snow peas, crunchy quinoa, cashews, green onion, mint, sesame seeds, chinese mustard vinaigrette **gf V DF**

**SANTA MONICA SHRED 10**  
shaved carrots and beets, roasted broccoli, sunflower sprouts, red onion, toasted walnuts, crunchy quinoa, lemon yogurt **gf**

## + ADD PROTEIN

all-natural **CHICKEN** | 4    grass-fed **STEAK** | 5  
sustainable **SALMON** | 6    local non-GMO **VEGGIE TOFU** | 3  
local farm **7-MINUTE EGG** | 2

# GRAINS

11 am to close

**CADILLAC CURRY 11**  
brown rice, garnet yams, green beans, madras curry sauce, pickled sultanas, green onion, basil, mint, toasted coconut **gf V DF**

**K-TOWN 11**  
brown rice, broccoli, carrots, mushrooms, spinach, kimchi, bean sprouts, korean hot sauce, 7-minute egg, nori **gf DF**

**FARRO AND AWAY 11**  
farro, roasted broccoli, tomatoes, kale, spinach, basil pesto sauce, pine nuts, parmesan cheese

**MOAB MEDLEY 11**  
couscous, cucumber, roasted tomato, red grapes, smoked almonds, parsley, mint, lemon vinaigrette, tahini-yogurt

**BOULDERADO 11**  
quinoa, roasted zucchini, red bell peppers, spinach, mojo rojo, toasted pepitas, fresh herbs, lemon yogurt dressing **gf**

## Seasonal Items

**MARKET SALAD 11**  
arugula, beets, pickled cauliflower, apple, goat cheese, pepitas, pomegranate molasses vinaigrette **gf**

**BONE THUGS & HOMINY 6**  
jackfruit, roasted yams, hominy, poblano pepper, kale, cilantro, pepitas **gf V DF**

# WRAPS

11 am to close

**THE CHRONIC 14**  
steak, 7-minute egg, avocado, carrots, red onion, spinach, chimichurri, whole wheat wrap **DF**

**CALIFORNIA LOVE 13**  
chicken breast, black beans, brown rice, romaine, red onion, roasted tomato salsa, avocado, lemon yogurt, whole wheat wrap

**REGULATOR 14**  
miso marinated salmon, kimchi, napa cabbage, basil, mint, green onion, korean hot sauce, whole wheat wrap **DF**

# KIDDOS

11 am to close / kids under 12

**UNCLE RICO'S QUESADILLA 6.5**  
chicken -or- avocado, queso fresco, whole grain tortilla with green beans, brown rice

**HOLY MEATBALLS 6**  
turkey meatballs, tomato sauce, couscous, broccoli **DF**

**D-O-DOUBLE G 13**  
turkey meatballs, spicy hummus, cucumber, roasted tomato, parsley, romaine, tahini-yogurt, whole wheat wrap

**EAZY STREET 12**  
tofu, brown rice, carrots, pickled sultanas, smoked almonds, arugula, red onion, madras curry sauce, whole wheat wrap **V DF**

**CHICKEN LITTLE 6**  
chicken breast, snow peas, carrots, quinoa **gf DF**

**SUNBUTTER + JELLY TIME 6**  
whole grain bread, sunflower butter, strawberry jam, apple slices -or- banana **DF**

# FIRST WAVE

Served All Day

**LAGUNA**  
**AVOCADO TOAST 12**  
toasted whole grain bread, avocado, orange slices, sunflower seeds, ricotta salata, sunflower sprouts, orange vinaigrette, za'atar spice

**HERMOSA**  
**AVOCADO TOAST 11**  
toasted semolina bread, avocado, mojo rojo, red onion, basil **V DF**

**BAJA SOL TOSTADAS 9**  
two corn tostadas, scrambled tofu, black beans, avocado, greek yogurt, roasted tomato salsa, cilantro **gf V**

**LEFT COAST**  
**ACAI BOWL 12**  
acai berries, blueberries, raspberries, banana, almond butter, macca powder, hemp seeds, granola, coconut **gf V DF**

**MONTECITO HASH 11**  
two poached eggs, garnet yams, red bell pepper, kale, spinach, queso fresco, lemon yogurt, toasted pepitas, LC hot sauce **gf**

**OFFSHORE OATMEAL 7**  
steel cut oatmeal, farro, almond milk, toasted walnuts, blueberries, golden raisins, bananas, maple syrup **V DF**

**BIG WOOD CREPES 12**  
two buckwheat crepes, smoked salmon, ricotta cheese, toasted sunflower seed mix, apple, sunflower sprouts, lemon vinaigrette

**PK PANCAKES 11**  
three buckwheat pancakes, seasonal fruit, greek yogurt, granola, maple syrup

# COLD-PRESSED JUICE

**GOING TO CALIFORNIA 9.5**  
kale, spinach, apple, cucumber, ginger, lemon, sea salt

**LIGHT MY FIRE 9.5**  
kale, spinach, romaine, cilantro, jalapeño, bell pepper, lime, sea salt

**PARADISE CITY 9.5**  
pineapple, strawberry, cucumber, lemon

**START ME UP 9.5**  
carrot, apple, cucumber, turmeric, lemon

**FIELDS OF GOLD 9.5**  
yam, apple, coconut water, jalapeño, lime, sea salt

**COLD-PRESSED ORANGE JUICE 4**

**PURPLE HAZE 9.5**  
beet, apple, carrot, ginger, lemon, sea salt

**KASHMIR 9.5**  
almond milk, coconut water, vanilla, goji berry, white pepper, agave, sea salt

**ROCKET MAN 9.5**  
almond milk, espresso, macca powder, agave

**PAINT IT BLACK 9.5**  
ginger, turmeric, lime, coconut water, agave, activated charcoal

**MIGHTY MICK 5.5**  
apple, kale, cucumber, lemon

**ENZO'S ORCHARD 5.5**  
apple, orange, carrot

**MEGA MADDOX MILK 5.5**  
almond milk, cacao, macca powder, dates, vanilla

**SOPHIA'S STRAWBERRY MILK 5.5**  
cashew milk, strawberries, beet juice powder, agave, vanilla

**BOTTLED SPRING WATER 2.5**

# SMOOTHIES

Served All Day

7.5 | 16oz 9 | 20oz

**KALE MARY**  
blueberry, kale, avocado, oj,  
macca powder, agave, apple  
cider vinegar **gf V DF**

**HOT DATE**  
yams, almond milk, dates,  
greek yogurt, banana, ginger,  
chia seeds, lime, cinnamon **gf**

**FAIRWAYS + GREENS**  
spinach, apple, banana,  
avocado, spirulina, matcha  
tea, agave, lemon juice  
**gf V DF**

**MORNIN' BUZZ**  
espresso, cacao, peanut  
butter, macca powder,  
banana, dates **gf V DF**

**JUST BEET IT**  
apple, banana, oj, dates, beet  
juice powder, camu camu  
**gf V DF**

## CREATE YOUR OWN SMOOTHIE

Served All Day

8 | 16oz 9.5 | 20oz

### STEP 1 CHOOSE ONE BASE

**FRUIT**  
banana +  
orange juice

**VEGGIES**  
avocado +  
coconut water

**DAIRY**  
greek yogurt +  
almond milk

### STEP 2

+ ADD UP TO 4 FRUITS OR VEGGIES

kale, spinach, avocado, banana, apple,  
strawberries, blueberries, raspberries, peaches,  
carrot, pineapple, cucumber, yams,  
turmeric, ginger

### STEP 3 (OPTIONAL)

+ ADD EXTRAS | 75¢ EACH

macca powder, hemp powder, vanilla protein,  
spirulina, camu camu, flaxseed, chia seed,  
espresso, matcha, cacao, beet juice powder,  
bee pollen, pink himalayan sea salt

Gluten-free items **gf**  
Vegan items **V**  
Dairy-free items **DF**

*Although our kitchen is not gluten, dairy or  
nut-free, many of our dishes can be made  
without these items. Let us know about  
any dietary sensitivities and we'll happily  
try to accommodate you!*

# COFFEE + TEA

Served All Day

**BREWED COFFEE 3**

**LATTE DRINKS 4.5**

+ add flavors 50¢  
(vanilla, mocha & caramel)

+ add specialty milk 75¢  
(soy, almond, coconut)

+ add espresso shots \$1

**CHAI TEA LATTE 4**

**MATCHA TEA LATTE 4.5**

**KOMBUCHA ON DRAFT 5.5**

**COLD BREW ON DRAFT 4.5**

**HOT TEA SELECTIONS 3**

**ICED TEA 3.5**

**ICED HERBAL INFUSION 3.5**  
caffeine free

COFFEE SUPPLIED EXCLUSIVELY BY

**La COLOMBE**  
COFFEE ROASTERS

## SPLASHES

Served All Day

**LC SPARKLING SPLASHES 3.5**

Blueberry Mint  
Strawberry Basil  
Cherry Lime Jalapeño  
Citrus Turmeric Rosemary

## BEER + WINE + SPIRITS

See Libation menu for current offerings



**LEFT COAST**  
food + juice

2878 N LINCOLN AVE, CHICAGO, IL 60657  
PH. 773.880.LEFT (5338)

WWW.LEFTCOASTFOOD.COM

\*Some items may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.