

GREENS

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

Sm 4-5 servings | \$35
Lg 8-9 servings | \$70

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

Sm 4-5 servings | \$35
Lg 8-9 servings | \$70

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

Sm 4-5 servings | \$35
Lg 8-9 servings | \$70

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

Sm 4-5 servings | \$35
Lg 8-9 servings | \$70

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

Sm 4-5 servings | \$35
Lg 8-9 servings | \$70

GRAINS

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

Sm 4-5 servings | \$37
Lg 8-9 servings | \$74

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

Sm 4-5 servings | \$37
Lg 8-9 servings | \$74

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

Sm 4-5 servings | \$37
Lg 8-9 servings | \$74

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

Sm 4-5 servings | \$37
Lg 8-9 servings | \$74

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

Sm 4-5 servings | \$37
Lg 8-9 servings | \$74

BEVERAGES

COFFEE
Servings 10 | \$25

COFFEE SUPPLIED EXCLUSIVELY BY

La COLOMBE
COFFEE ROASTERS

BOTTLED WATER
\$2.50 each

ICED TEA / HERBAL INFUSION
Servings 10 | \$25

SMOOTHIES

16oz SMOOTHIE
\$8 each

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
strawberry, apple, banana, oj, dates, beet juice powder, camu camu **gf V DF**

+ ADD PROTEIN

all-natural
CHICKEN \$4
per person

grass-fed
STEAK \$5
per person

sustainable
SALMON \$6
per person

local non-GMO
VEGGIE TOFU \$3
per person

local farm
7-MINUTE EGG \$2
per person

WRAPS

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, brown rice, napa cabbage, basil, mint, green onion, korean hot sauce, whole wheat wrap **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, pickled sultanas, smoked almonds, arugula, red onion, madras curry sauce, whole wheat wrap **V DF**

FIRST WAVE

EL GUAPO BURRITO 11
turkey chorizo, egg whites, roasted red pepper, avocado, roasted hominy, spinach, salsa verde, whole wheat wrap **DF**

LAGUNA AVOCADO TOAST
toasted whole grain bread, avocado, orange slices, sunflower seeds, ricotta salata, sunflower sprouts, orange vinaigrette, za'atar spice
Lg 8-9 servings | \$60

HERMOSA AVOCADO TOAST
toasted semolina bread, avocado, mojo rojo, red onion, basil **V DF**
Lg 8-9 servings | \$55

LEFT COAST ACAI CUPS
acai berries, strawberries, blueberries, raspberries, banana, almond butter, macca powder, hemp seeds, granola, coconut **V DF**
Each | \$8

MONTECITO HASH
two poached eggs, garnet yams, red bell pepper, kale, spinach, queso fresco, lemon yogurt, toasted pepitas, LC hot sauce **V DF**
Sm 4-5 servings | \$37
Lg 8-9 servings | \$74

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!

**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.*

COLD-PRESSED JUICE

16 OZ. | 10 EACH

HARVEST MOON

pear, grapefruit, ginger, cinnamon

DR. GREENTHUMB

cucumber, celery, spinach, kale, grape

GOOD VIBRATIONS

almond milk, turmeric, coconut nectar, cinnamon

LITTLE RED CORVETTE

tomato, carrot, celery, beet, ginger, turmeric, lime, parsley, spinach, sea salt

GOING TO CALIFORNIA

kale, spinach, apple, cucumber, ginger, lemon, sea salt

LIGHT MY FIRE

kale, spinach, romaine, cilantro, jalapeño, bell pepper, lime, sea salt

PARADISE CITY

pineapple, strawberry, cucumber, lemon

START ME UP

carrot, apple, cucumber, turmeric, lemon

FIELDS OF GOLD

yam, apple, coconut water, jalapeño, lime, sea salt

PURPLE HAZE

beet, apple, carrot, ginger, lemon, sea salt

KASHMIR

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

PAINT IT BLACK

ginger, turmeric, lime, coconut water, agave, activated charcoal

8 OZ. | 5.5 EACH

MIGHTY MICK

apple, kale, cucumber, lemon

ENZO'S ORCHARD

apple, orange, carrot

MEGA MADDOX MILK

almond milk, cacao, macca powder, dates, vanilla

SOPHIA'S STRAWBERRY MILK

cashew milk, strawberries, beet juice powder, agave, vanilla

GO LEFT. EAT RIGHT.

Whether you need an easy office lunch or a gathering with close friends, we're here to help. You can choose to place an order directly via email at hello@leftcoastfood.com or contact us at 773.880.5338 if you have a custom order or additional questions. If you don't require utensils, plates, or napkins, please be green and let us know. We look forward to serving you!

ORDER TIMING

All of our food is made from scratch and prepared fresh each and every day. We request at least 24 hours notice on all catering orders. If you have additional questions, please email hello@leftcoastfood.com

WE REQUIRE A 24HR NOTICE FOR CANCELLATION

**Menu is subject to change due to availability of product*



LEFT COAST
food + juice

RIVER NORTH

717 N WELLS ST | CHICAGO, IL 60654
PH. 312.877.5500

LINCOLN PARK

2878 N LINCOLN AVE | CHICAGO, IL 60657
PH. 773.880.5338

WWW.LEFTCOASTFOOD.COM



CATERING MENU