

## SMOOTHIES

Our smoothies are delicious, luscious, frozen yummy concoctions with no fillers.  
They are great as a light meal, snack or dessert.

### LOVE ALIVE \$7.00

Blueberry, Strawberry, Banana,  
Date, Chia, Coconut Milk

### SPRING ALIVE \$7.50

Blueberry, Strawberry, Dried  
Mango, Spirulina, Ice Cream\*,  
Chia, Coconut Milk

### ECSTATIC \$7.00

Strawberry, Banana,  
Golden Berry, Coconut Water

### LUST ALIVE \$7.00

Strawberry, Banana, Fresh Ginger,  
Cinnamon, Raw Cacao, Ice Cream\*,  
Rice Milk

### COCONUT ALIVE \$7.00

Banana, Coconut Oil, Ice Cream\*,  
Coconut Milk

### BEE HERE NOW \$8.25

Raspberry, Dragon Fruit, Lime, Chia,  
Honey, Bee Pollen, Coconut Water

### VIBRANCE ALIVE \$7.00

Fresh Ginger, Lemon, Strawberry,  
Date, Banana, Maple Syrup

### COCO LOCO ALIVE \$7.00

Dandi-Blend, Raw Cacao, Coconut Oil,  
Ice Cream\*, Maple Syrup, Ice, Rice Milk

### CHAGA CHAI CARAMEL \$8.25

Medicinal Chaga Mushrooms,  
Chai, Banana, Ice Cream, Chia,  
Coconut Milk, Lucuma Caramel

### ELVIS ALIVE \$7.00

Peanut Butter, Raw Cacao,  
Banana, Ice Cream\*, Rice Milk

### HARVEST ALIVE \$7.50

Kale, Avocado, Lemon Juice, Banana,  
Chia, Date, Coconut Milk

### CARROT CAKE ALIVE \$7.50

Hemp Protein, Carrot Juice, Banana,  
Ice Cream\*, Rice Milk, Cinnamon

### GOLDEN SUNRISE ALIVE \$8.00

Banana, Dried Mango, Turmeric, Cinnamon,  
Maca, Chia, Coconut Oil, Coconut Milk

*\*coconut milk base, non-dairy & soy free*

## FRESH JUICES 12oz

### THRIVE ALIVE \$6.50

Carrot, Apple, Ginger

### JIVE ALIVE \$6.00

Cucumber, Celery, Kale, Lemon, Ginger

### LIFE ALIVE \$7.25

Apple, Beet, Carrot, Celery, Kale, Wheatgrass

### SPICY GREEN TONIC \$7.25

16 oz.  
Pineapple, Jalapeño, Apple, Mint, Cilantro

### HIVE ALIVE \$6.25

Apple, Lemon, Honey, Pure Water

### REVIVE ALIVE \$8.25

Apple, Carrot, Turmeric, Ginger, Lemon,  
Honey, Cinnamon, Apple Cider Vinegar

### GINGER CRUSH \$5.00

Ginger, Lemon, Maple Syrup, Crushed Ice, Pure Water

### ELEVATE ALIVE \$7.25

Apple, Beet, Kale, Strawberry, Aloe, Wheatgrass

### SUPERHERO ALIVE \$7.75

Carrot, Apple, Ginger, Spirulina, Cayenne, Garlic,  
Apple Cider Vinegar, Honey, Pure Water

## SUPERFOODS

*Make it more deliciously nutritious for \$1.50*

ALOE HEMP PROTEIN MACA MATCHA  
GRASS FED WHEY SPIRULINA BEE POLLEN

## SHOTS

### WHEATGRASS

1oz. \$3.00

### FRESH JUICED TUMERIC

1oz. \$1.50

### FRESH JUICED GINGER

1oz. \$1.50

### FIRE TONIC

1oz. \$2.50



## URBAN OASIS + ORGANIC CAFE MENU SALEM

Life Alive is an organic cafe serving breakfast, lunch, and dinner in a vibrant casual cafe that is inspiring and honors local artisans, the community, and our global ecology.

Our Mission is to Feed the Vitality of the World... one meal at a time. We are here to renew your energy and connection to life by soulfully serving you the most fantastic, organic, therapeutic, whole food you could ever imagine.

Our extraordinary food, space, and service are grown, supplied, prepared and designed with the health and vitality of our bodies, communities, and earth foremost in our mind.

By providing you with ease and great enjoyment in one of the most important aspects of your wellbeing, we give you the profound experience of contributing to personal and planetary wellness as you blissfully nourish yourself.

Namaste!

HOURS | Open 10am - 9pm everyday

Take Out is ready fast!

Order online at [www.LifeAlive.com](http://www.LifeAlive.com)  
or Download our App

281 Essex St, Salem, MA 01970 | 978.594.4644

We are also located in Central Square Cambridge & Downtown Lowell

## WARM GRAIN BOWLS

Everything we serve you is vibrant, therapeutic food – as healing for your body as it is delicious in your mouth! We urge you to notice how you feel after eating!

ALL GRAIN-BASED MEALS ARE AVAILABLE 3 WAYS:

FILLING BOWL \$9.50    HANDY WRAP \$9.95    DEMI (HALF) BOWL \$6.95

### THE GODDESS

Our supreme Ginger Nama Shoyu Sauce nurturing carrots, beets, broccoli, kale, & tofu or sprouted legumes, gracing short-grain brown rice.

### THE HEALER

Our Nutri-Lemon Flax Sauce with kelp & nutritional flakes enriching broccoli, kale & sun-sprouts over short grain brown rice.

### THE REBEL

Our famous Sesame Ginger Nama Sauce with high lignan flax oil enlivening carrots, beets, broccoli, kale, tofu or sprouted legumes & seaweed over quinoa & short grain brown rice.

### THE ADVENTURER

Our Sesame Ginger Nama Sauce meets a colorful mix of corn, beets, broccoli, kale, shredded cheddar, tofu or sprouted legumes & tamari almonds over quinoa & brown rice.

### THE SWAMI

Our Sweet Curry Miso Sauce initiating a flavorful mix of tamari almonds, raisins, shredded carrots, broccoli, kale, & sweet onions over brown rice with a sprinkle of nutritional flakes.

### THE INNOCENT

Our Ginger Nama Shoyu Sauce seasoned with high lignan flax oil, kelp and nutritional flakes giving a savory, cheese-like seasoning to sweet corn, shredded carrots, broccoli, & tamari almonds over quinoa & short grain brown rice.

## GRILLED WRAPS

### THE HOT & HEALTHY BACHELOR

Melted cheddar, hardboiled egg, broccoli, kale, Braggs & nutritional flakes, warmly nestled in a soft whole-wheat tortilla.  
\$9.75

### THE SEDUCTRESS

Hardboiled egg, broccoli, kale, shredded carrots & beets, high lignan flax oil, garlic, Braggs & nutritional flakes all embraced by a whole wheat tortilla.  
\$9.75

### KIDDIE QUESADILLA

A simple & comforting soft whole-wheat tortilla enfolding delicious melted cheese & nutritional flakes.  
\$5.50

### THE EMPEROR

Our velvety Miso Sauce smothering sweet corn, shredded carrots, sundried tomatoes, kale, tofu or sprouted legumes, cheddar cheese & sun-sprouts all over brown rice.

### THE GREEN GODDESS

Our Ginger Nama Shoyu Sauce enhanced by fresh garlic & high lignan flax oil, empowering avocado, broccoli, kale, & tofu or sprouted legumes over short grain brown rice.

### THE UDON MISO MASTERFUL

Red Miso Broth deepened with toasted sesame & flax oils, a dash of Braggs, sesame seeds, broccoli, kale, shredded carrots, seaweed & shiitake mushrooms plus udon noodles for a powerful soup that nourishes & satisfies!  
*(available with gluten free rice noodles)*

### THE LOVER

Juicy, messy, & fantastic because of it! Wild & meaty shiitake mushrooms, shredded carrots & beets, broccoli, & kale smothered in our Ginger Nama Shoyu sauce over brown rice.

### THE FOOL

Our fragrant Sesame Ginger Sauce marinating thick & comforting udon noodles, healing shiitake mushrooms, shredded carrots, sweet onions, tofu or sprouted legumes, kale & sesame seeds.  
*(available with gluten free rice noodles)*

### THE ALCHEMIST

Ginger Nama Shoyu sauce transforming sweet corn, carrots, kale, tofu or sprouted legumes, sunsprouts and sesame seeds over protein rich quinoa.

### THE ROMANTIC

Melted cheddar, avocado, broccoli, garlic, nutritional flakes & Braggs, all embraced within a soft whole-wheat tortilla.  
\$9.75

### THE FEISTY CHILD

A gooey, glorious mix of peanut butter, strawberry jam, banana & honey playing inside a warmed whole-wheat tortilla.  
\$7.25

## SOUPS

Soups made right here - every single day

SOUP IN A BOWL \$5.95

## GREEN SALAD BOWLS

FILLING BOWL \$9.50    HANDY WRAP \$9.95    DEMI (HALF) BOWL \$6.95

### THE SUFI POET

Delight in our red-lentil hummus whirling atop cranberries, cashews, cucumbers, green apples, shredded carrots, sun-sprouts & spring greens all infused by our Balsamic Vinaigrette.

### THE WARRIOR

An iron-rich protein powerhouse of red lentil hummus with tofu or sprouted legumes, peppitas, carrots, sun-sprouts & spring greens, all rewarded by our sensational & velvety Miso sauce.

### THE SEEKER

Our delicious lemon garlic hummus, raw cashews, green apples, cucumbers, shredded carrots, sun-sprouts & spring greens with Ginger Nama Shoyu dressing.

### THE EXPLORER

An adventurous blend of our enticing high protein red lentil hummus with sesame stix, sun-dried tomatoes, cucumbers, sweet corn, beets & carrots, sun-sprouts & spring greens with Hot Honey Wasabi Vinaigrette.

### THE MYSTIC MOUNTAIN

A heavenly salad of lemon-garlic hummus atop raw cashews, green apples, cucumbers, shredded carrots, beets, sweet corn, sun-sprouts & spring greens, with our cleansing Lemon-Vitality Vinaigrette.

## SIMPLE SNACKS

### THE CRUNCHY HIPPIE \$7.75

So much more than cereal: Locally made granola, fresh apples slices, goji berries, & rice milk

### THE CHILD \$6.25

Simply delicious peanut butter & strawberry jam rolled up in a whole-wheat tortilla

### ANTS ON A LOG \$4.75

Celery, peanut butter, and raisins

## MAKE IT MORE DELICIOUS - \$2

STEAMED EGG  
the perfect protein

RED LENTIL HUMMUS  
a slow burning energy source

ROASTED TAMARI ALMONDS  
crunchy and salty

LEMON GARLIC HUMMUS  
sprouted chickpeas

AVOCADO  
the good green fat

WHIPPED BUTTERNUT SQUASH  
lemon, flax & bragg's

## TEAS

WILD-CRAFTED TEAS \$3.00

KOMBUCHA ON TAP \$4.50

SPICED TURMERIC ICED TEA \$3.00

CHAGA CHAI \$5.25  
medicinal mushroom tea & tiger nut milk  
*hot or iced*

## LATTES

*Hot or Iced \* Coconut, Rice or Tiger Nut Milk*

GOLDEN SPICE LATTE \$4.25  
Turmeric, ginger, cinnamon, honey, cayenne

DANDI-MOCHA LATTE \$4.50  
Dandi-blend, raw cacao, maple syrup

HOT CHOCOLATE \$4.25  
Raw cacao, maple syrup

COCO LOCO LATTE \$4.75  
Dandi-blend, raw cacao, maple syrup, coconut oil

GREEN TEA LATTE \$4.50  
Matcha green tea, honey

*Please inform us of any allergies before placing your order*