LATTES
Be your highest self. $4.75
Created with homemade coconut creme, enjoyed hot or iced.
MOOD & ENERGY ELEVATING
OCEAN BLUE
Blue-Green Algae, Maca, Vanilla, Maple, Sea Salt
STRESS REDUCER
MATCHA
Ceremonial Grade Matcha, Honey
INFLAMMATION DECREASING
GOLDEN MILK
Turmeric, Ginger, Cinnamon, Cayenne, Black Pepper, Maple
LUXURIOUS DETOXER
MEXICAN CHOCOLATE
Activated Charcoal, Cacao, Cinnamon, Cayenne, Maple

DRINKS
WILD-CRAFTED TEAS $3.00
CHAGA CHAI $5.25
medicinal mushroom tea & oat milk hot or iced
COLD BREW ICED COFFEE $3.25
FRENCH PRESS HOT COFFEE $3.25
FRESH MINT TEA $3.00 lemon and ginger

SIMPLE SNACKS
HUMMUS BOWL $4.50
Cold pressed olive-oil, chili oil, radish & carrots, warm tortilla
STEAMED EDAMAME $4.50
Sea salt & togarashi
KIDDIE QUESADILLA $5.50
A simple & comforting soft whole-wheat tortilla enfolding delicious melted cheese & nutritional flakes.
THE FEISTY CHILD $7.25
A gooey, glorious mix of peanut butter, strawberry jam, banana & honey playing inside a warmed whole-wheat tortilla.

SUPERFOODS
Make it more deliciously nutritious for $2
ALOE HEMP MACA MATCHA POWDER LUCUMA BLUE-GREEN ALGAE

SHOTS
WHEATGRASS $3.00
FRESH JUICED TUMERIC $1.50
FRESH JUICED GINGER $1.50
FIRE TONIC $2.50

Please inform us of any allergies before placing your order

Feed Your Vitality
RESTORE YOUR WHOLE SELF
Organic meals, smoothies and juices that renew your energy and connection to life

Takeout is Available & Ready Fast!
HOURS | All Days 10am - 9pm
978.453.1311
194 Middle Street, Lowell MA
www.LifeAlive.com

We are also located in Central Square Cambridge, Historic Salem & BU Brookline
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, Gelato, Chia, Coconut Milk.

LUST ALIVE $7.00
Strawberry, Banana, Fresh Ginger, Cinnamon, Raw Cacao, Gelato, Coconut Milk.

BEE HERE NOW $8.25
Raspberry, Dragon Fruit, Lime, Chia, Honey, Bee Pollen, Coconut Water.

BLUE MAGIC $7.75
Blue-Green Algae, Vanilla, Chia, Coconut Oil, Gelato, Coconut Milk.

AÇAI BOWL $9.25
Topped with fresh blueberries, peanut butter, spiced peanuts, coconut & hemp crunch

COCO LOCO ALIVE $7.25
Cold Brew, Raw Cacao, Coconut Oil, Gelato, Maple Syrup, Ice, Coconut Milk.

CHAGA CHAI CARAMEL $8.25
Medicinal Chaga Mushrooms, Chai, Banana, Gelato, Chia, Lucuma Caramel.

ELVIS ALIVE $7.00
Peanut Butter, Raw Cacao, Banana, Gelato, Coconut Milk.

HARVEST ALIVE $7.50
Kale, Avocado, Lemon Juice, Banana, Chia, Date, Coconut Milk.

STRAWBERRY BLONDE $7.75
Strawberry, Raspberry, Ginger, Lemon, Dates, Maple Water

JUBILANT JUICES 12oz

THRIVE ALIVE $6.50
Carrot, Apple, Ginger.

REVIVE ALIVE $8.25
Apple, Carrot, Turmeric, Ginger, Lemon, Honey, Cinnamon, Apple Cider Vinegar.

GO GREEN $7.25
Cucumber, Kale, Lemon, Green Apple, Aloe.

LIFE ALIVE $7.25
Apple, Beet, Carrot, Celery, Kale, Wheatgrass.

TONE $7.25
16 oz.
Pineapple, Jalapeño, Apple, Mint, Cilantro.

SUPERHERO ALIVE $7.75
Carrot, Apple, Ginger, Spirulina, Cayenne, Garlic, Apple Cider Vinegar, Honey, Pure Water.

GINGER CRUSH $5.00
Ginger, Lemon, Maple Syrup, Crushed Ice, Pure Water.

SALADS

BOWL $9.75
MAKE IT A WRAP +$1
DEMI $6.95

THE SUFI POET
Cranberries, cashews, green apples, cucumbers, carrots & baby & micro greens with tahini hummus & Maple Basil Balsamic

BANH MI
Vietnamese salad with cabbage, mint, cilantro, rice noodles, marinated tofu, peanuts, sweet pickles, spicy cashew aioli & Sesame Ginger vinaigrette.

THE SEEKER
Cucumbers, apples, carrots, cashews, baby & micro greens with tahini hummus & Ginger Nama Shoyu dressing

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.

HOUSE SALAD
Sun-dried tomato, kalamata olives, cucumbers, feta, crispy chic peas & baby greens Lemon Vitality Vinaigrette

MISO SOUP & SOUPS OF THE MOMENT 12 oz cup - $5.95

WARM 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:
BOWL $9.75
MAKE IT A WRAP +$1
DEMI $6.95

RAINBOW HARVEST
Lemon flax brown rice, whipped sweet potato, beets, carrots, broccoli, kale, tofu & sprouted legumes with Ginger Nama sauce & micro greens

THE HEALER
Our Nutri-Lemon Flax Sauce with kelp & nutritional flakes enriching broccoli, kale & sun-sprouts over 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, cheddar cheese & sun-sprouts all over 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 seasonings to sweet corn, shredded carrots, broccoli, & tamari almonds over quinoa & short grain 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 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.

NOODLES

BLONDE MISO (bowl only)
Chic pea ginger miso broth, udon noodles, broccoli, shiitake & egg. Finished with purple cabbage, kimchi, scallion & enoki mushroom.
(available with gluten free rice noodles) $9.75

THE FOOL II (bowl only)
Udon noodles with Sesame Ginger vinaigrette, tofu, kale, shiitake & onion. Finished with pickled carrots, lemon, togarashi & scallion.
$9.75 (available with gluten free rice noodles)

GRILLED WRAPS

THE HOT & HEALTHY BACHELOR
Melted cheddar, hardboiled egg, broccoli, kale, Bragg's & nutritional flakes, warmly nestled in a soft whole-wheat tortilla.
$9.75

THE ROMANTIC
Melted cheddar, avocado, broccoli, garlic, nutritional flakes & Bragg’s, all embraced within a soft whole-wheat tortilla.
$9.75

MAKE IT MORE DELICIOUS - $2

STEAMED EGG
the perfect protein

ROASTED TAMARI ALMONDS
crunchy & salty

BAIRED TOFU
5 spice, sesame & tamari

AVOCADO
the good green fat

TAHINI HUMMUS
togarashi

MISU SOUP & SOUPS OF THE MOMENT 12 oz cup - $5.95