

LATTES

Be your highest self. \$4.75
Created with housemade coconut creme, enjoyed hot or iced.

MOOD & ENERGY ELEVATING OCEAN BLUE

Blue-Green Algae, Maca, Vanilla, Maple, Sea Salt

INFLAMMATION DECREASING GOLDEN MILK

Turmeric, Ginger, Cinnamon, Cayenne,
Black Pepper, Maple

STRESS REDUCER MATCHA

Ceremonial Grade Matcha, Honey

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

KIDDIE QUESADILLA \$5.50

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

STEAMED EDAMAME \$4.50

Sea salt & togarashi

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

1oz. \$3.00

FRESH JUICED TUMERIC

1oz. \$1.50

FRESH JUICED GINGER

1oz. \$1.50

FIRE TONIC

1oz. \$2.50

Please inform us of any allergies before placing your order

LIFE ALIVE

ORGANIC CAFÉ

MENU

LOWELL

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

ACAI BOWL \$9.25

Topped with fresh blueberries, peanut butter, spiced peanuts, coconut & hemp crunch

JUBILANT JUICES 12oz

THRIVE ALIVE \$6.50

Carrot, Apple, Ginger.

GO GREEN \$7.25

Cucumber, Kale, Lemon, Green Apple, Aloe.

LIFE ALIVE \$7.25

Apple, Beet, Carrot, Celery, Kale, Wheatgrass.

TONIC \$7.25

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

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

REVIVE ALIVE \$8.25

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

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

THE SEEKER

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

HOUSE SALAD

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

BANH MI

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

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 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.

THE HEALER

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

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 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, Braggs & nutritional flakes, warmly nestled in a soft whole-wheat tortilla. \$9.75

THE ROMANTIC

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

MAKE IT MORE DELICIOUS - \$2

STEAMED EGG

the perfect protein

ROASTED TAMARI ALMONDS

crunchy and salty

BRAISED TOFU

5 spice, sesame & tamari

FETA

probiotic rich

AVOCADO

the good green fat

WHIPPED SWEET POTATO

maple & coconut oil

TAHINI HUMMUS

togarashi

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