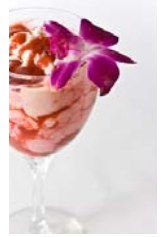




We at Lifefood Gourmet are proud to offer the highest quality, 100% organic & hand crafted cuisine on the planet. From our breads to John's famous ketchup, everything is always made fresh and with a loving intent.

*Lifefood: An otherworldly concept that is the essence of wild food; food that has its life force intact; the highest quality cellular nutrition available; uncooked, unprocessed, and always organic; nature's most healing food at your disposal- always alkaline forming- never with any strange indigestible protein, runaway sugars, rancid fats, allergenic foods, dairy (casein/ whey), wheat (gluten), or other starchy hard to digest constituents; the most sustainable cuisine on the planet.*

All of our ingredients are handpicked, thoroughly inspected, decoded from harmful EMF, and induced with the highest quality components available & at our disposal. We are honored to have you at our table and hope your experience is one that is forever priceless.



**Heads Up” Healthy Starters**

Alfredo Elixir Soup \$6

*John's Superfood alfredo magnificence! A masterful combination of alfredo sauce, macadamia motza cheese and hand picked veggies.*

Tomato Magic Soup \$6

*Tomato has never been so good!!! A warm bath of tomato magic, blended with uplifting spices. Highly recommended for tomato lovers.*

Insalata Caprese \$9

*Traditional Italian favorite with a twist- fresh tomato , baby spinach, basil & our famous macadamia motza "cheese" drizzled with olive oil & dried oregano.*

Tato's Crazy "Chz"Nacho \$11

*CRAZY Crispy Life tortillas topped with fresh salsa, home made Guac, pumpkin spiced "carne molida," nacho pine nut cheese & brazil sour cream.*

Mediterranean Nachos \$11

*Crispy Life tortillas with the best hummus on the planet made from brazil nuts & tahini. Fresh onion, lettuce, kalamata olives, olive oil & paprika.*

Lifefood Sampler \$12

*Taste everything in one SeHoTi... An assembly of Crazy Nachos, with garlic bread, & Nori sheets topped with various pates/ "cheeses"*

**Anti-aging Greens & Salad**

Lifefood Gourmet House \$8

*A blend of fresh greens- romaine, baby spinach, baby arugula topped with onion, bell pepper, tomato with our House tahini dressing*

Lifefood Gourmet Caesar \$8

*One of a king Healthy Caesar made with a pumpkin, kelp, Irish moss better than Caesar dressing on fresh cut romaine, & pumpkin seed croutons.*

Minerals of the Sea Salad \$9

*Our fresh house greens topped with a medley of hijiki, arama, kelp, onion, celery, marinated in our house tahini dressing.*

*Layered sun dried tomato life bread "pasta," pumpkin pesto, baby spinach, arugula, Portobello, salsa alfredo, fresh tomato sauce, Mac cheese*

Mother of all Lasagna \$18

*Sprouted quinoa and flax dehydrated buns ,walnut pumpkin seed, Brazil nut, onion, celery, flax oil patty, lettuce, tomato, onion, our ketchup and mustard.*

Lite Gourmet Burger \$12

*Superfood Life Tortilla, mild spiced Brazil nutmeat, pine nut "cheddar," guacamole, marinated Portobello, lettuce and tomato.*

Lifefood Burrito \$10

*Sprouted Quinoa/ flax dehydrated crunchy taco shells with our pumpkin spiced "carne molida," bell pepper pine nut cheese, guacamole, lettuce & salsa fresca.*

Mexican Hard Shell Tacos (2) \$10

*John's Superfood original tortilla layered with pinenut cheddar, fresh romaine, baby spinach, creamy olive oregano crimini musrooms*

Cream-a-room Crepe \$12

*Choice of tortilla or sprouted quinoa bread topped with a savory pumpkin pesto cheese, fresh tomato, onion, romaine, mushroom & salsa alfredo.*

Pesto Alfredo W/ \$12

**World's Healthiest Pizza Menu**

NYC Cheese \$14

*Dehydrated sprouted quinoa, flaxseeds & SD tomato bread, tomato herb pizza sauce, creamy mac cheese.*

Texi Mexi / Super Veggie \$15

*Addition of organic avocado slices, and Mexican nut meat "carne molida".*

Heavenly Alfredo / Pizza Suprema / Your own \$16

Addition of Alfredo sauce or simply create your own.

Choice of sauce, 1 cheese, 3 toppings

Additional toppings..... \$2

Xtra cheese, Olives, Cream of Mushroom, Marinated Portobello, Spiced nutmeat, xtra sauce

**Toast to Longevity**

(Smoothies/Shakes, Drinks, Teas & Tonics)

Tea of the Day!!! \$4

Enjoy the unexpected brilliance of our daily creation. No teas are created equal. Surprise! Surprise!

Healing Wonder Tea \$6

Tea of the day with magical boosts of healing power. Choose between: Brain, Heart, Imune, or Liver

Brazil Nut Milk \$6

Amazing blend of brazil nuts, pure water, wild flower sustainable honey, coconut oil, Irish moss, sea salt.

Acai Smoothie \$8

Nut milk base blended with frozen Acai, mamey, wild flower sustainable honey.

Mamey Smoothie \$8

Nut milk base blended with frozen mamey, wild flower sustainable honey.

Vanilla Dream Shake \$9

Nut milk base blended with Irish moss, vanilla powder, wild flower sustainable honey, & maca.

John's Cacao Shake \$9

Nut milk base, Irish moss, frozen mamey, raw cacao powder & nibs, wild flower sustainable honey.

WUGUP Shk \$10

Protein Myth breaker: Nut milk, Irish moss, spirulina, bee pollen, hemp powder, cacao powder, goji, mamey.

**Bless UR Heart Delicacies**

(Sweets & Desserts)

Chocolate Mousse Cake \$9

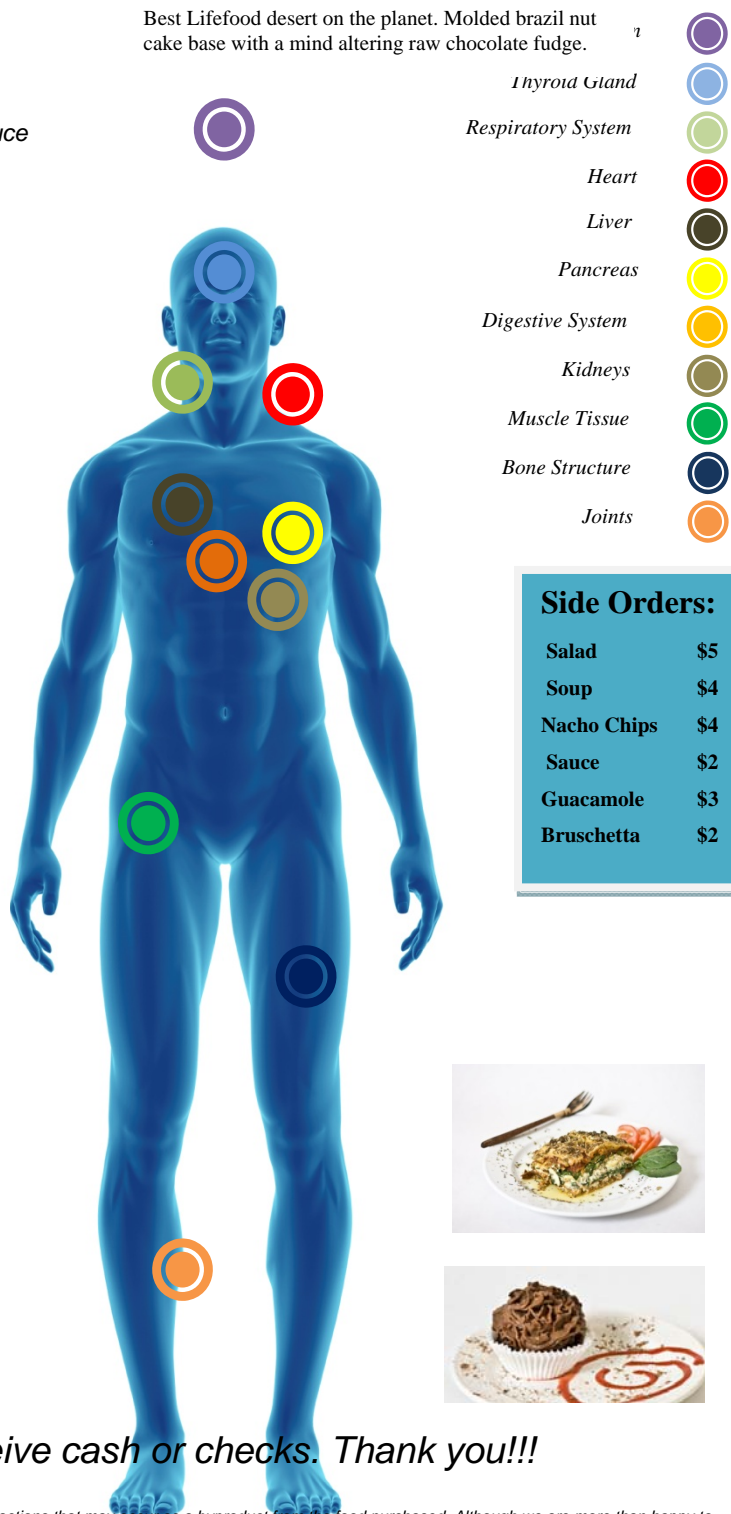
Mousse cake made from nut milk, cacao butter/ powder/ nibs, honey, coconut cream, and a smile.

Gourmet Sweet Crepe \$9.

Wafer like apricot flax crepe stuffed Irish moss vanilla cream, strawberries, chocolate fudge on top.

Trisha's "Fall in Love" CupCake \$8

Best Lifefood desert on the planet. Molded brazil nut cake base with a mind altering raw chocolate fudge.



Thyroid Gland

Respiratory System

Heart

Liver

Pancreas

Digestive System

Kidneys

Muscle Tissue

Bone Structure

Joints

**Side Orders:**

Salad	\$5
Soup	\$4
Nacho Chips	\$4
Sauce	\$2
Guacamole	\$3
Bruschetta	\$2



*At the time being we only receive cash or checks. Thank you!!!*

Lifefood Gourmet is not held accountable for any allergic or general reactions that may occur as a byproduct from the food purchased. Although we are more than happy to provide any information concerning al ingredients that form part of our dishes, it is ultimately the guests' responsibility in relation to choices made concerning general health and purchases made.