



1453 Roswell Road • Marietta, GA • 30062

770-977-9583 • www.lifegrocery.com

Fresh • Healthy • Wholesome • Organic • Vegan

All Fruits and Veggies are Organic (unless otherwise noted) and Made Fresh to Order

Fresh Organic Smoothies 1113

Living Versions are Available for all Smoothies

16 oz.\$4.99

Berry Blast: Apple juice, strawberries, raspberries, honey, ice (filtered water)

Chai: Apple juice, banana, Café mixed chai spice, honey, ice (filtered water)

Grasshopper: Apple juice, wheatgrass, banana, ice (filtered water)

Pina Colada: Apple juice, coconut milk, pineapple, mango, banana, honey, ice (filtered water)

Living Green: Cucumber with Romaine, parsley, celery, ginger (filtered water)

Mellow Green: Apple and cucumber with Romaine, parsley, celery, ginger (filtered water)

Sweet Green: Apple with Romaine, parsley, celery, ginger (filtered water)

Fresh Organic Energy Soup 1153

16 oz.\$4.99

Kale, sprouted mung beans and lentils, sunflower sprouts, *
avocado, kelp, and your choice of apple or cucumber

Fresh Organic Juice Blends 1112

16 oz.\$5.99

Bionic Bones: Beet, carrot, celery, kale

Energy Boost: Carrot, celery, parsley

Greens For Life: Parsley, kale, celery, ginger, cucumber

Just Carrot: The name says it all

Sweet Green Life: Kale, celery, ginger, apple, carrot

V6: Tomato, celery, apple, carrot, garlic, kale

Waldorf: Apple, celery

Fresh 1 Ounce Shots.....\$2.69

Ginger 1141.....Wheatgrass* 1146

Coffee 1142 or Tea 1139.....\$1.49

Organic Soup 8 oz 1144 . . . \$3.49 16 oz 1145 . . . \$4.49

Organic Buffet including Living Foods, Cold Prepared Salads, & Hot Bar

1111..... \$6.99 per pound

Fresh Living Salad Dressings 1134

2 oz. cup.....\$.60

Asian (sesame oil, filtered water, Nama Shoyu, agave, garlic, ginger)

Caesar (olive oil, lemon juice, garlic, mustard, sunflower seeds, kelp, filtered water, sea salt*)

Fat Free Tomato Basil (tomatoes, basil, garlic, onion, lemon juice, red pepper, sea salt*)

Honey Mustard (sunflower seeds, lemon juice, agave, turmeric, mustard, filtered water, cayenne, sea salt*)

Italian (olive oil, lemon juice, filtered water, agave, garlic, onion, herbs, seasonings)

Tahini (tahini, olive oil, lemon juice, filtered water, garlic, sea salt*)

Tangy Ginger (olive oil, onion, cilantro, lemon juice, tomatoes, agave, tahini, carrot juice, ginger, cayenne, sea salt*)

* Ingredient not organic
updated 8-6-09

Menu is based on seasonal availability
Menu selections and pricing are subject to change without notice



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 Café Hours: Monday-Saturday 11 am-7:00 pm
 (cold bars 9:00- 7:30 pm)
 Sunday 12-5 pm

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Organic Living Foods Dishes

Organic Garden Sandwich 1120 \$5.99

Everything Seed Bread (sunflower, flax, poppy, sesame, fennel, celery, and dill seeds, garlic powder, sea salt*), **spread with sun-dried tomato hummus** (soaked garbanzo beans, olive oil, lemon juice, garlic, sun dried tomatoes, chili powder, chickpea miso, sea salt*), **topped with cucumbers, red onions, alfalfa sprouts. Served with dressed salad** (specify choice of dressing at time of order).

Organic Hummus Platter 1223 \$4.99

Hummus (sprouted chickpeas, olive oil, lemon juice, garlic, sea salt*) drizzled with olive oil and paprika. **Served with crudités of the day and slice of house made, low temperature dehydrated onion bread** (flax, sunflower seeds, Nama Shoyu, onions).

Organic Soft Shell Tacos (2) 1214 \$8.49

House made, low temperature dehydrated taco shells (flax, corn, cilantro, spices), **taco meat** (sunflower seeds, tomatoes, onions, peppers, cilantro, herbs, spices, lemon juice, sea salt*), **sunflower seed sour cream** (sunflower seeds, lemon juice, water, sea salt*). **salsa** (tomatoes, onions, peppers, cilantro, garlic, lemon juice, spices, sea salt*). **Served with guacamole** (avocado, peppers, onions, cilantro, lemon juice, sea salt*) **and a dressed salad** (specify choice of dressing at time of order).

Organic Taco Salad 1117 \$8.49

Romaine lettuce with taco meat (sunflower seeds, tomatoes, onions, peppers, cilantro, herbs, spices, lemon juice, sea salt*), **salsa** (tomatoes, onions, peppers, cilantro, garlic, lemon juice, spices, sea salt*), **guacamole** (avocado, peppers, onions, cilantro, lemon juice, sea salt*), and **sunflower seed sour cream** (sunflower seeds, lemon juice, water, sea salt*). **Served with Mexi-flax crackers** (flax seeds, sun-dried tomatoes, tomatoes, red pepper, fresh lemon juice, spices, sea salt*).

Organic Avo Veggie Sandwich 1155 \$5.49

Living Onion Bread (onion, flax, sunflower seeds, Nama Shoyu), **Living Avocado Spread** (avocado, lemon juice, sea salt*), **cucumber, carrot, and a tomato slice.**

Living Onion Bread (1410) or Living Everything Seed Bread (1326) \$1.50 per slice

Organic Cooked Sandwiches

All sandwiches are served with a bag of tortilla chips or dressed salad (specify choice of dressing).

Organic Avocado Melt 1125 \$8.99

House baked wheat flat bread spread with sun sauce topped with avocado slices, roasted red bell peppers, vegan casein free mozzarella cheese,* and spring greens.

Organic Black Bean Burger 1133 \$5.99

“Meat” (brown Basmati rice, black beans, cilantro, spices, wheat free oats, sea salt*). **Served on a house baked wheat sesame roll with chipotle Vegenaïse** (contains soy), **lettuce, tomato, and vegan casein free cheddar cheese.***

Organic BLT 1114 \$5.99

Tempeh “Bacon” (contains wheat and soy). **Served on spelt bread with romaine lettuce, tomatoes, and Vegenaïse*** (contains soy).

Cooked Wheat Free Gluten Free Grilled Veggie Sandwich 1319 \$6.99

Eggplant, carrot, onion, roasted red pepper, our Living Basil Pesto (basil, garlic, olive oil, sea salt*), **and Vegenaïse** (contains soy). **Served on cooked WF/GF bread** (quinoa flour, brown rice, agar, sugar, spices, sea salt*).

Organic Veggie Burger 1119 \$4.99

A veggie burger (brown Basmati rice, gluten free oats, beets, onions, red peppers, vegan Worcestershire sauce, brown sugar, herbs, spices, and sea salt*). **Brushed with our special marinade. Served on a house baked wheat sesame roll with lettuce, tomato, pickle, ketchup, and mustard.**

Add vegan cheddar or mozzarella 1233 \$.99

Add sautéed mushrooms and onions 1232 \$1.29

Add lettuce and tomato 1231 \$.49

* Ingredient not organic