



LUNCH MENU

11 AM – 4 PM

V Vegetarian VV Vegan GF Gluten Free VO Vegan Option

STARTERS

Grilled Tofu – 9.00

Lila's Dragon Sauce, Chinese Mustard V/VO/GF

Baba Ganoush 10.00

Grilled Eggplant, Garlic, Tahini with Fresh Naan Bread VV

Kale Guacamole – 12.00

Tomatoes, Red Onion, Cilantro, Fermented Jalapeno Sauce, Crispy Tostada Chips VV/GF

Tomato-Fennel Soup – 9.00

Grilled Rye Bread VV

Add to Any Plate

Tofu VV/GF - 3.50

Vegan Cheese VV/GF - 2.00

Coconut Bacon VV/GF - 3.00

Avocado VV/GF 4.00

Almond Falafel, Tahini Sauce VV/GF – 6.00

Vegan Chorizo VV/GF - 3.75

Fermenticious Curry Love Sauerkraut - 5.00

Pork Chorizo (4 oz. Patty) GF - 4.00

Fish Fillet of the Day (4 oz.) GF - MKT

Grilled Gulf Shrimp (3 each) GF - 6.75

House Made Bacon Slab GF - 5.50

Organic Chicken Breast (4 oz.) GF - 4.50

Farm Egg - 3.00

Extra Sauce - 0.50

MAIN PLATES

SALADS

Grilled Avocado-Red Quinoa Taco Salad – 15.00

Black Beans, Tomatoes, Onions, Cilantro, Lettuces, Crispy Chip VV/GF

Vobb Salad- 14.00

Lettuces, Avocado, Coconut Bacon, Tofu Chopped 'Egg', Tomatoes, 'Bleu Cheese' Dressing VV/GF

Greek Salad – 13.00

Tomatoes, Cucumber, Red Onion, Black Olives, Almond Feta, Red Wine Vinegar, Olive Oil, Garlic, Oregano VV/GF

Caesar Salad – 13.00

Romaine, Kale, No Oil Caesar Dressing, Lemon, Croutons, Vegan Parmesan VV

Macro Bowl – 15.00

Chickpeas, Cucumber, Kale, Rice, Avocado, Togarashi, Fermenticious Curry Love Sauerkraut, Tahini-Turmeric Dressing VV/GF

WARM BOWLS

Falafel Bowl – 17.00

Squash, Potatoes, Kale, Black Lentils, Quinoa, Red Onion, Almond Falafel, Tahini Sauce VV/GF

Mediterranean Bowl – 16.00

Artichoke-Hearts of Palm Cakes, Quinoa, Hummus, Almond Feta, Olives, Roasted Bell Peppers VV/GF

Crispy Buffalo Cauliflower Bowl – 16.00

Edamame, Quinoa, Avocado, Greens, Dragon Sauce, 'Blue Cheese' Sauce VV

Hong Kong Style Udon Noodles – 16.00

Stir-Fried Tofu, Baby Bok Choy, Caramelized Onions, Black Pepper-Ginger Sauce, Vegetable Broth VV

SANDWICHES/WRAPS

Black Bean-Quinoa Burrito – 13.00

Vegan Chorizo, Avocado, Pickled Onions, Sunflower Cream, Chipotle Sauce, Whole Wheat Wrap, Mixed Lettuces VV (gluten free wrap add 2.00)

Lila Mushroom Burger – 16.00

Sprouted Bun, Almond Gruyere, Vegan Mayo, Grilled Onion, Tomato, Mixed Lettuces, Sunflower Vinaigrette VV

Crispy Seitan 'Chickn' Sandwich – 13.00

Sprouted Bun, Tomato, Vegan Mayo, Mixed Lettuces, Sunflower Vinaigrette VV

Chickpea Salad Sandwich – 13.00

Grilled Wheat Bread, Tomato, Sprouts, Tarragon Aioli, Mixed Lettuces, Sunflower Vinaigrette VV

Falafel -Naan Bread Sandwich – 12.00

Cucumber, Tomato, Tahini Sauce, Mixed Lettuces VV

SIDES

Brussels Sprouts – 8.00

Dijon Mustard, Garlic VV/GF

Quinoa- 8.00

Traditional Style VV/GF

Fermenticious Curry Love Sauerkraut- 5.00

Sweet Potato Steak Fries – 10.00

Harissa Mayo VV/GF

Kale – 8.00

With Turmeric Spice VV/GF

Mixed Green Salad – 6.00

Sunflower Seed Vinaigrette VV/GF

