


# Love.Life™

## STARTERS

 <b>Soup of the Day.</b>	\$9
<b>Curried Lentil Soup.</b> SF GF NF Coconut Milk. Sweet Potato. Tomato.	\$9
<b>Roasted Garlic + Broccoli Hummus.</b> SF NF Lemon-Garlic Tahini. Sourdough Pita* or Seasonal Crudité.	\$16
<b>Nachos.</b> SF GF NF Baked Corn Tortilla Chips. Butternut Queso. Black Beans. Sunflower Chorizo. Sunflower Crema. Pico de Gallo. Radish. Pickled Jalapeños.	\$18
<b>Baked Spinach + Artichoke Dip.</b> SF OF Gigande Bean. Cashew. Chickpea Miso. Grilled Seeded Sourdough.*	\$17
<b>Rebel Caprese.</b> GF Heirloom Tomato. Rebel Cheese Mozzarella. Basil. Balsamic Reduction. Extra Virgin Olive Oil.	\$19


## SALADS

Add Marinated Tofu, or Tempeh Bacon. +\$5




<b>Wynwood Salad.</b> SF GF NF Local Lettuce. Baby Kale. Avocado. Roasted Squash. Plantain. Cherry Tomato. Carrot. Persian Cucumber. Chickpea. Quinoa. Hempseed. Pepita. Sunflower Parmesan. Superfood Basil Dressing.	\$19
<b>Tahini Caesar Salad.</b> NF OF Little Gem. Baby Kale. Sourdough Croutons. Capers. Crunchy Lentils. Sunflower Parmesan.	\$17
 <b>Summer Fruit + Wild Arugula Salad.</b> SF GF NF OF Little Gem. Fennel. Stone Fruit. Blackberry. Avocado. Pickled Golden Raisin. Crispy Quinoa. Blackberry-Fig Balsamic Dressing.	\$19

## HANDHELDS

Served with choice of side.

<b>Wynwood Burger.</b> Superfood Patty. Butternut Queso. Guacamole. Kale. Pickles. Cilantro Aioli. Brioche Bun.	\$19
<b>TTLA.</b> OF Smoky Tempeh Bacon. Lettuce. Tomato. Avocado. Cashew Mayo. Grilled Sourdough.*	\$18
 <b>Oyster Mushroom Carnitas Tacos.</b> SF GF NF OF Puréed Black Beans. Cabbage Slaw. Guacamole. Pico de Gallo. Salsa Verde. Radish. Micro Cilantro.	\$21

## SIDES

<b>Baked Yukon Gold Fries.</b> SF GF NF	\$6
<b>Potato Salad.</b> SF GF OF Cashew Mayo. Shallot. Green Onion. Chives. Dill.	\$6
<b>Massaged Kale Salad.</b> SF GF NF OR <b>Tahini Caesar Salad.</b> NF	\$6
 <b>Quinoa Tabbouleh.</b> SF GF NF OF Persian Cucumber. Tomato. Lemon. Herbs.	\$6
 <b>Black Beans.</b> SF GF NF OF	\$6
 <b>Steamed OR Sautéed Daily Greens or Vegetables.</b> SF GF NF	\$8

\*Substitute Gjusta Gluten-Free Sourdough. +\$4

GF: Gluten Free; SF: Soy Free; NF: Nut Free; OF: Oil Free

We use tree nuts, soy, wheat, peanuts and sesame in some of our menu items (as indicated in full nutrition panels on our website), so there is potential for cross-contamination with these allergens. And while we do offer menu options that do not contain any gluten ingredients, we cannot guarantee that these items will not contain gluten as a result of cross-contamination. Please inform a member of our team if you have any concerns. Our restaurant does not give individualized medical or nutritional advice. Your medical and nutrition needs should always be determined by your health care provider.


We calculated nutrition information when our menu was developed. Nutrition information may differ slightly depending on serving size.

An automatic gratuity of 20% will be added to the bill for parties of five or more.

Kosher Pareve by IKC International Kosher Council.

# brunch.

## BREAKFAST

<b>Breakfast Pizza.</b>	\$22
White Sauce. Tofu Scramble. Tempeh Bacon. Yukon Gold. Wilted Spinach. Chives.	
<b>Avocado Toast.</b> SF NF OF	\$17
Seeded Sourdough. Smashed Avocado. Blistered Cherry Tomato. Radish. Hemp Za'atar. <i>With choice of a side.</i>	
<b>Breakfast Burrito.</b> NF	\$19
Tofu Scramble. Tempeh Bacon. Butternut Queso. Roasted Sweet Potato. Black Beans. Kale. <i>With choice of a side.</i>	
<b>French Toast.</b> SF	\$17
Seeded Sourdough. Cinnamon-Roasted Apples. Whipped Cream. Maple Syrup.	
 <b>Ancient Grain Porridge.</b> SF GF OF	\$16
Toasted Nuts. Apple + Pear. Cinnamon.	
<b>Yogurt Parfait.</b> SF GF OF	\$16
House-Made Seeded Granola. Vanilla Cashew Yogurt. Berries. Melody Plant-Based Honey.	

## MAINS

<b>Thai Green Curry.</b> GF NF OF	\$22
Marinated Tofu. Gai Lan. Kabocha Squash. Cilantro. Forbidden Rice. Shimeji Mushroom. Mint. Thai Basil.	
 <b>Mexican Bowl.</b> SF GF NF OF	\$21
Oyster Mushroom Carnitas. Brown Rice. Quinoa. Black Beans. Guacamole. Pico de Gallo. Cabbage Slaw. Sweet Potato. Cilantro-Corn Purée.	
<b>Mediterranean Bowl.</b> SF GF NF OF	\$22
Broccoli Falafel. Za'atar Cauliflower. Asparagus. Baby Kale. Roasted Garlic + Broccoli Hummus. Cherry Tomato. Beluga Lentils. Quinoa. Lemon-Garlic Tahini.	
 <b>Vegetable Stir-Fry.</b> SF GF NF OF	\$24
Broccoli. Carrot. Cauliflower. Cabbage. Snap Pea. Tofu. Shimeji Mushroom. Green Onion. Toasted Sesame. Zucchini. Forbidden Rice. Coconut Amino Teriyaki.	
<b>Baked Mac + Cheese.</b> SF GF	\$19
Butternut. Broccoli. Garlic. Breadcrumbs.	
<b>PIZZA</b>	
<i>House-Made, 48-Hour Cold-Fermented Whole-Wheat Sourdough Crust. Substitute Gluten-Free Chickpea Crust. +\$4</i>	
<b>Rebel Cheese Margherita.</b>	\$21
Tomato. Rebel Cheese Mozzarella. Basil.	
<b>The V Sting.</b>	\$22
Prime Roots Pepperoni. Rebel Cheese Mozzarella. Calabrian Chile. Melody Plant-Based Honey. Garlic.	
<b>Sunchoke + Charred Rapini.</b>	\$21
White Sauce. Rebel Cheese Mozzarella. Garlic Confit. Chili Flake. Lemon Zest.	
 <b>Vegetable.</b>	\$19
Tomato. Oyster Mushroom. Rebel Cheese Mozzarella. Bell Pepper. Red Onion. Spinach. Zucchini. Garlic.	

## Optimize It!

Interested in healing and health optimization? Dishes with this icon are made with only the good stuff – whole foods, no seed oils (or any oils for that matter) and no added sugar. These menu items are made with ingredients that have been clinically proven to reduce inflammation and help treat and reverse chronic health conditions.\*

Ask your server to Optimize It! and we will give the recipe our most health forward makeover, reducing total sodium and total fat to fewer than 15% of total calories.

\*as part of a whole food plant-based diet.