



# LOVE YOURSELF CAFÉ FOOD

ORGANIC- VEGETARIAN-VEGAN-GLUTEN FREE

## OUR FAVORITES

- Love Bagel**  
A toasted bagel with a poached egg, sprinkled with cheddar cheese and green chile. **6**
- Toasted Bagel** with lactose free cream cheese. **3**
- Love Yourself Pizza** **12**  
Green chile, mushroom, tomato, olive & mozzarella & tomato sauce.
- White Pizza** **12**  
Extra virgin olive oil, basil, garlic, mozzarella & tomato.
- Sattvic Bowl (remove ghee for Vegan option)** **13**  
Quinoa & legume of the day with ghee, avocado, cilantro, cucumber, almond, “cheesy” aioli, green chile.
- Green Prana Vegan Bowl** **13**  
Quinoa w/ olive oil, cilantro, chlorella, cucumber, kale, parsley & chimichurri. Add avocado **1.50**
- LYS Skillet** **12**  
Potatoes, avocado, cheddar, cilantro, tomato, red chile & chimichurri.
- LYS Omelette** Asparagus and Hollandaise Sauce with mixed greens. **12**
- Thai Vegan Bowl** **15**  
Rice, quinoa, goji, cashews, South River Miso, avocado, cilantro and Thai coconut sauce.
- Mushroom Soup** with quinoa or brown rice and a slice of rosemary walnut paleo bread. **12**
- Hours: Monday – Thursday 8:30am - 6:00pm  
Friday and Saturday 8:30am – 8:00pm  
Sunday Vegan Brunch 10:00am – 1:00pm  
**505-983-5683 (love)**

## BODY FUEL

- Superfood Oatmeal** made of buckwheat, hemp, chia and quinoa. Enjoy this energy fuel with coconut milk, goji berries, and almonds. Served with 2 slices of nut and seed bread. **9**
- Nutrient Powered Waffle** **9**  
Made with protein & superfoods added. Served with berries & whipped cream.
- Ginger & Cardamom Banana Pancakes** **9**  
Protein & superfoods added. Served with fruit, ghee or butter & maple syrup.
- Huevos Rancheros** **13**  
Two poached eggs, corn tortilla, avocado, cheddar, beans, red or sweet potatoes topped with red & green chile.
- Caprese Eggs Benedict** **12**  
Two poached eggs on savory rye bread, tomato, mozzarella, balsamic, topped with chimichurri & herbs.
- “You’ve been Hatched” Eggs Benedict** **12**  
Two poached eggs on savory rye bread, tomato, mozzarella, green & red chile.
- Spaghetti Squash with Quinoa** made with egg and mushrooms in tomato basil and parmesan cheese. **15**
- ### SALADS
- House Mixed Greens** **9**  
Cucumbers, almonds, tomato & parmesan cheese and cilantro-lemon dressing
- Massaged Kale** **13**  
Kale with avocado dressing, garlic, cilantro, South River Miso, carrot, cucumber & seasonal vegetables. Choose quinoa or sprouted brown rice, ghee, or olive oil.
- Caesar** **11**  
Chopped romaine lettuce, rosemary croutons & parmesan tossed in our house Caesar dressing.
- Caprese** **12**  
Tomato, mozzarella, basil, olive oil & balsamic.
- Spinach Salad** **13**  
with goat cheese, walnuts and blueberry balsamic.

Have it Your Way...Choose a bowl or a skillet then add your ingredients and sauce. \$6.00 BASE

<p><b>Power Bowl</b> Choose a foundation or combo of: Sprouted brown rice, Quinoa or Legume of the day (mixed w/ olive oil, ghee or coconut oil)</p>	<p><b>Oven Baked Skillet</b> Choose a foundation: Regular potatoes or Sweet potatoes</p>
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### Choose your ingredients

0.50	1.00
Chia Seeds Cilantro Cucumber Lettuce Greens Onions Sprouts Tomato	Goji Berries Parmesan Chlorella
1.50	2.00
Avocado Cheddar Hard-Boiled Egg Mushroom Poached Egg	Cashews Almonds

### Choose your Sauce

<p>“Cheesy” Aioli - onion &amp; garlic free, Chimichurri, Green Chile, South River Miso - onion &amp; garlic free, Red Chili or Thai Coconut. (all sauces are vegan)</p>
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Organic Nut and Seed Bread Mini Loaf **10**  
Paleo Savory Bread Full Loaf **14**

### Desserts made daily

House Bliss Cakes made with Cashews, Almonds, and Love. Mini serving **5** Full serving **9**