

 VEGETARIAN (no meat lifestyle)

 VEGAN (plant based)

 GLUTEN FREE (hold the gluten)

EVERYTHING is
guaranteed to taste great!



curbside service : all day

40th st. & campbell
doors open daily at 6:30 am
(602) 840-7777

gift cards now available online!
www.lagrandeorangegrocery.com

Rise and Shine! until 5p

FAMOUS ENGLISH MUFFINS  
griddled here every day w/ LGO preserves
dozen 16.50 or half-dozen 9

SIDE OF ROASTED POTATOES   
w/ sour cream (optional)

LGO ORGANIC OATMEAL  
organic steel-cut w/ flax and brown sugar

1⁹⁵

2⁵⁰

5²⁵


LOCAL ORGANIC FRESH FRUIT    5²⁵
quality guaranteed w/ creme fraiche (optional)


BIRCHERMUESLI  5²⁵
chilled swiss oatmeal w/ organic yogurt

GRANOLA, FRUIT & YOGURT  5⁷⁵
our recipe - roasted each morning


Fresh Eggs etc.* until 5p


EGGS TO ORDER  5⁵⁰
poached, scrambled or fried w/ toast and fresh fruit - prosciutto +3, turkey, bacon or sausage +2


FAMOUS FRENCH PANCAKES  6⁷⁵
w/ honey, fresh fruit and creme fraiche

DAYBREAKER  7²⁵
egg white omelet with roasted turkey breast, topped w/ tomato-avocado salsa

THE JERSEY GIRL OMELET 7⁵⁰
caramelized pastrami and roasted potatoes, scrambled to order w/ toast and fruit



THE VENICE BEACH BURRITO  7⁵⁰
whole wheat tortilla w/ tofu "chorizo," mushrooms, corn, spinach, potato, egg whites & charred tomato salsa


COMMUTER SANDWICH  7²⁵
scrambled eggs, tomato and mayo on english muffin w/ choice of bacon, ham, turkey, smoked salmon or avocado


EGGS RANCHEROS  6⁵⁰
two eggs over medium with an english muffin, reggiano, and our housemade ranchero sauce


Salads limited ensures freshness


CAESAR*  6⁷⁵
chopped romaine, hand-made croutons, shaved parmesan and our caesar dressing



SONOMA GARDEN   7⁵⁰
romaine, tomato, beets, dates, roasted peppers, goat cheese, almonds w/ orange poppyseed dressing

LGO TUNA NIÇOISE  7⁵⁰
our signature tuna salad with potato, green beans, olives, capers, tomato, egg w/ house vinaigrette

CHOPPED TURKEY  8²⁵
fresh greens, tomato, egg, avocado, bacon, pt reyes blue cheese, cheddar w/ ranch and champagne vinaigrette



PIZZERIA "CHOP"  7⁹⁵
lettuce, spinach, pepperoni, olives, tomatoes, cucumbers, artichokes, cheese, pistachios w/ vinaigrette

EVIL PRINCESS THAI CHICKEN SALAD  8²⁵
fresh greens, minced white meat chicken, lemon grass, peanuts, red onions - yum!

SHREDDED KALE & QUINOA SALAD   7⁵⁰
sunflower seeds, flame grapes, preserved lemon, fresh parmesan

Sandwiches until 5p

SPICY CHICKPEA LETTUCE WRAPS    7⁵⁰
chickpeas, avocado, and sundried tomato on crisp iceberg

SHANGRI-LA VEGETARIAN BURGER   7⁵⁰
fresh grains, nuts, and seeds w/ your choice of a bun or lettuce wrap

"OPEN FACE" CHICKEN SALAD SANDWICH 7⁹⁵
shredded white meat chicken, roasted apples on toasted 9 grain

VEGETARIAN SANDWICH 7²⁵
tomato, cucumber, roasted peppers, greens, guacamole, herbed goat cheese and havarti

GUACAMOLE B.L.T. 7²⁵
on toasted whole wheat bread

THE REUBEN 8⁵⁰
so good you will name your first born after it

CROQUE MADAME* 7⁵⁰
broiled open-faced w/ ham, tomato, sunny-side egg, spicy mustard sauce and gruyere

TUNA SALAD ON 9 GRAIN 7²⁵
forever favorite w/ tomato, cucumber, apple & greens


HOT-PRESSED TUNA 7⁵⁰
signature tuna salad on whole wheat with cheddar

HOT-PRESSED CUBANO 7⁵⁰
ham, pickles, gruyere cheese and dijonaise on housemade sourdough

STACKED TURKEY 7⁹⁵
nine-grain bread with avocado, tomato, lettuce, havarti, mustard and mayo

TUNA STEAK SANDWICH* 8⁵⁰
seared tuna steak on 9 grain w/ mixed greens, tomato, and pickle

Sushi* always made in-house

LGO VEGETARIAN ROLL  7²⁵ SUMMER SALAD ROLL   6⁹⁵

SPICY TUNA ROLL 7⁷⁵ SHRIMP & CRAB ROLL 8²⁵

CALIFORNIA ROLL 7²⁵ CHEF'S FEATURED ROLL Q.

In the Kitchen: Shay Gau, Cole Turner, Miguel Pliego, Stephen Nakashian

*State Health code requires us to inform you: eating raw meat/fish may increase food-borne illness