

-  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 : (602) 840-7777
doors open daily at 6:30 am

gift cards now available online!
www.lagrandeorangegrocery.com



Rise and Shine! until 5 pm

- 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 LOCAL ORGANIC FRESH FRUIT   
quality guaranteed w/ creme fraîche (optional)
- 2⁵⁰ BIRCHERMUESLI 
chilled swiss oatmeal w/ organic yogurt
- 5⁵⁰ GRANOLA, FRUIT & YOGURT 
our recipe - roasted each morning

Fresh Eggs etc* until 5p

- EGGS TO ORDER 
poached, scrambled or fried w/ toast and fresh fruit - prosciutto +3, turkey, bacon or chicken sausage +2
- FRENCH PANCAKES 
w/ honey, fresh fruit and creme fraîche
- DAYBREAKER 
egg white omelet with rotisserie diestel turkey breast, topped w/ tomato-avocado salsa
- THE ZUNI BURRITO 
whole wheat tortilla w/ tofu "chorizo," mushrooms, corn, spinach, potato, egg whites & charred tomato salsa
- COMMUTER SANDWICH 
scrambled eggs, tomato and mayo on english muffin **w/ choice of bacon, ham, turkey, smoked salmon or avocado**

Salads limited ensures freshness

- CAESAR* 
chopped romaine, hand-made croutons, shaved parmesan and our caesar dressing 7⁵⁰
- SONOMA GARDEN  
romaine, tomato, golden beets, dates, roasted peppers, goat cheese, almonds w/ orange poppyseed dressing 8⁰⁰
- LGO TUNA NIÇOISE 
our signature tuna salad with potato, green beans, olives, capers, tomato, egg w/ house vinaigrette 8⁰⁰
- CHOPPED TURKEY 
greens, tomato, egg, avocado, bacon, diestel turkey, pt reyes blue, cheddar w/ ranch & champagne vinaigrette 9⁵⁰
- EVIL PRINCESS THAI CHICKEN SALAD 
fresh greens, minced white meat chicken, lemon grass, peanuts, red onions - yum! 8²⁵
- SHREDDED KALE SALAD & QUINOA  
sunflower seeds, flame grapes, preserved lemon, fresh parmesan 8⁷⁵
- SMOKED SALMON SALAD 8⁵⁰
baby spinach, arugula, basil, dried cranberries, sunflower seeds, cous cous, house vinaigrette

Sandwiches etc until 5p

- HEIRLOOM BROWN RICE BOWL  
quinoa, black beans, feta, pistachios, fried egg, greens, harissa 7⁵⁰
- SPICY CHICKPEA LETTUCE WRAPS   
chickpeas, avocado, and sundried tomato on crisp iceberg 7⁵⁰
- "OPEN FACE" CHICKEN SALAD SANDWICH 8²⁵
shredded all-natural chicken, roasted apples on toasted 9 grain
- VEGETARIAN SANDWICH 
tomato, cucumber, roasted peppers, greens, guacamole, herbed goat cheese and havarti 7⁷⁵
- GUACAMOLE B.L.T. 7⁵⁰
on toasted whole wheat bread
- THE REUBEN 8⁷⁵
so good you will name your first born after it
- ROTISSERIE TURKEY REUBEN 8⁵⁰
as above but with our rotisserie diestel turkey
- CROQUE MADAME* 7⁵⁰
broiled open-faced w/ ham, tomato, sunny-side egg, spicy mustard sauce and gryere
- TUNA SALAD SANDWICH or PRESSED TUNA SANDWICH 7⁷⁵
on 9 grain w/ tomato, cucumber, apple & greens or pressed on whole wheat with cheddar
- STACKED TURKEY 8⁹⁵
nine-grain bread with rotisserie diestel turkey, avocado, tomato, lettuce, havarti, mustard and mayo
- ROTISSERIE CHICKEN SANDWICH 8²⁵
rotisserie all-natural chicken breast, LGO housemade barbecue sauce, cole slaw

Sushi and Rolls* always made fresh

- LGO VEGGIE ROLL    avocado, quinoa, napa slaw, cashew, bbq sauce 7²⁵
- BBQ CHICKEN LETTUCE ROLL  napa slaw, cashew, bbq sauce 8²⁵
- LGO SUSHI ROLLS califonia roll, spicy tuna roll, shrimp & crab roll Q.

In the Kitchen: Shay Gau, Joe McAuliffe, and Kent Macaulay

*State Health code requires us to inform you: these items contain (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.