

-  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](http://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 POTATO YANKS   
w/ creme fraiche
- LGO ORGANIC OATMEAL    
organic steel-cut w/ flax and brown sugar

- 1<sup>95</sup> LOCAL ORGANIC FRESH FRUIT     
quality guaranteed w/ creme fraiche (optional)
- 2<sup>50</sup> BIRCHERMUESLI   
chilled swiss oatmeal w/ organic yogurt
- 5<sup>50</sup> 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 fraiche
- 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 7<sup>50</sup>
- SONOMA GARDEN    
romaine, tomato, golden beets, dates, roasted peppers, goat cheese, almonds w/ orange poppyseed dressing 8<sup>00</sup>
- LGO TUNA NIÇOISE   
our signature tuna salad with potato, green beans, olives, capers, tomato, egg w/ house vinaigrette 8<sup>00</sup>
- CHOPPED TURKEY   
greens, tomato, egg, avocado, bacon, diestel turkey, pt reyes blue, cheddar w/ ranch & champagne vinaigrette 9<sup>50</sup>
- EVIL PRINCESS THAI CHICKEN SALAD   
fresh greens, minced white meat chicken, lemon grass, peanuts, red onions - yum! 8<sup>25</sup>
- SHREDDED KALE SALAD & QUINOA    
sunflower seeds, flame grapes, preserved lemon, fresh parmesan 8<sup>75</sup>
- SMOKED SALMON SALAD 8<sup>50</sup>  
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 7<sup>50</sup>
- SPICY CHICKPEA LETTUCE WRAPS     
chickpeas, avocado, and sundried tomato on crisp iceberg 7<sup>50</sup>
- "OPEN FACE" CHICKEN SALAD SANDWICH 8<sup>25</sup>  
shredded all-natural chicken, roasted apples on toasted 9 grain
- VEGETARIAN SANDWICH   
tomato, cucumber, roasted peppers, greens, guacamole, herbed goat cheese and havarti on housemade focaccia 7<sup>75</sup>
- GUACAMOLE B.L.T. 7<sup>50</sup>  
on toasted whole wheat bread
- THE REUBEN 8<sup>75</sup>  
so good you will name your first born after it
- ROTISSERIE TURKEY REUBEN 8<sup>50</sup>  
as above but with our rotisserie diestel turkey
- CROQUE MADAME\* 7<sup>50</sup>  
broiled open-faced w/ ham, tomato, sunny-side egg, spicy mustard sauce and gryere
- TUNA SALAD SANDWICH or PRESSED TUNA SANDWICH 7<sup>75</sup>  
on 9 grain w/ tomato, cucumber, apple and greens or pressed on whole wheat with cheddar
- STACKED TURKEY 8<sup>95</sup>  
nine-grain bread with rotisserie diestel turkey, avocado, tomato, lettuce, havarti, mustard and mayo
- ROTISSERIE CHICKEN SANDWICH 8<sup>25</sup>  
all-natural rotisserie chicken breast, LGO housemade barbecue sauce, cole slaw

## Sushi and Rolls\* always made fresh

- LGO VEGGIE ROLL    avocado, quinoa, napa slaw, cashew, bbq sauce 7<sup>25</sup>
- BBQ CHICKEN LETTUCE ROLL  napa slaw, cashew, bbq sauce 8<sup>25</sup>
- LGO SUSHI ROLLS california 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.