




-  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 <b>dozen 16.50 or half-dozen 9</b>	1 <sup>95</sup>	LOCAL ORGANIC FRESH FRUIT    quality guaranteed w/ creme fraîche (optional)	5 <sup>25</sup>
SIDE OF ROASTED POTATO YANKS  w/ creme fraîche	2 <sup>25</sup>	BIRCHERMUESLI  chilled swiss oatmeal w/ organic yogurt	5 <sup>50</sup>
LGO ORGANIC OATMEAL   organic steel-cut w/ flax and brown sugar	5 <sup>50</sup>	GRANOLA, FRUIT & YOGURT  our recipe - roasted each morning	5 <sup>75</sup>







## 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			5 <sup>75</sup>
FRENCH PANCAKES  w/ honey, fresh fruit and creme fraîche			6 <sup>75</sup>
DAYBREAKER  egg white omelet with rotisserie diestel turkey breast, topped w/ tomato-avocado salsa			8 <sup>75</sup>
THE ZUNI BURRITO  whole wheat tortilla w/ tofu "chorizo," mushrooms, corn, spinach, potato, egg whites & charred tomato salsa			7 <sup>75</sup>
COMMUTER SANDWICH  scrambled eggs, tomato and mayo on english muffin <b>w/ choice of bacon, ham, turkey, smoked salmon or avocado</b>			8 <sup>50</sup>

## 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>25</sup>
LGO TUNA NIÇOISE  our signature tuna salad with potato, green beans, olives, capers, tomato, egg w/ house vinaigrette			8 <sup>25</sup>
CHOPPED TURKEY  greens, tomato, egg, avocado, bacon, diestel turkey, pt reyes blue, cheddar w/ ranch & champagne vinaigrette			9 <sup>25</sup>
EVIL PRINCESS THAI CHICKEN SALAD  fresh greens, minced white meat chicken, lemon grass, peanuts, red onions - yum!			8 <sup>50</sup>
SHREDDED KALE SALAD & QUINOA   sunflower seeds, flame grapes, preserved lemon, fresh parmesan			8 <sup>75</sup>
SMOKED SALMON SALAD baby spinach, arugula, basil, dried cranberries, sunflower seeds, cous cous, house vinaigrette			8 <sup>50</sup>

## Sandwiches etc until 5p

HEIRLOOM BROWN RICE BOWL   quinoa, black beans, feta, pistachios, fried egg, greens, harissa			7 <sup>75</sup>
SPICY CHICKPEA LETTUCE WRAPS    chickpeas, avocado, and sundried tomato on crisp iceberg			7 <sup>75</sup>
"OPEN FACE" CHICKEN SALAD SANDWICH shredded all-natural rotisserie chicken, roasted apples on toasted 9 grain			8 <sup>75</sup>
VEGETARIAN SANDWICH  tomato, cucumber, roasted peppers, greens, guacamole, herbed goat cheese and havarti on housemade focaccia			7 <sup>75</sup>
GUACAMOLE B.L.T. on toasted whole wheat bread			7 <sup>50</sup>
THE REUBEN so good you will name your first born after it			9 <sup>00</sup>
ROTISSERIE TURKEY REUBEN as above but with our rotisserie diestel turkey			9 <sup>00</sup>
CROQUE MADAME* broiled open-faced w/ ham, tomato, sunny-side egg, spicy mustard sauce and gruyere			7 <sup>75</sup>
TUNA SALAD SANDWICH or PRESSED TUNA SANDWICH on 9 grain w/ tomato, cucumber, apple and greens or pressed on whole wheat with cheddar			7 <sup>50</sup>
STACKED TURKEY nine-grain bread with rotisserie diestel turkey, avocado, tomato, lettuce, havarti, mustard and mayo			8 <sup>95</sup>
ROTISSERIE CHICKEN SANDWICH all-natural rotisserie chicken breast, LGO housemade barbecue sauce, cole slaw			8 <sup>75</sup>

## Sushi and Rolls\* always made fresh

SUMMER SALAD ROLL   vegetarian or shrimp			Q.
LGO SUSHI ROLLS california roll, spicy tuna roll, shrimp & crab roll			Q.

In the Kitchen: Shay Gau, Joe McAuliffe, Kent Macaulay, Travis Aronica, Richard Sica, and Steven Butler

\*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.