

-  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  	1 ⁹⁵	LOCAL ORGANIC FRESH FRUIT   	5 ²⁵
griddled here every day w/ LGO preserves dozen 16.50 or half-dozen 9		quality guaranteed w/ creme fraîche (optional)	
SIDE OF ROASTED POTATO YANKS 	3 ⁰⁰	BIRCHERMUESLI 	5 ⁷⁵
w/ sour cream		chilled swiss oatmeal w/ organic yogurt	
LGO ORGANIC OATMEAL  	5 ⁷⁵	GRANOLA, FRUIT & YOGURT 	5 ⁷⁵
organic steel-cut w/ flax and brown sugar		our recipe - roasted each morning	

Fresh Eggs etc* until 5p

EGGS TO ORDER 	5 ⁹⁵
poached, scrambled or fried w/ toast and fresh fruit - prosciutto +3, turkey, bacon or chicken sausage +2	
FRENCH PANCAKES 	6 ⁷⁵
w/ honey, fresh fruit and creme fraîche	
DAYBREAKER 	8 ⁷⁵
egg white omelet with rotisserie diestel turkey breast, topped w/ tomato-avocado salsa	
THE ZUNI BURRITO 	7 ⁷⁵
whole wheat tortilla w/ tofu "chorizo," mushrooms, corn, spinach, potato, egg whites & charred tomato salsa	
COMMUTER SANDWICH 	8 ⁵⁰
scrambled eggs, tomato and mayo on english muffin w/ choice of bacon, ham, turkey, smoked salmon or avocado	

Salads limited ensures freshness

CAESAR* 	7 ⁵⁰
chopped romaine, hand-made croutons, shaved parmesan and our caesar dressing	
SONOMA GARDEN  	8 ²⁵
romaine, tomato, golden beets, dates, roasted peppers, goat cheese, almonds w/ orange poppyseed dressing	
LGO TUNA NIÇOISE 	8 ⁵⁰
our signature tuna salad with potato, green beans, olives, capers, tomato, egg w/ house vinaigrette	
CHOPPED TURKEY 	9 ²⁵
greens, tomato, egg, avocado, bacon, diestel turkey, pt reyes blue, cheddar w/ ranch & champagne vinaigrette	
EVIL PRINCESS THAI CHICKEN SALAD 	8 ⁷⁵
fresh greens, minced white meat chicken, lemon grass, peanuts, red onions - yum!	
SHREDDED KALE SALAD & QUINOA  	8 ⁷⁵
sunflower seeds, flame grapes, preserved lemon, fresh parmesan	
SMOKED SALMON SALAD	8 ⁷⁵
baby spinach, arugula, basil, dried cranberries, sunflower seeds, cous cous, house vinaigrette	

Sandwiches etc until 5p

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

Sushi and Rolls* always made fresh

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

In the Kitchen: Travis Aronica, Joe McAuliffe, and Anthony Rivera

*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.