

 VEGETARIAN (no meat lifestyle)

 VEGAN (plant based)

 GLUTEN FREE (hold the gluten)

♦ available after 5 pm



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



Rise and Shine!*

until 5 pm

SALMON TOAST W/ LEBNI	Acme smoked salmon, cucumber, capers, dill on LGO Bake Shop sprouted rye	6 ⁰⁰	
AVOCADO TOAST W/ GOAT CHEESE	evoo, alfalfa sprouts on LGO Bake Shop sprouted rye	5 ⁰⁰	
FRENCH PANCAKES 	w/ honey, fresh fruit and creme fraiche	6 ⁷⁵	
EGGS TO ORDER 	poached, scrambled or fried w/ toast and fresh fruit - prosciutto +3, turkey, bacon or chicken sausage +2	5 ⁹⁵	
DAYBREAKER 	egg white omelet with rotisserie diestel turkey breast, topped w/ tomato-avocado salsa	9 ⁰⁰	
THE ZUNI BURRITO 	whole wheat tortilla w/ tofu "chorizo," mushrooms, spinach, potato, egg whites & charred tomato salsa	7 ⁷⁵	
CROQUE MADAME*	broiled open-faced w/ ham, tomato, sunny-side egg, dijonaise and gruyere	7 ⁷⁵	
RICKY MARTIN BREAKFAST BURRITO	eggs, tomato, cheese, fresno chili, mayo, artichokes and spanish chorizo, wheat tortilla (adam + eve style upon request)	9 ²⁵	
SOPHIE'S CHICKEN HASH 	romanesco, castleveltrano olives, peppers, bacon, over easy egg, lebni, side of Ingo's lacto-fermented hot sauce	10 ⁰⁰	
COMMUTER SANDWICH 	scrambled eggs, tomato and mayo on our english muffin w/ choice of bacon, ham, turkey, or avocado	8 ⁵⁰	
"LOVE YOU BROOKLYN" SMOKED SALMON COMMUTER	Acme smoked salmon (from NY), scrambled eggs, tomato, red onion and mayo on our english muffin	11 ⁵⁰	
FAMOUS ENGLISH MUFFINS  	2 ⁰⁰	LOCAL ORGANIC FRESH FRUIT   	5 ²⁵
SIDE OF ROASTED POTATO YANKS w/ sour cream 	3 ⁰⁰	BIRCHERMUESLI 	5 ⁷⁵
LGO ORGANIC OATMEAL  	5 ⁷⁵	GRANOLA, FRUIT & YOGURT 	5 ⁷⁵

Salads

limited ensures freshness

CAESAR SALAD*	chopped romaine, hand-made croutons, shaved parmesan and our caesar dressing	7 ⁷⁵
SONOMA GARDEN  	greens, tomato, beets, dates, roasted peppers, goat cheese, almonds, orange poppyseed dressing	8 ⁵⁰
TUNA NIÇOISE SALAD 	our signature tuna salad with potato, green beans, olives, capers, tomato, egg, house vinaigrette	8 ⁷⁵
ROTISSERIE TURKEY SALAD 	diestel turkey, greens, tomato, egg, avocado, bacon, pt reyes blue, w/ ranch and house vinaigrette	9 ⁵⁰
EVIL PRINCESS THAI CHICKEN SALAD 	fresh greens, minced white meat chicken, lemon grass, peanuts, red onions - yum!	9 ⁰⁰
SHREDDED KALE SALAD & QUINOA  	sunflower seeds, flame grapes, red bell peppers, preserved lemon, parmesan, manchego, house vinaigrette	9 ⁰⁰
SMOKED SALMON SALAD	baby spinach, arugula, basil, dried cranberries, sunflower seeds, cous cous, house vinaigrette	9 ⁰⁰
PIZZERIA CHOP SALAD 	olives, pistachios, raisins, cheese, artichokes, grape tomatoes, cucumbers, pepperoni, italian vinaigrette	8 ⁵⁰

Sandwiches & Sushi*

until 5p

HEIRLOOM BROWN RICE BOWL ♦  	quinoa, black beans, feta, pistachios, fried egg, greens, harissa	8 ²⁵
SPICY CHICKPEA LETTUCE WRAPS   	chickpeas, avocado, and sundried tomato on crisp iceberg	7 ⁷⁵
"OPEN FACE" CHICKEN SALAD SANDWICH	shredded all-natural rotisserie chicken and apples on levain	8 ⁷⁵
VEGETARIAN SANDWICH ♦ 	tomato, cucumber, roasted peppers, greens, guacamole, herbed goat cheese and havarti	8 ⁰⁰
GUACAMOLE B.L.T.	apple smoked bacon, crisped leafed lettuce, toasted levain	7 ⁵⁰
PASTRAMI REUBEN	so good you will name your first born after it - on marble rye!	9 ⁵⁰
TURKEY REUBEN	with our delicious all-natural diestel rotisserie turkey on marble rye	9 ⁵⁰
TUNA SALAD SANDWICH ♦ or TUNA MELT SANDWICH ♦	tomato, cucumber, apple and greens or pressed with cheddar	7 ⁵⁰
STACKED TURKEY	rotisserie diestel turkey, avocado, tomato, lettuce, havarti, mustard and mayo	8 ⁹⁵
ROTISSERIE CHICKEN SANDWICH ♦	all-natural rotisserie chicken breast, LGO housemade barbecue sauce, cole slaw	8 ⁷⁵
HOT "SAMMY BOY" TURKEY SANDWICH ♦	prosciutto di san danielle, fresh rotisserie diestel turkey, pesto, arugula, havarti, mayo on levain	10 ²⁵
SUMMER SALAD ROLL 	vegetarian or shrimp	Q.
LGO SUSHI ROLLS	california roll, spicy tuna roll, shrimp & crab roll and more!	Q.