


 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 <sup>00</sup>	
AVOCADO TOAST W/ GOAT CHEESE	evoo, alfalfa sprouts on LGO Bake Shop sprouted rye	5 <sup>00</sup>	
FRENCH PANCAKES 	w/ honey, fresh fruit and creme fraiche	6 <sup>75</sup>	
EGGS TO ORDER 	poached, scrambled or fried w/ toast and fresh fruit - <b>prosciutto, turkey, or chicken sausage +3</b> , <b>bacon +3.50</b>	5 <sup>95</sup>	
DAYBREAKER 	egg white omelet with rotisserie diestel turkey breast, topped w/ tomato-avocado salsa	9 <sup>25</sup>	
THE ZUNI BURRITO 	whole wheat tortilla w/ tofu "chorizo," mushrooms, spinach, potato, egg whites & charred tomato salsa	8 <sup>25</sup>	
CROQUE MADAME*	broiled open-faced w/ ham, tomato, sunny-side egg, dijonaise and gruyere	8 <sup>50</sup>	
RICKY MARTIN BREAKFAST BURRITO	eggs, tomato, cheese, fresno chili, mayo, artichokes and spanish chorizo, wheat tortilla (adam + eve style upon request)	9 <sup>25</sup>	
SOPHIE'S CHICKEN HASH 	romanesco, castleveltrano olives, peppers, bacon, over easy egg, lebni, side of Ingo's lacto-fermented hot sauce	10 <sup>50</sup>	
COMMUTER SANDWICH 	scrambled eggs, tomato and mayo on our english muffin <b>w/ choice of bacon, ham, turkey, or avocado</b>	8 <sup>75</sup>	
"LOVE YOU BROOKLYN" SMOKED SALMON COMMUTER	Acme smoked salmon (from NY), scrambled eggs, tomato, red onion and mayo on our english muffin	11 <sup>50</sup>	
FAMOUS ENGLISH MUFFINS  	2 <sup>00</sup>	LOCAL ORGANIC FRESH FRUIT   	5 <sup>25</sup>
SIDE OF ROASTED POTATO YANKS w/ sour cream 	3 <sup>00</sup>	BIRCHERMUESLI 	5 <sup>75</sup>
LGO ORGANIC OATMEAL  	5 <sup>75</sup>	GRANOLA, FRUIT & YOGURT 	5 <sup>75</sup>

## Salads limited ensures freshness

CAESAR SALAD*	chopped romaine, hand-made croutons, shaved parmesan and our caesar dressing	8 <sup>50</sup>
SONOMA GARDEN  	greens, tomato, beets, dates, roasted peppers, goat cheese, almonds, orange poppyseed dressing	9 <sup>50</sup>
TUNA NIÇOISE SALAD 	our signature tuna salad with potato, green beans, olives, capers, tomato, egg, house vinaigrette	9 <sup>75</sup>
ROTISSERIE TURKEY SALAD 	diestel turkey, greens, tomato, egg, avocado, bacon, pt reyes blue, w/ ranch and house vinaigrette	10 <sup>50</sup>
EVIL PRINCESS THAI CHICKEN SALAD 	fresh greens, minced white meat chicken, lemon grass, peanuts, red onions - yum!	9 <sup>25</sup>
SHREDDED KALE SALAD & QUINOA  	sunflower seeds, flame grapes, red bell peppers, preserved lemon, parmesan, manchego, house vinaigrette	9 <sup>25</sup>
SMOKED SALMON SALAD	baby spinach, arugula, basil, dried cranberries, sunflower seeds, cous cous, house vinaigrette	9 <sup>50</sup>
PIZZERIA CHOP SALAD 	olives, pistachios, raisins, cheese, artichokes, sun-dried tomatoes, cucumbers, pepperoni, italian vinaigrette	9 <sup>50</sup>

## Sandwiches & Sushi\*

until 5p

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

\*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. 10.12.16