

Each item is carefully selected for its exquisite taste and nutritional value. Meals are prepared fresh upon ordering. Please allow at least **25** minutes for preparation. Prices are subject to change due to organic seasonal availability.

ASK ABOUT OUR DAILY SPECIALS



Appetizers

Stuffed Avocado	\$12.00
<i>Avocado, nutmeat, bell peppers and tomatoes</i>	
Cabbage Taco	\$12.00
<i>Cabbage stuffed with nutmeat, tomato, avocado, onions and sauce</i>	
Collard Roll	\$13.00
<i>Garnished nutmeat and herbs and spices wrapped in a collard leaf</i>	
Nori Rolls	\$12.00
<i>Nutmeat, tomato, avocado, and lettuce wrapped in Nori seaweed sheets</i>	
Nutmeat	(1/2 pint) \$16.00
<i>Almonds, onions, garlic and spices</i>	



Soups

Vitality Soup	(16 oz.) \$9.75
<i>Avocado, bell peppers, ex. virgin. olive oil, fresh herbs and spices, Kelp, sea salt, spinach, distilled water and zucchini</i>	
Seaweed Soup	(16 oz.) \$9.75
<i>Avocado, bell peppers, cucumbers, dulse, distilled water, Fresh herbs and spices, ex. virgin. olive oil, kelp, and sea salt</i>	



Salads

Spinach Salad	Small \$11.50	Large \$16.50
<i>Spinach leaves with herbs and spices, avocado, onions</i>		
Kale Salad	Small \$11.50	Large \$16.50
<i>Kale greens with avocado, tomato and onions</i>		
Cucumber Salad	One Size	\$11.50
<i>Cucumbers, tomato, onions, lemons, and olive oil</i>		
Tossed Salad w/House Dressing	Small \$10.50	Large \$15.00
<i>Organic mixed field greens, onions, tomatoes, cucumbers with herbs and spices</i>		
Fruit Salad	Small \$8.50	Large \$13.50

Many menu items and specials may contain nuts. Please ask your server for details if you have any nut allergies.



Entrees

Nubian Salad

\$18.50

Wondrous mixture of avocado, wild rice, herbs, onions, celery, and tomatoes over mixed greens

Slice of Pizza

\$13

w/Salad \$19

This scrumptious slice is made with kamut bread, topped with spinach, tomato sauce, pine nut cheese, onions, chopped tomatoes, black olives, Sage crumbles and red bell peppers. Bursting with flavor, this is pizza at it's finest!

Personal Pan Pizza

\$18.50

w/Salad \$25

Double scrumptious slice made with kamut bread, topped with spinach, tomato sauce, pine nut cheese, onions, chopped tomatoes, black olives, Sage crumbles and red bell peppers. Doubled delicious flavor!

Battered Bellas

\$14

w/Salad \$21

Portabella mushroom strips in Lov'n it Live's special pine nuts and pistachio batter, topped with a special dry blend of herbs and spices and crisply dehydrated

Tostado

\$16

w/Salad \$23

Crisp flax shell layered with local field greens, Lov'n it Live's delectable tomato sauce, pine nut cheese, chopped tomatoes, avocados, black olives, and sage patty crumbles. This is our most popular dish!

Tacos

\$17

w/Salad \$23

Two crisp flaxseed-sun flower shells stuffed with sage crumbles, pine nut cheese, avocado, tomato,

Nachos

\$17

w/Salad \$23

Avocados, black olives, onions, and tomatoes burst in color and flavor to highlight the classic taste of guacamole; served with flax crackers, pine nut cheese, and sage burger crumbles

Nut loaf

\$17

w/Salad \$23

w/vegetable \$23

Pecans, walnuts, and pumpkin seeds create a live match to Mama's meatloaf. Topped with Tomato sauce and sliced up thick!

Lasagna

\$21.50

w/Salad \$26

Layers of zucchini noodles, spinach, rich pine nut cheese, and Lov'n it Live's savory tomato Sauce just a bit chunky makes this dish truly the best lasagna you will ever encounter!

Mushroom Steak

\$18

w/Salad \$23.50

Portabella mushrooms seasoned with savory spices, and onions over greens, or bulgur; wild rice (\$2 extra) or kale Salad (\$2.50 extra)

20% Gratuity added to parties of 5 or more



Beverages

Herbal Tea **\$5.00**

(Red zinger, Peppermint, Chamomile)

Hot Tea **\$2.75**

Moss (Vanilla, Moringa or Carob) \$12.00 Add Coconut Water \$13.00

Raw Irish Moss, organic pumpkin seeds, organic dates, organic vanilla bean, or West African Moringa , or raw organic Carob, and organic spices

Sorrel **\$8.00**

Hibiscus flower, ginger and birch xylitol as a sweetener

Lemonade **\$6.50**

Organic Lemons & sweetened w/ birch xylitol

Freshly Prepared Organic Juices

*Choose a base plus an additional fruit. Bases of all drinks are apple or orange. Additional fruits or vegetables are **\$1 each**.*

Fruits **\$12.00**

(Based on organic and seasonal availability) apple, avocado, cantaloupe, cucumber, grape, Grapefruit, kiwi, lemon, mango, orange, pear, strawberry, tomato, and watermelon

Vegetables **\$12.00**

(Based on organic availability) broccoli, cabbage, cauliflower, celery, cucumber, dandelion, Garlic, ginger, kale, onion, and parsley

Specialty Juices **\$12.00**

***Liver Flush:** Apple, dandelion, flax oil, garlic and lemon*

***Kidney Flush:** Apple, celery, parsley, and shave grass*

***Colon Flush:** Apple, pear, herbs*

Seed Milk

Almond or Pumpkin

(Add Vanilla \$1.50, Dates \$1.75) **\$12.00**

Smoothie

Seed Nut Milk with Banana

(Add Fruit \$1.00) **\$12.00**

Spring Water

Crystal Springs Spring Water **\$.50**

(Customer Appreciation)

***Tuesday-Women's Day-10% off Purchase
Not Valid w/other promotions***



20% Gratuity added to parties of 5 or more