



livingfoodlab
experiments in conscious eating

liquids

	sm glass	lg glass	bottle
green school green smoothie pineapple, papaya, banana and spinach	15k	25k	60k
very berry smoothie strawberry, mulberry, banana, flax, ginger and coconut water	15k	25k	60k
clean green juice kale, fennel, parsley, cucumber, ginger and lime	15k	25k	60k
hot pink lady beet, pineapple and ginger	15k	25k	60k
watermelon limeade watermelon, lime and honey	10k	18k	45k
infused coconut water cinnamon, vanilla, lime or strawberry/mint	7k	12k	25k

breakfast adventure

create your own granola

add extras to your choice of base and sweetener

small bowl: choose 5 toppings	27k
large bowl: choose 7 toppings	42k

naga bowl

frozen dragonfruit blended with banana, mango, papaya and chia, topped with fresh and dried pineapple, dried banana and goji berries

42k

salad adventure

build your own salad

add extras to a base of fresh mixed greens and your choice of our luscious salad dressings

small plate: choose 5 toppings	27k
large plate: choose 7 toppings	42k

mains

mezze plate	45k
assorted pates, veggies, crackers, fermented & dried treats	
kale plate	45k
kale avocado salad, pate, assorted crackers and chips	
tostada	35k
sesame corn tostada, sunflower seed pate, fajitas veggies, cashew sour cream and cheddar	
mango wrap	38k
coconut mango wrapper, ginger pate, shredded veggies, garlic sesame dipping sauce	
pizza 2 ways	1 for 28k, 2 for 45k
sun dried tomato or pesto	
savory frittata	35k
mediterranean flavored 3 layered pie of nuts, veggies, herbs and cashew cream	
5 layer tamale pie	35k
mexican flavored 5 layered pie of nuts, veggies, seed blends and corn salsa	

raw sandwiches

avo BLT	1 for 35k, 2 for 60k
eggplant "bacon", lettuce, tomato, avocado & tahini cheese on seeded onion bread	
purple & red	1 for 35k, 2 for 60k
open face purple sweet potato onion cracker, lettuce, tomato, beet pate, cucumber chips	
zoom burger	1 for 35k, 2 for 60k
zucchini mushroom burgers piled high with tomato wedges, lettuce & sun dried tomato sauce	

snacks & energy bars

nori bars	28k
double sesame or thai spice	
nori rolls	18k
ginger, mexican spice or tahini	
protein bars	28k
seeded energy bars with orange white chocolate icing	28k
tropical granola bars with pineapple icing	28k
blueberry slice	28k
nut-free mucho choco bars with raspberry icing	28k

guilt-free desserts

vegan cheesecakes	38k
chocolate, 2 tone mango, strawberry, blueberry, key lime or pumpkin caramel	

fig torte	38k
brownies	28k
nanaimo bars	28k
nut-free apple pie	38k
carrot cake	38k
black bottom coconut cream pie	38k

chocolates

silky truffles	13k
chewy turtles	
double minty cup	18k
salted caramel cup	
assorted shapes & flavors of moulded chocolates orange, vanilla, cinnamon, mint and almond	7k

frozen treats

frozen banana dipped in chocolate	12k
heart shaped ice cream sandwich chocolate cookies with cashew ice cream	28k
all fruit popsicles pineapple, watermelon, mango, or striped	12k
slushies lime/mint/aloe or tutti frutti	12k