

# *Life is Sweet Bakery and Cafe*

*Dedicated Gluten Free*

## **Breakfast**

**Simple Breakfast-** (2) Eggs any style, (2) bacon or sausage, and your choice (2) buttered toast and jam- \$15

**Westside Avocado Toast -** Garlic aioli and avocado spread on 2 pieces of 7-grain toast topped with a sunny side up egg- \$13 (Extra egg +\$2.50) **DF**

**Pancakes-** (3) Served with butter, syrup and whip cream on the side- \$15 (**DF** with no butter or whip, contains oat milk)

**Almond Flour Belgian Waffle-** Served with whip cream and berries- \$16

**Egg Sandwich-** Folded egg, bacon, cheddar cheese served on a sandwich roll- \$14

**Breakfast Burrito-** Flour tortilla filled with scrambled eggs, roasted potatoes, onion, tomato, mozzarella, cilantro and bacon or sausage with a side of sour cream and housemade salsa (mild or spicy)- \$15 (Add avocado +\$3)

**Spring Omelet-** Sautéed tomato and onion, spinach and cheddar cheese topped with avocado served with roasted potatoes or fruit and your choice of buttered toast and jam- \$18 (Add bacon or sausage in omelet +\$2)

**Spanish Omelet-** Spicy sausage, sautéed bell pepper and onion, mozzarella topped with roasted salsa served with roasted potatoes or fruit and your choice of buttered toast and jam- \$20

**Greek Yogurt-** Housemade granola (rolled oats, almonds, pecans, pumpkin seeds, apricots, dried cranberries and coconut)- \$12 (Add berries +3)

**Rolled Oats-** Served with brown sugar, raisins, pecans and cream on the side- \$10 **DF**  
(sub raisins and pecans for berries +3)

## **Lunch**

**Turkey, Bacon, Avocado Sandwich-** Garlic aioli, lettuce and tomato served on white toast with your choice of side (chips, fruit, potato salad or side salad)- \$18 **DF**

**Chicken Pesto Sandwich-** garlic aioli, lettuce, tomato and provolone cheese served on sourdough toast with your choice of side (chips, fruit, potato salad or side salad)- \$18 (Pesto contains dairy and cashew)

**Veggie Wrap-** Flour tortilla filled with hummus, roasted bell pepper, cucumber, onion lettuce, tomato with your choice of side (chips, fruit, potato salad or side salad) \$16 (Add avocado +3) **DF**

**Grilled Cheese and Tomato Soup-** *Parmesan crusted white bread with provolone and gouda with cream of tomato soup- Cup- \$14 Bowl- \$18*

**Caprese Avocado Toast-** *Garlic aioli and avocado spread on 2 pieces of 7-grain toast topped with tomato, mozzarella, basil and balsamic glaze- \$14 (Add an egg +\$2.50)*

**Iron Horse Burger-** *½ Pound grass fed burger on a roll served with lettuce, tomato and your choice of side (chips, fruit, potato salad or side salad)- \$20 DF  
(Add cheese +\$2 , bacon +\$4, avocado +\$3, grilled onions +\$3)*

**Summer Salad-** *Spinach, turkey, onion, apples, dried cranberries, candied walnuts and feta served with your choice of housemade dressing (ranch or balsamic vinaigrette)- \$18*

**Chopped Salad-** *Mixed greens, chicken, bacon, onion, tomato and avocado served with your choice of housemade dressing (ranch or balsamic vinaigrette)- \$18*

### **Kids**

*Includes kids drink  
(12 and under please)*

**Kids Simple Breakfast-** *(1) Egg any style, (1) toast of your choice, (1) bacon or sausage- \$13*

**Pancakes-** *(2) Served with syrup and whip cream and a side (bacon, sausage or fruit)- \$13 (DF with no whip)*

**Almond Flour Belgian Waffle-** *Served with whipped cream and a side (bacon, sausage or fruit)- \$13*

**Grilled Cheese-** *White bread and cheddar cheese served with your choice of side (chips, fruit or carrot sticks)- \$13*

**Quesadilla-** *Flour tortilla with mozzarella and your choice of side (chips, fruit or carrot sticks)- \$13*

**Hot Dog-** *Served on a bun with your choice of side (chips, fruit or carrot sticks)- \$13 DF*

**Peanut Butter and Jelly-** *Served on white bread with your choice of side (chips, fruit or carrot sticks)- \$13 DF*

### **Sides**

**Eggs (2)- \$5**

**Bacon (4)- \$9**

**Sausage (3)- \$9**

**Buttered Toast and Jam (2)- \$6**

**Roasted Potatoes- \$5**

**Fresh Fruit- \$4**

**Avocado- \$3**

**Cream of Tomato Soup Cup- \$5 Bowl- \$9**

**Salad-** *Mixed greens, tomato, onion, cucumber served with your choice of dressing- \$7*

**Carrot sticks-** *Served with ranch- \$3.50*

**Potato Chips- \$2**

**Potato Salad- \$5**

*“Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness”*