

FIRST WAVE

LAGUNA AVOCADO TOAST
toasted whole grain bread, avocado, orange slices, sunflower seeds, ricotta salata, arugula, orange vinaigrette, za'atar spice
12 pieces per platter | \$60

HERMOSA AVOCADO TOAST
toasted semolina bread, avocado, mojo rojo, red onion, basil **V DF**
12 pieces per platter | \$60

LEFT COAST ACAI CUPS
acai berries, strawberries, blueberries, raspberries, banana, almond butter, macca powder, hemp seeds, granola, coconut **V DF**
Each | \$9.99

MONTECITO HASH
poached eggs, garnet yams, red bell pepper, kale, spinach, queso fresco, tahini yogurt, toasted pepitas, LC hot sauce

Sm 4-5 servings | \$49
Lg 8-9 servings | \$89

OFFSHORE OATMEAL
steel cut oatmeal, almond milk, toasted walnuts, blueberries, golden raisins, bananas, maple syrup **V DF**
Sm 5 servings | \$39
Lg 10 servings | \$74

PK PANCAKES PLATTER
buckwheat pancakes, berry compote, lemon agave yogurt, granola, maple syrup
Lg 10 servings | \$64

COLD-PRESSED JUICE \$9.99

HARVEST MOON pear, grapefruit, ginger, lemon, cinnamon
GOING TO CALIFORNIA kale, spinach, apple, cucumber, ginger, lemon
PURPLE HAZE beet, apple, carrot, ginger, lemon
PARADISE CITY pineapple, strawberry, cucumber, lemon
GRACELAND cucumber, grape, kale, celery, spinach, lemon
START ME UP carrot, apple, cucumber, lemon, turmeric
SHINE A LIGHT ginger, turmeric, lime, coconut water, agave
GET UP STAND UP celery, lemon

SURFSIDE BREAKFAST SANDWICH
egg substitute, toasted ciabatta, turkey maple breakfast sausage, vegan cheddar, arugula, mojo rojo, vegan mayo **DF**
Each | \$12.50

EL GUAPO BURRITO
turkey chorizo, egg whites, roasted red pepper, avocado, roasted hominy, spinach, salsa verde, whole wheat wrap **DF**
Each | \$12.50

LC GOLDEN OVERNIGHT OATS
steel cut oats, greek yogurt, oat milk, almond milk, chia seeds, blueberries, cashews, maple syrup, black sesame seeds, turmeric, cinnamon, ginger
Each | \$5.99

COFFEE CHIA PUDDING
chia seeds, coconut milk, oat milk, cold brew coffee, coconut flakes, cacao nibs, espresso powder, agave **V DF gf**
Each | \$5.99

LC YOGURT PARFAIT
greek yogurt, granola, strawberries, blueberries, agave
Each | \$5.99

GREENS

SHASTA CHOP
roasted broccoli, pears, roasted squash, spinach, red onion, dates, pumpkin seeds, puffed brown rice, curry vinaigrette **gf V DF**
Sm 5 servings | \$44
Lg 10 servings | \$79

THE MISSION
spinach, romaine, black beans, roasted squash, spinach, red onion, dates, pumpkin seeds, tostadas, onions, queso fresco, pepitas, salsa tahini yogurt dressing **gf**
Sm 5 servings | \$44
Lg 10 servings | \$79

JIMMY CHING
romaine, cabbage, snow peas, crunchy quinoa, cashews, scallions, mint, sesame seeds, chinese mustard vinaigrette **gf V DF**
Sm 5 servings | \$44
Lg 10 servings | \$79

ROBUST ROSA
kale, spinach, roasted broccoli, red onion, roasted tomato, toasted hemp seeds, avocado caesar dressing, lemon vinaigrette **gf V DF**
Sm 5 servings | \$44
Lg 10 servings | \$79

THE ARCADIAN
arugula, roasted butternut squash, apple, farro, red onion, parsley, seeded cracker, parmesan, basil pesto, lemon vinaigrette
Sm 5 servings | \$44
Lg 10 servings | \$79

SANTA MONICA SHRED
carrots, beets, roasted broccoli, arugula, red onion, toasted walnuts, crunchy quinoa, tahini yogurt, lemon vinaigrette **gf**
Sm 5 servings | \$44
Lg 10 servings | \$79

GRAINS

CADILLAC CURRY
brown rice, garnet yams, green beans, madras curry sauce, sultanas, scallions, basil, mint, toasted coconut **gf V DF**
Sm 5 servings | \$47
Lg 10 servings | \$84

MOAB MEDLEY
pearl couscous, cucumber, roasted tomato, red grapes, smoked almonds, parsley, lemon vinaigrette, tahini yogurt
Sm 5 servings | \$47
Lg 10 servings | \$84

BOULDERADO
quinoa, roasted zucchini, red bell peppers, spinach, mojo rojo, toasted pepitas, fresh herbs, tahini yogurt, lemon vinaigrette **gf**
Sm 5 servings | \$47
Lg 10 servings | \$84

K-TOWN
brown rice, roasted broccoli, carrots, mushrooms, spinach, kimchi, bean sprouts, korean hot sauce, egg, nori **DF**
Sm 5 servings | \$47
Lg 10 servings | \$84

FARRO AND AWAY
farro, roasted broccoli, roasted tomatoes, kale, spinach, basil pesto, roasted pine nuts, parmesan, lemon vinaigrette
Sm 5 servings | \$47
Lg 10 servings | \$84

ADD PROTEIN

all-natural
CHICKEN \$4.99
per person

grass-fed
STEAK \$6
per person

sustainable
SALMON \$6
per person

local non-GMO
VEGGIE TOFU \$3
per person

local farm
7-MINUTE EGG \$2
per person

WRAPS

Wraps are cut in half and served on a customizable platter

EAZY STREET 13.99
tofu, brown rice, sultanas, smoked almonds, arugula, red onion, madras curry sauce, whole grain wrap **V DF**

CALIFORNIA LOVE 14.99
chicken breast, black beans, brown rice, romaine, red onion, roasted tomato salsa, avocado, tahini-yogurt, whole grain wrap

REGULATOR 15.49
miso marinated salmon, kimchi, brown rice, napa cabbage, basil, mint, green onion, korean hot sauce, whole grain wrap **DF**

D-O-DOUBLE G 14.99
turkey meatballs, spicy hummus, cucumber, roasted tomato, parsley, romaine, tahini-yogurt, whole grain wrap

THE CHRONIC 15.99
steak, egg, avocado, carrots, red onion, spinach, chimichurri, whole grain wrap **DF**

OUT-N-IN VEGGIE BURGER 16
Impossible Burger™, toasted ciabatta, vegan cheddar, spicy pickles, arugula, red onion, LC special sauce **V DF**

SNACKS

FRUIT PLATTER
seasonal fresh fruit + lemon agave yogurt **gf | \$59**
- 12oz fruit cups with lemon agave insert **\$6.50 each**
- 9oz fruit cups without lemon agave **\$5 each**

VEGGIE PLATTER
seasonal vegetables + hummus **gf V DF | \$59**
- 12oz veggie cups with hummus **\$5.75 each**

COOKIE PLATTER
assortment of cookies **\$69**
- individual cookies **\$3.25 each**

GLUTEN FREE BANANA BREAD \$3.25 each

BEVERAGES

LEFT COAST HOT COFFEE Servings 10 | \$32
COLD BREW COFFEE Servings 10 | \$59
BOTTLED SPRING WATER \$2.99 each
ORANGE JUICE Servings 10 | \$32
ICED TEA / HERBAL INFUSION Servings 10 | \$32

BUILD YOUR OWN AVOCADO TOAST BAR

\$14/person

Toasted whole grain bread,
toasted semolina bread, avocado mash

Toppings: oranges, arugula, ricotta salata, citrus vinaigrette,
za'atar spice, mojo rojo, red onion, basil, salt, pepper

BUILD YOUR OWN ACAI BOWL BAR

\$14/person

Acai Blended Bowl
Toppings: strawberries, blueberries, banana,
hemp seeds, granola, coconut

ON-SITE SMOOTHIE BAR

9oz - \$9.49 per person | 12 oz - \$10.99 per person
16 oz - \$12.99 per person | 20 oz - \$14.99 per person

1 Smoothie Tender - \$24/hour

KALE MARY

blueberry, kale, avocado,
oj, maca powder, agave,
apple cider vinegar **gf**
V DF

HOT DATE

yams, almond milk, dates,
agave, greek yogurt, banana,
ginger, chia seeds, lime,
cinnamon **gf**

FAIRWAYS + GREENS

spinach, apple, banana,
avocado, spirulina,
matcha, agave, lemon
juice **gf V DF**

MORNIN' BUZZ

espresso, cold brew,
cacao, peanut butter,
maca powder, banana,
dates **gf V DF**

JUST BEET IT

strawberry, banana,
apple, oj, dates, beet juice
powder, camu camu **gf**
V DF

PIÑA COCADA

oj, banana, pineapple,
plant protein, coco-oat
milk, lime **gf V DF**

Gluten-free items **gf** Vegan items **V** Dairy-free items **DF**

Although our kitchen is not gluten, dairy or nut-free, many of our dishes can be made without these items. Let us know about any dietary sensitivities and we'll happily try to accommodate you!

SHARE THE LOVE

Whether you need an easy office lunch or a gathering with close friends, we're here to help. Our Catering Staff will help personalize the best menu for your event and will deliver + set up the food just the way you want it!

CONTACT

FARRELL PAAS
DIRECTOR OF CATERING + EVENTS
FARRELL@LCFAJ.COM | 312.622.0695

ORDER ONLINE

LEFTCOASTFOOD.COM/CATERING

*ORDER TIMING

All of our food is made from scratch and prepared fresh each and every day. We kindly request at least 24 hours notice on all catering orders.

If you have additional questions, please email our catering team above.

WE REQUIRE A 24HR NOTICE FOR CANCELLATION

*Menu is subject to change due to availability of product



LEFT COAST
food + juice



CATERING MENU