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## Welcome to the GoodLife!

Our goal at the GoodLife is to provide healthy homemade food, a community gathering place, and a good working and dining environment for all.

We make everything from scratch in small batches (even our mayo!) using organic, local, and seasonal ingredients whenever possible. We take pride in offering you a GMO free menu.

Specials and menu items vary according to season and availability but you can always expect to find fresh home cooking made with love. Certain items can be adjusted to meet your gf or vegan needs, just ask us.

We encourage special orders including, cakes, pies, bread, entrees, and savories for your party or event. Ask us about catering options too.

We encourage you to save paper and plastic and order for here! To go orders cost .10 to 1.00 extra

**GF** gluten free

**V** vegan/vegan option available

## morning food

### breakfast burrito 8.25

free range eggs, roasted potatoes, and jack cheese wrapped in a flour tortilla, with house made salsa & sour cream  
 add avocado 1.00  
 add **bacon** or house made **sausage** 1.50

### mayan bowl 7.50 dairy free GF

available daily until sold out

huevos a la mexicana (eggs scrambled with tomatoes, onions, and chile) served with organic black beans, salsa & sour cream - add cheese 1.00  
 rice 1.00 avocado 1.00 bacon 2.50

### veggie cake dairy free GF

free range eggs, zucchini, cabbage, onion, garbanzo flour, served warm with choice of sour cream, salsa, garlic aioli, or pesto aioli  
 1 cake 4.50 2 cakes 8.50  
 add avocado 1.00 side of bacon 2.50  
 add side salad or cup of soup 3.50

### quiche 8.00

market inspired (see case for flavors)  
 add side salad or soup 3.00

### organic bagel 2.50

baked and boiled daily: plain, poppy, sesame, onion, garlic, all seed, add:

plain cream cheese 1.25  
 garlic & herb cream cheese 1.50  
 lox cream cheese 1.75  
 veggies .75 ea  
 (cucumber, tomato, red onion, capers, lettuce)

jam .75 organic peanut butter 1.25  
 avocado 1.00 side of lox fish 6.00

### bagel & lox plate 12.00

(ask about gf lox plate!) with cream cheese, smoked lox, tomato, red onion, cucumber, and capers  
 add avocado \$1.00

### side of toast GF 2.50

(served with butter, choose focaccia or GF buckwheat bread) jam .75, cheese or cream cheese 1.25, avocado 1.00, veggies .75 each, organic peanut butter 1.25 side of bacon 2.50

### granola bowl V GF 6.00

with choice of vegan or regular milk  
 add organic plain greek yogurt 2.00  
 add seasonal fruit (when avail) 2.50

### steel cut oats V 6.50

stewed in organic oat milk with cinnamon, served with toasted almonds & raisins - add fruit (when avail) 2.50

## bakery

all baked goods are made here from scratch every morning using organic flours, premium ingredients, and seasonal fruits. availability may vary and we sell out quickly at times

morning buns, croissant, fruit danish, brownies, bread pudding, shortbread, cinnamon buns, muffins, cookies, teacakes, cheesecake, cinnamon twists, scones, ham & cheese rolls, savory rolls and much more

## gluten free

scones, macarons, granola bars, coffee cakes, muffins, savory biscuits, cheesecake, vegan chocolate bar, chocolate peanut butter bar, buckwheat bread (cakes, cupcakes, and pies by special order)

## drinks

hot & cold brewed organic tea & coffee, organic espresso drinks, natural sodas, local beer & hard cider, organic house made chai, thai iced tea, fresh squeezed organic juices & house made lemonade  
**all our coffee is organic, fair trade, shade grown. we use organic whole and nonfat milk. nondairy choices: hemp, soy, oat, almond, & coconut milk**

## all day food

### black bean burrito 8.25

with organic black beans and rice, jack cheese, house made salsa, and sour cream. try it wet for .75  
add roasted or tinga chicken 3.00  
tofu for 2.50 add avocado 1.00

### black beans & rice plate (GF) (V)

organic - served with house made salsa and sour cream  
full order 6.50 half order 4.50  
add roasted or tinga chicken 3.00  
organic tofu 2.50  
add avocado or cheese for 1.00

### mac & cheese (GF) 7.00

organic quinoa/corn pasta with our signature blend of 5 cheeses  
add side salad or soup 3.50

### lasagna 12.00

local John Ford grass fed beef, organic tomatoes, two cheeses, served with soup or salad

### chicken enchiladas (GF) 11.00

two organic corn tortillas filled with a blend of chicken, veggies, & cheese, & seasonings served with organic black beans and spanish rice, homemade salsa and sour cream  
add a side salad 3.50 add avocado 1.00

### chile relleno (GF) 12.00

handmade chile relleno smothered in chipotle sauce, served with organic black beans and rice, sour cream and salsa  
add avocado 1.00  
add tinga chicken 3.00 side salad 3.50

### buena vida bowl (GF) (V) 9.50

organic kale and romaine, organic brown rice, black beans, fresh green & red salsa & crispy tortilla strips  
add cheese and sour cream for 1.00  
add avocado 1.00 add tofu 2.50  
add roasted or tinga chicken 3.00

### soup(s) of the day (V) (GF)

(see specials board for daily soups)  
homemade, always gluten free, served with choice of house made bread.  
small 5.50 large 8.00  
quart of soup 12.50

### small soup & house salad (V) (GF)

with choice of bread 11.50

### curry bowl (V) (GF)

indian inspired vegetable curry with pumpkin & coconut milk broth topped with organic brown rice  
half bowl 7.50 full bowl 9.50  
add free range chicken \$3.00  
seasoned sprouted organic tofu 2.50

### veggie cakes (GF) dairy free

free range eggs, zucchini, cabbage, onion, garbanzo flour, served warm with choice of sauce; sour cream, salsa, garlic aioli, or pesto aioli  
1 cake 4.50 2 cakes 8.50  
add avocado 1.00 bacon 2.50  
add side salad or soup for 3.50

### b.l.t. (GF) 8.50

on focaccia or GF buckwheat bread with garlic aioli, nitrate free bacon, organic romaine, and tomatoes.  
add chicken 2.50 avocado or cheese 1.00  
add side salad or cup of soup 3.50

### tuna or curry chicken salad sandwich (GF) 8.50

on focaccia or GF buckwheat  
add side salad or cup of soup 3.50  
add avocado 1.00

### daily hot panini (V) 8.50

(see specials board for options)  
veggie or with meat, served on house made organic focaccia.  
add a side salad or cup of soup 3.50

## salads

(made w/ organic greens & veggies)

add free range chicken 3.00  
seasoned organic sprouted tofu 2.50  
nitrate free bacon 2.00  
avocado for 1.00

house made dressing choices:  
balsamic vinaigrette, citrus vinaigrette, greek vinaigrette, ginger sesame, or buttermilk ranch

### house (V) (GF)

assorted veggies on organic lettuce with pickled beets, pickled onions, & toasted sunflower seeds  
side 4.50 small 8.00 large 12.00

### caesar

with traditional house made anchovy dressing, parmesan, and focaccia croutons  
small 8.50 large 12.50

### goodlife caesar (GF)

with organic chopped kale and romaine, traditional house made anchovy dressing, parmesan, & GF buckwheat croutons  
add tomatoes 1.00  
small 9.00 large 13.00

### mediterranean (GF)

kalamata olives, feta cheese, cucumbers, tomatoes, marinated garbanzo beans & pickled red onions on greens with greek vinaigrette  
small 9.00 large 13.50

### salad trio (V) (GF) 11.00

choose any three of our deli salads served on a bed of organic greens  
add another deli salad for 3.00

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