



10483 Lansing St., Mendocino, Ca
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Welcome to the GoodLife!

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

We make everything from scratch in small batches using organic, local, and seasonal ingredients whenever possible.

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 and roasted potatoes, roasted peppers & onions, and cheese wrapped in a flour tortilla, with salsa & sour cream
add nitrate free bacon or sausage 1.50
add avocado 1.00

baby breakfast burrito **GF** 7.00

free range eggs, potatoes, peppers, onions, and cheese, in a gluten free brown rice tortilla, with house made salsa & sour cream
add side of bacon 2.50
add avocado 1.00

veggie cake **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 side green salad or soup 3.00

quiche 8.00

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

organic bagels 2.50

made fresh daily: plain, poppy, sesame, onion, garlic, seeded
plain cream cheese 1.25
garlic & herb cream cheese 1.50
lox cream cheese 1.75
veggies (each) .75
(cucumber, tomato, red onion, capers, lettuce)
jam .75, peanut butter 1.00,
avocado 1.00

bagel & lox plate 11.25

with cream cheese, smoked lox, tomato, red onion, cucumber, and capers

side of toast **GF** 2.50

(choose focaccia or GF buckwheat bread) jam .75, cream cheese 1.25, avocado 1.00, peanut butter 1.00

goodlife granola **V** **GF** 5.50

with choice of organic vegan or regular milk
w/ organic plain greek yogurt 7.00
add seasonal organic fruit 2.50

bakery

all baked goods are made here from scratch every morning using organic flours, premium ingredients, and seasonal fruits. availability may vary

morning buns, croissant, assorted fruit Danish, brownies, bread pudding, shortbread, cinnamon buns, blueberry muffins, ginger snaps, cowboy cookies, oatmeal cookies, pain au chocolat, Russian teacakes, sour cream cheesecake, cinnamon twists, scones, ham & cheese rolls, spinach/chard & cheese rolls, green chili & cheese rolls

gluten free

scones, macaroons, granola bars, coffee cakes, muffins, savory biscuits, cheesecake, buckwheat bread (cakes, cupcakes, and pies by special order)

drinks

hot & cold brewed organic tea & coffee, organic espresso drinks, natural sodas, beer & hard cider, organic house made chai, thai iced tea fresh squeezed organic juices & lemonade

all our coffee is organic, fair trade, shade grown. we use organic whole and nonfat milk. organic nondairy choices: hemp, soy, oat and 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 chicken or tofu for 2.50
add avocado 1.00

black beans & rice (V) (GF)

organic - served with house made salsa and sour cream
full order 6.50 half order 4.50
add chicken or 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 3.00

lasagna 11.50

local grass fed beef, organic tomatoes, provolone, ricotta, served with soup or salad

chicken enchiladas (GF) 10.50

two free range chicken enchiladas served with organic black beans and spanish rice, homemade salsa and sour cream
add a side salad 3.00
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 a side salad 3.00

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 for 1.00
add chicken or tofu 2.50

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

(see board for daily soups)

homemade, always gluten free, served with choice of house made bread.
small 5.50 large 8.00
quart of soup to go 12.50

small soup & house salad (V) (GF)

with choice of bread 11.50

curry bowl (V) (GF)

indian style vegetable curry w/ pumpkin & coconut milk broth topped w/ organic brown rice
half bowl 7.50
full bowl 9.50
add free range chicken or seasoned sprouted organic tofu 2.50

veggie cakes (GF) dairy free

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 cake 8.50
add side salad or soup for 3.00

b.l.t. (GF) 8.50

on focaccia or GF buckwheat bread with garlic aioli, nitrate free bacon, organic romaine, and tomatoes
add avocado for 1.00
add side salad or cup of soup 3.00

tuna salad or curry chicken

salad sandwich (GF) 8.50

on focaccia or GF buckwheat
add side salad or cup of soup 3.00
add avocado 1.00

daily hot panini (V) 8.50

(see board for details)

veggie or with meat, served on house made organic focaccia.
add a side salad or cup of soup 3.00

salads

(made w/ organic greens & veggies)
add free range chicken or seasoned organic sprouted tofu 2.50
add nitrate free bacon 1.50
add avocado for 1.00

house made dressing choices:
balsamic vinaigrette, ginger
sesame, creamy feta

house (V) (GF)

assorted seasonal veggies on organic mixed greens with toasted sunflower seeds
small 8.00 large 12.00

caesar

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

goodlife caesar (GF)

with organic kale and romaine traditional house made anchovy dressing. parmesan, GF buckwheat croutons
small 9.00 large 14.00

greek (GF)

kalamata olives, feta, cucumbers, tomatoes, & pickled red onions on greens with balsamic vinaigrette.
small 8.50 large 12.50

salad trio (V) (GF) 11.00

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

deli salads (V) (GF)

a selection of seasonally inspired deli salads made daily such as curry chicken, tuna salad, kale salad, pasta salads, potato salad, quinoa salads, root vegetables, beets and feta, squash salads, bean salads