

TAKE OUT MENU

LOVE. EAT. DRINK. SMILE. FOODLAB

BREAKFAST

Monday - Friday, 7am-noon / Saturday & Sunday 8am-4pm

FOODLAB FAVORITES

AVOCADO TOAST 9.75

Tomato, chili peppers, olive oil, sea salt, sprout on 5 grain

ORGANIC GREEK YOGURT 8

Pistachio, mint & Turkish honey

THE SUNNY AVOCADO 10.5

Sunny side egg, radish sprouts, arugula, romesco sauce, open faced on wheat bread

SOFT TOFU SCRAMBLE 11.75

Tofu with kale, peppers, tomato, gluten free bread on the side

HARD BOILED EGG TOAST 9.75 (AVOCADO ADD 3.50)

Bacon, aioli & arugula on wheat bread

SCRAMBLED EGGS SANDWICH 10.5

Bacon, aioli & gruyere on wheat bread (AVOCADO ADD 3.50)

BERRY WAFFLE 8.5

Two Belgian style sugar waffles with fresh berries and real maple syrup

VIENNOISERIE & SWEET BREAKFAST

FRESH CUT FRUIT SALAD 4.95/6.95

HOMEMADE GRANOLA PARFAIT W/ EUROPEAN YOGURT 7.95

OATMEAL W/ MILK & BERRIES 7.5 (SOY/ALMOND ADD 0.50)

WILD BERRY CRUMBLE 5.95 / CHOCOLATE CROISSANT 3.75

CROISSANT 3.25 ALMOND CROISSANT 4

BAMBOLINI PLAIN 3 (STRAWBERRY JAM OR NUTELLA ADD 0.50)

DONUT SNOB DONUTS 4 - 5.5 (FLAVORS VARY) (WEEKEND ONLY)

BANANA WAFFLE 8.95

Two Belgian style sugar waffles with banana slices & chocolate sauce

PARIS HAM CROISSANT 7.95

French ham & gruyere w/ mustard side on croissant

ORGANIC EGG DISHES

SPECK & EGGS 11.25

2 sunny side eggs over speck served in a pan w/ side of bread

TWO SOLDIERS 7.95

2 soft boiled eggs w/ bread strips w/ butter & strawberry jam

SCRAMBLED EGGS & BACON 10.5

Fluffy scrambled eggs with 3 pieces of bacon, salad & bread

OMELETTES

THE CALIFORNIA 12.95

Fresh avocado, tomato, spanish white cheese & romesco sauce

THE FINGERLING POTATO & ONION OMELETTE 12.95

Served w/ bacon, salad with gruyere

THE PARISIAN HAM & GRUYERE 12.95

Served w/ salad

ADD

AVOCADO 3.5 / SUB. EGG WHITES 3 / ONE EGG (SOFT OR HARD) 4

BACON (3 PC) 4.75 / HAM (2 SLICES) 4.75 / SPECK (2 SLICES) 5.5

GRUYERE 3.25 / BRIE (2 SLICES) 3.25

LUNCH

Monday - Friday, 7am-7pm / Saturday & Sunday 8am-6pm

VEGETARIAN SANDWICHES

All of our sandwiches are served with a side of mixed greens. However, we suggest to add a daily fresh side salad for \$3.50 only

GREEN LAB 10.95

Black bean mash, avocado, tomato, pickled onion & carrot, radish queso & sriracha mayo on five grain bread

THE GARDEN 9.95

Hummus, avocado, radish sprout, tomato, cucumber & carrot on 5 grain bread

THE CAPRESE 10.95

Nut free pesto, tomato, mozzarella & Greek olive oil on ciabatta

ROASTED VEGGIES & GOAT CHEESE 11.75

Zucchini, eggplant, romesco sauce, pesto & goat cheese served on ciabatta

GOURMET SANDWICHES

All of our sandwiches are served with a side of mixed greens. However, we suggest to add a daily fresh side salad for \$3.50 only

THE CHICKEN AVOCADO 11.95

Avocado cream, queso fresco & romesco on ciabatta

THE CHICKEN BLT 11.95

Bacon, tomato, arugula & aioli on ciabatta

THE CHICKEN SALAD 10.25

Apple, grape & arugula on wheat bread

THE CURRIED CHICKEN 9.95

Lingonberry chutney on wheat bread

THE FAMOUS WIENERSCHNITZEL 10.95

Breaded and pan fried cutlet of chicken w/ lingonberry chutney & aioli on ciabatta

THE FRIED BUTTERMILK BUFFALO CHICKEN 10.95

Iceberg lettuce, buffalo aioli on ciabatta

THE TURKEY LAB 11.95

Tomato, avocado, sprouts, pickled onion, black bean mash on ciabatta

THE TURKEY BRIE 11.25

Turkey breast, brie, pear, honey & fig compote on wheat bread

THE CUBAN 10.95

Pork loin, gruyere, ham, pickles & mustard on ciabatta

THE AUSTRIAN MEATLOAF 10.95

Grass fed beef, secret sauce, onion & Dijon mustard on ciabatta

THE TUNA SALAD 9.95

Green apple, olive tapenade on wheat bread

THE TUNA MELT 10.25

Tuna/mayo salad w/ sharp cheddar melted on wheat bread

*Prices subject to change without notice based on market fluctuations & gas prices...The good stuff costs more! Availability on seasonal items fluctuates based on seasons

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ORGANIC SALADS

Although we pair our dressings, you may choose your own vinaigrette House (H), Lemon (L) or Olive oil & Balsamic

THE VEGAN (H) 10.75

Artichoke, tomato, edamame, carrot, radish, beans, cucumber & corn

SALAD TRIO (3 SIDE SALADS) 14

A selection of our daily side salads (proteins not included)

NICOISE (L) 12.95

Tuna/mayo salad, green beans, tomato, egg, potato, black olive with mixed greens

PULLED CHICKEN SALAD (H) 12.95

Served with arugula, apple, grape, mandarin, candied walnuts

CHICKEN ARUGULA SALAD (H) 12.95

Edamame, cranberry, candied walnut, Asian marinade

KALE CEASAR 12.95

Grilled chicken, organic kale, homemade croutons, & parmesan

CHICKEN COBB (L) 14

Grilled chicken, bacon, avocado, egg, gorgonzola, tomato on spring mix

TURKEY COBB (L) 14.25

Turkey breast, bacon, avocado, egg, gorgonzola, tomato on arugula

CURRY SALAD (L) 12.95

Curried chicken, lingonberry, carrot, apple & cucumber on arugula

FAMOUS SCHNITZEL SALAD (L) 13.25

Famous chicken Schnitzel on greens w/ potato, cucumber salad, lemon

THREE CHEESE SALAD (H) 13.95

Brie, gruyere, gorgonzola, dried apricot, candied walnut, cranberry sunflower seed, nut free pesto tapenade, on spring mix

SIDES & MORE

MINI VEGAN (H) 6.95

Artichoke, tomato, edamame, greens beans, cucumber & corn

SIDE OF TUNA SALAD, CHICKEN CURRY 5.95 FOR 8OZ / 10.95 FOR 16OZ

HOMEMADE SOUP OF THE DAY / COLD SOUP

4.75 FOR CUP / 6.5 FOR BOWL

CHEESE PLATTER 16

Brie, Gruyere & Gorgonzola with dried fruits, nuts & bread basket

CHARCUTERIE PLATTER 16

Hard salami, speck & parisian ham w/ olives & bread basket

CHIPS - Rusty's / Dirty 3.5

SIDE GRILLED CHICKEN BREAST 5.5 / AVOCADO 3.5

ADD CHEESE : GORGONZOLA / BRIE / SMOKED GOUDA / SHARP CHEDDAR / GRUYERE OR GOAT CHEESE 3.25

PICNIC BOXES 23.50

EACH BOX INCLUDES
A SANDWICH OF YOUR CHOICE
A MINI VEGAN SALAD
A DAILY SIDE SALAD
A COOKIE BY DELUSCIOUS COOKIES
A BOTTLE OF WATER
A STICK OF GUM AND BIODEGRADABLE EATWARE

COFFEE BY LA COLOMBE

W/Almond or soy milk Add 0.5

HOUSE COFFEE 3
CAFE AU LAIT 3.5
VIENNA COFFEE 3.5
House coffee topped
with whipped cream
SALZBURGER 3.75
Americano coffee topped
with whipped cream
LATTE 4.25
AMERICANO 2.75
MOCHA 4.5
ESPRESSO 2.75
MACCHIATO 3.25
CAPPUCCINO 3.75
RED EYE 3.75
BLACK EYE 4.75
COLD BREW 4.5
CHAI LATTE 4
HOT CHOCOLATE 4.5

HOT TEA BY REVOLUTION TEA 4

WHITE PEAR
BLACK RASPBERRY
ENGLISH BREAKFAST
EARL GRAY LAVENDER
BOMBAY CHAI
DRAGON EYE OOLONG
WHITE POMEGRANATE
HONEY BUSH CAMEL
TROPICAL GREEN
ORGANIC GREEN
SWEET GINGER PEACH

TEA - CAFFEINE FREE

SOUTHERN HERBAL MINT
GOLDEN CHAMOMILLE

MATCHA BY TENZO TEA 4.5

PREMIUM GREEN TEA
BLUEBERRY
RASPBERRY

COLD DRINKS

SODA (33CL) 1.75
Coca-Cola / Diet-Coke / Coca-Cola Zero / Sprite
MEXICAN COKE 3
FRESH LEMONADE 3.75
MINT LEMONADE 4
STRAWBERRY OR PEACH OR CUCUMBER LEMONADE 4.5
FRESH ORANGE JUICE 4.5
FRESH GRAPEFRUIT 4.25
TOPO CHICO SPARKLING WATER 2.75
FOODLAB WATER 1.75
HOMEMADE ICE TEA 3.25
CLOVER JUICE 9.5
The Quench / Pink Chia / Gold n' Greens / Go Big
Veg'd / Gingersnap / The Clover / Sunrise

DESSERTS

APPLE TARTLETTE 7.5 // PEAR TARTLETTE 7.95
CHOCOLATE CARAMEL CRUNCH 7.5
COOKIE BY DELUSCIOUS 3.95 // WILD BERRY CRUMBLE 5.95
GLUTEN FREE GERMAN CHOCOLATE COOKIE 4.5

Order through our website

FOODLAB-LA.COM

Download & order through our app

Text **FOODLAB** to **33733**

Monday through Friday, 7am-7pm

Saturday & Sunday 8am-6pm

FOODLAB

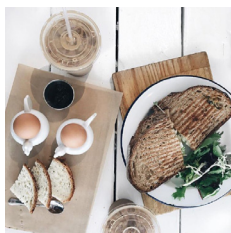
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5% set up fees will be automatically added for any order of \$150 and above



We look forward to your comments and suggestions: foodlabla@gmail.com