

BREAKFAST (WEEKDAYS ENDS AT 11AM, WEEKENDS 4PM)

2 ORGANIC SOFT BOILED EGGS W. BREAD & JAM (EAT IN ONLY) 7.5
BELGIAN WAFFLE W. FRUIT COMPOTE & PURE MAPLE SYRUP 9
HOMEMADE GRANOLA PARFAIT W. EUROPEAN STYLE YOGURT 6.5
HOMEMADE SWISS BIRCHER MUESLI W. BERRIES 6
FRESH ORGANIC FRUIT SALAD 8oz 4.5 / 16oz 6.5
ORGANIC EUROPEAN STYLE YOGURT & BERRIES 6
STEEL CUT OATMEAL W/ BERRY AND CHOICE OF MILK 6.5

ASK ABOUT OMELETTES TO GO & OUR FULL COFFEE BAR

BREAKFAST SANDWICHES

HARD BOILED EGG SANDWICH W/ BACON, WATERCRESS & AIOLI ON WHEAT 9.25
PARIS HAM & GRUYERE CROISSANT W. MUSTARDS & TAPENADE (SUB WHEAT) 8.5
NUTELLA & MASCARPONE ON FIVE GRAIN 6.5
SMOKED SALMON W. CREME FRAICHE & SLICED CUCUMBER ON WHEAT 12.5
SCRAMBLED EGG SANDWICH W/ BACON, WATERCRESS & GRUYERE ON WHEAT 9.75
BAGUETTE TOASTED w. BUTTER AND JAM 5.5
BAGUETTE TOASTED w. SIDE OF BRIE OR GRUYERE \$7.5
BAGUETTE TOASTED w. SIDE OF PROSCIUTTO OR PARIS HAM \$9.5

LUNCH

SANDWICHES

ORGANIC CURRIED CHICKEN WITH LINGONBERRY CHUTNEY ON RAISIN WALNUT 9.75
ORGANIC CHICKEN SALAD WITH APPLE, GRAPE & WATERCRESS ON RAISIN WALNUT 9.75
ORGANIC TURKEY BREAST WITH BRIE, PEAR, HONEY & FIG COMPOTE ON WHEAT 10.25
TUNA SALAD WITH APPLE & OLIVE TAPENADE ON OLIVE BREAD 9.25
ORGANIC CAGE FREE EGG SALAD WITH ASPARAGUS ON 5 GRAIN **V** 8.5
CUBAN STYLE: PORK LOIN, GRUYERE, HAM, PICKLES & MUSTARD ON CIABATTA 10.5
AUSTRIAN MEATLOAF W. SECRET SAUCE, CARAMELIZED ONIONS & DIJON ON CIABATTA 10.5
ORGANIC CHICKEN WIENERSCHNITZEL W. LINGONBERRY CHUTNEY & AIOLI ON CIABATTA 10.75
GRILLED ORGANIC CHICKEN AVOCADO W. QUESO BLANCO & DRIED TOMATO ON CIABATTA 10.75
GRILLED ORGANIC CHICKEN 'BLT': BACON, TOMATO, ARUGULA & AIOLI ON CIABATTA 11
GRILLED ORGANIC CHICKEN GOUDA W. DRIED TOMATO AIOLI, ARUGULA ON CIABATTA 10.75
PROSCIUTTO & FRESH FIG WITH RICOTTA, HONEY & BALSAMIC REDUCTION ON RAISIN WALNUT 12 (FIGS SEASONAL/SUB FOR DRY)
SMOKED SALMON WITH CREME FRAICHE, CUCUMBER & LIME ZEST ON WHEAT 12.5
GRILLED CHEESE: GRUYERE, TALLEGIO & RACLETTE ON 5 GRAIN W. CARAMELIZED ONION & GRAINY MUSTARD 9.75 **V**
STEAK SANDWICH W. ARGENTINE CHIMICHURRI ON CIABATTA 12.75
GERMAN BRATWURST W. DIJON & ROASTED PEPPERS 10.75
BUFFALO BUTTERMILK FRIED CHICKEN SANDWICH W. BUFFALO AIOLI & ICEBERG ON CIABATTA 10.75
VEGAN SANDWICH: HUMMUS, ROASTED VEGGIES & DRIED TOMATO W. BASIL PESTO ON 5 GRAIN 9.75 **U**
ROASTED VEGGIE WITH FRENCH GOAT CHEESE, DRIED TOMATO & BASIL PESTO ON 5 GRAIN 10.25 **V**
GARDEN: HUMMUS, AVOCADO, WATERCRESS, TOMATO, CUCUMBER & CARROT ON 5 GRAIN 9 **V/U**
GORGONZOLA DOLCE WITH FIG COMPOTE, PEAR & HONEY ON RAISIN WALNUT 9.25 **V**
CASHEW CHEESE W. RADISH, WATERCRESS & CUCUMBER ON WHEAT 8.75 **V/U**
CAPRESE W. PINE NUT FREE PESTO, BUFFALO MOZZARELLA & GREEK OLIVE OIL 9.5 **V**

ADD A DAILY SIDE SALAD 2.5 EXTRA or SMALL CUP OF SOUP 3.5 EXTRA

ORGANIC SALADS

ALTHOUGH WE PAIR OUR DRESSINGS, YOU MAY CHOOSE YOUR OWN VINAIGRETTE: HOUSE, LEMON OR EVOO & BALSAMIC

CHICKEN ARUGULA SALAD W. EDAMAME, CRANBERRY & CANDIED WALNUTS 12.75
CHICKEN COBB: BACON, AVOCADO, EGG, GORGONZOLA DOLCE, TOMATO, GRILLED CHICKEN ON SPRING MIX 14
CRISPY PROSCIUTTO & FIG SALAD WITH HALLOUMI, CANDIED PECAN & BALSAMIC ON ARUGULA 13.75
SALAD NICOISE: TUNA SALAD, GREEN BEANS, TOMATO, EGG, OLIVES W. MIXED GREENS 11.75
VEGAN: ARTICHOKE, TOMATO, EDAMAME, GREENS BEANS, HEARTS OF PALM, CUCUMBER & CORN 10
PULLED CHICKEN SALAD W. APPLE AND GRAPE W. CANDIED PECANS & MANDARIN ON ARUGULA 11.5
ROASTED VEGGIES W. FRENCH GOAT CHEESE, PESTO & TOMATO ON MIXED GREENS 11.75
BUFFALO MOZZARELLA W. CHERRY TOMATO, ZUCCHINI, PESTO, TAPENADE & SUNFLOWER SEEDS 14
THREE CHEESE SALAD: BRIE, GRUYERE, & GORGONZOLA W. PESTO, TAPENADE, DRIED FRUITS & NUTS 13
SMOKED SALMON SALAD W. GRILLED ASPARAGUS & LEMON 14
MINI VEGAN: ARTICHOKE, TOMATO, EDAMAME, GREENS BEANS, HEARTS OF PALM, CUCUMBER & CORN 5.75

ADD ORGANIC CHICKEN BREAST 5 ADD FRENCH GOAT/BRIE/ GOUDA/ GRUYERE 2.75 ADD AVOCADO SPREAD OR BACON 2.75

ORGANIC SIDE SALADS, CHEESE, CHARCUTERIE & SOUPS

SALAD TRIO (3 SIDE SALADS) SERVED W. BREAD 11 (DAILY SELECTION VARIES)
SINGLE SIDE SALAD \$4 for 8oz / \$7.5 FOR 16oz (TAKE IT HOME WITH YOU!) (\$2.5 if you add to a sandwich)
CHEESE PLATTER: SELECTION OF FOUR FINE CHEESES WITH DRIED FRUITS, NUTS & BREAD BASKET 15
CHARCUTERIE PLATTER: SALAME, SPECK, PARISIAN HAM & BRESAOLA WITH OLIVES & BREAD BASKET 15
SIDE OF TUNA SALAD, EGGSALAD, CHICKEN CURRY, OR CHICKEN SALAD W/ GRAPE 5.5
ON A BED OF FIELD GREENS OR ARUGULA ADD 3.5
MINI VEGAN SALAD 5.75
DAILY HOT OR COLD SOUP CUP 4.5 / BOWL 6.5 PLEASE REQUEST BREAD IF DESIRED

SWEETS & MORE

VARIOUS COOKIES & BROWNIES by DELUSCIOUS 3.75
SMORE BARS, \$5.5
BONUAGE CLOUD CAKES (INQUIRE ABOUT FLAVORS) 6
SMALL BAGS OF CHIPS (7 FLAVORS) 2.5 PLEASE CALL FOR OTHER DESSERT OPTIONS

DRINKS

BOTTLED SODAS & WATERS AVAILABLE PLEASE INQUIRE COKE / DIET COKE 1.5
FRESH JUICES (ORANGE, APPLE & GRAPEFRUIT & CARROT) 4 - 5.5
HOMEMADE FLAVORED & UNSWEETENED ICED-T 2.75 HOMEMADE LEMONADE/MINT 3/3.5
HOMEMADE FLAVORED LEMONADE 4 PLEASE INQUIRE ABOUT SEASONAL FLAVORS

FOODLAB

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DAILY 8AM TO 8PM

CATERING DEPARTMENT: 323.851.7170

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