

## Smoothies

\$4.50 • 16 OZ • ALL NATURAL • NO ADDED SUGAR

### NUTTY PROFESSOR

Banana, natural peanut butter, nonfat frozen yogurt

### SKINNY MINNY

Strawberry, banana, nonfat frozen yogurt, honey

### ORANGE CREAMSICLE

Orange, skim milk, vanilla

### ALMOND JOY

Coconut milk, nonfat frozen chocolate yogurt, natural almond butter, banana

### MANGO MADNESS

Mango, banana, nonfat yogurt, honey

### BERRY BLAST

Strawberry, raspberry, blueberry, nonfat yogurt

### STRAWBERRY OATMEAL

Soy milk, oats, banana, strawberry

### PEACHES N' CREAM

Peach, strawberry, mango, nonfat yogurt

## MAKE YOUR OWN SMOOTHY

CHOOSE 3 FRUITS, LIQUID/YOGURT

*Substitute* Soy milk for any of our smoothies \$1

*Add* Wheat germ, Granola, Vitamin C or Flaxseed \$1

## SUPPLEMENTS

*Add* Protein, Immune, Energy, Anti-stress, Antioxidants \$1

## Juices

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### THE GREEN MONSTER

Spinach, celery, broccoli, parsley

### BIG APPLE

Two types of apples, lemon rind

### THE KITCHEN SINK

Carrots, apple, ginger, beets

### THE IRON MAN

Apple, carrot, ginger

### CAN'T BEET IT

Beets, apple, carrot

### REJUVENATOR

Tomato, celery, parsley

*Add*

### WHEAT GRASS

2 oz...\$1.95 4 oz...\$2.95

### SCOOP OF PROTEIN...\$1



## Breakfast Menu

### STEAK & EGG WHITE WRAP

Scrambled 5 egg whites, grass-fed beef, organic spinach and housemade salsa...\$8.50

### TEXAS BREAKFAST

Scrambled organic eggs served with jalapeño grits, and turkey bacon...\$6

### PURE MIGAS

Cooked hard organic eggs served on top of a corn tortillas and served with caramelized red onion, black beans, lowfat cheddar and house salsa...\$6

### PEACHES AND YOGURT

Simple and sweet peaches layered in between peach mint yogurt topped with granola...\$4

### BLUEBERRY STEEL OATS

Slow cooked oats tossed with fresh blueberries. Eat cold or hot...\$6

### HOT OATMEAL

Organic steel-cut oats cooked with soy milk...\$3.95

Includes two toppings of your choice:

Strawberry

Blueberry

Banana

Dried cranberries

Roasted almonds

Pecans

Cinnamon

Honey

Agave

(extra topping \$0.50)

## Custom Toss

\$6.50

GET IT CHOPPED IF YOU LIKE

*Choose one*

Romaine

Organic mesclun mix

Spinach

### *Choose four*

Fresh peppers

Sundried tomatoes

Mushrooms

Cauliflower

Green beans

Cucumbers

Carrots

Onions

Olives

Tomatoes

Chickpeas

String beans

Alfalfa sprouts

(extra topping \$0.50)

### *Add extra*

Grilled chicken...\$4

Turkey bacon...\$1.50

Salmon...\$6

Grilled tuna...\$6

Blue cheese...\$0.99

Feta...\$0.99

Parmesan...\$0.99

Avocado...\$0.99

Walnuts...\$0.99

Tofu...\$1.50

Low-fat cheddar...\$0.99

Hard boiled egg...\$0.99

Grilled tuna...\$6

Grilled chicken...\$2

Grilled salmon...\$4

♻️ PRINTED ON RECYCLED PAPER USING WIND ENERGY



## Live and Eat Pure

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Tel 281.419.3200

CATERING OPPORTUNITIES AVAILABLE

## Gourmet Wraps

WRAPS CAN BE SERVED ON WHOLE-WHEAT TORTILLAS

### BRAZILIAN GRASS-FED STEAK WRAP

Grilled skirt steak marinated in garlic and lime juice with brown rice and black beans...\$8.50

**TURKEY MEATBALL PARMIGIANA**  
Homemade turkey meatballs with lowfat mozzarella and homemade marinara...\$7.50

**CHICKEN PARMIGIANA**  
Air-fried, whole-wheat breaded natural chicken cutlet with lowfat mozzarella and homemade marinara...\$8

**VEGETARIAN WRAP**  
Whole-wheat tortilla wrapped with black bean spread, roasted peppers, tomatoes, fresh basil, romaine lettuce and balsamic vinaigrette...\$6

### GRILLED MEDITERRANEAN SHRIMP WRAP

Grilled shrimp, feta cheese, arugula, red onion and our Mediterranean vinaigrette wrapped in our whole-wheat tortilla...\$7.50

## Sandwiches

ALL SANDWICHES ARE SERVED ON WHOLE-WHEAT BREAD

**MOZZARELLA & TOMATO PRESS**  
Lowfat mozzarella, tomatoes, arugula, and balsamic vinaigrette pressed in whole-wheat panini bread...\$7.50

**TURKEY MELT**  
Sliced turkey, lowfat cheddar, black bean spread, roasted peppers pressed in whole-wheat panini bread...\$7.50

**SOUTHWEST CHICKEN SANDWICH**  
Whole-wheat panini bread served open face with chicken, black beans, caramelized red onion, grape tomatoes, melted cheddar and arugula...\$7.50

**THAI WRAP**  
Grilled natural chicken or grass-fed beef, brown rice, and our homemade peanut sauce...\$8

**SPICED FISH WRAP**  
Roasted spiced cod wrapped with a lowfat remoulade, chopped romaine lettuce caramelized red onion and tomatoes...\$7.50

**BUFFALO CHICKEN**  
Air-fried, whole-wheat breaded natural chicken cutlet, lettuce, celery hot sauce, lowfat blue cheese dressing...\$8

**POPEYE**  
Grilled natural chicken, steamed spinach and lowfat mozzarella...\$8

### FUSION ROLL

**SPICY TUNA ROLL**  
Seared ahi tuna, brown rice, guacamole, lowfat chipotle mayo and asian cucumber salad...\$10.95

**BISON BURGER**  
Lean bison burger with fresh mozzarella, lettuce, tomato and red onion, served on a whole-wheat bun...\$11.50

**TURKEY BURGER**  
Grilled turkey burger served with arugula, Parmesan cheese, caramelized red onion, roasted garlic & thyme mustard served on whole-wheat bread...\$7  
*May be substituted with veggie burger*

## Specialty Salads

**TOMATO MOZZARELLA SALAD**  
Sliced roma tomatoes served with lowfat mozzarella and fresh basil, topped off with our homemade balsamic vinaigrette...\$6

**SHANGHAI SALAD**  
Asian style salad served with mixed greens tossed with our ginger orange vinaigrette, mandarin oranges, peanuts, and grape tomatoes...\$6

**TEXAS COBB**  
Mixed greens with Texas goat cheese, walnuts, tomatoes, red onion, black beans, and turkey bacon. Jalapeño peach vinaigrette served on the side...\$8

**TUNA NIÇOISE**  
Mixed greens tossed with capers, olives, green beans, fresh basil leaves and a boiled egg mixed with basil vinaigrette. Grilled rare Yellowfin tuna tops the dish...\$8

**MEDITERRANEAN MIXED GREENS**  
Greek style salad with mixed greens tossed with olives, red onion, feta cheese, chopped tarragon and tossed with housemade Mediterranean vinaigrette...\$6

**STRAWBERRY SPINACH SALAD**  
Organic spinach mixed with sliced strawberries, turkey bacon, and shallots tossed in raspberry vinaigrette...\$6

**MELON SALAD**  
Chopped romaine tossed with honeydew, watermelon, raisins, and walnuts mixed with lowfat yogurt vinaigrette...\$6

**BLUE WEDGE**  
Whole romaine lettuce topped with grape tomatoes, shallots, and lowfat herbed blue cheese dressing with a wedge of Maytag blue...\$6

**LOWFAT CAESAR SALAD**  
Chopped romaine lettuce tossed with a lowfat caesar dressing topped with grated Parmesan cheese and whole-wheat croutons...\$6

*Choose* your option of any our products to form your own salad  
*Or* we have a selection of pre-packaged organic greens with all housemade dressings for you to choose from.



*Add* GRASS-FED BEEF \$6 • NATURAL CHICKEN \$2  
LINE-CAUGHT TUNA \$6 • LINE-CAUGHT SALMON \$4  
SHRIMP \$4 • LOWFAT MOZZARELLA OR CHEDDAR \$2

## Kidz Corner

**PB N' J**  
Natural peanut butter, low sugar jelly served on whole-wheat bread...\$4

**PURE CHICKEN TENDERS**  
Whole-wheat breaded chicken tenders served with air-fried sweet potato fries...\$4

**KIDZ QUESADILLA**  
Grilled chicken breast and lowfat cheese served with air-fried sweet potato fries...\$4

## Dining In or Dining Out

**RAINBOW TROUT**  
Pan seared rainbow trout served with brown rice, almonds, sautéed green beans and finished with olive oil and Parmesan...\$10

**YELLOWFIN TUNA**  
Grilled Yellowfin tuna served with a quick sauté of buckwheat noodles, ginger, sugar snap peas, carrots and a sweet sour sauce...\$12  
*May be substituted with teriyaki beef*

**HERB ENCRUSTED SALMON**  
Roasted salmon encrusted with fresh herbs served with roasted acorn squash, pine nuts, spiced whipped yams and mango reduction...\$10

**CHICKEN QUESADILLA**  
Natural chicken, roasted red peppers, spinach, onions, and lowfat cheese served with pico de gallo and guacamole...\$10

**PURE SHRIMP PASTA**  
Whole-wheat spaghetti tossed with pine nuts, shrimp, mint, capers, grape tomatoes and finished with olive oil and Parmesan cheese...\$10

**ALL NATURAL CHICKEN BREAST**  
Pan roasted chicken breast served with vegetable black bean cassoulet and arugula tossed in balsamic vinaigrette...\$9

**GRASS-FED BEEF TENDERLOIN**  
Grilled beef tenderloin medallions served with roasted turnips, sautéed brussels sprouts, jalapeño grits and balsamic reduction 8oz...\$18

**VEGGIE LASAGNA**  
Whole-wheat lasagna mixed with caramelized red onion, fresh basil, mozzarella, spinach and housemade marinara...\$9

*All pre-packaged meals are served in small and medium sized containers. The dishes served for dining in are served in medium portions. Tofu is available to change for any dish.*

## Sides \$2 EACH

SWEET POTATO AIR FRIES • BROWN RICE  
GREEN BEANS • ROASTED ACORN SQUASH  
SPICED WHIPPED YAMS • ROASTED TURNIPS  
SAUTÉED BRUSSELS SPROUTS • JALAPEÑO GRITS  
ROASTED CAULIFLOWER • TURKEY MEATBALLS  
VEGETABLE BLACK BEAN CASSOULET

## Organic Teas

ASSORTED ORGANIC ICED TEAS...\$1.95 HOT TEAS...\$2.15

## Coffee

	REG	LARGE
PURE BREW.....	\$1.95	\$2.25
CAPPUCCINO.....	\$3.20	\$3.50
CAFÉ LATTE.....	\$3.20	\$3.50
AMERICANO.....	\$2.10	\$2.45
ICE COFFEE.....	\$1.95	\$2.25
ESPRESSO.....	\$1.50	extra shot \$0.80