



ALL DAY MENU

DAILY 7→4
207 775 2695

LB. KITCHEN

Breakfast-ish

GF	Breakfast Salad* 13.5 CRISPY GREENS. JAMMY EGG. AVOCADO. KIMCHI. RADISH. CITRUS VINAIGRETTE. ADD EXTRA JAMMY EGG 2.5 / CASHEW CHEESE 2 / CHOPPED BACON 4.5
	Eggs & Toast* 14.5 2 FRIED EGGS. AVOCADO. DEMI SALAD. GRILLED SOURDOUGH. BUTTER. ADD SIDE BACON 6.5 / SUB HOUSE GF BREAD 2
GF/VO	The Daily* 17 2 FRIED EGGS. BROWN RICE. AVOCADO. ARUGULA. PICKLED CARROTS. SESAME-TAMARI SAUCE. ALMONDS. SRIRACHA MAYO. CASHEW CHEESE. MICROGREENS. HEMP SEEDS. SUB TOFU “FRIED EGG”
GF/VO	Golden Milk Pancakes 15 GF FLOUR, EGGS, BUTTERMILK. GOLDEN MILK SPICE BLEND. BUTTER. MAPLE SYRUP. ADD MAINE BLUEBERRIES 2. *VEGAN OPTION AVAILABLE
GF/VO	Bircher 11 OVERNIGHT OATS. CHIA SEEDS. ALMOND MILK. MAPLE SYRUP. SEA SALT. TOPPED WITH WILD MAINE BLUEBERRY COMPOTE. BANANA. BEE POLLEN. CHOOSE PEANUT BUTTER / ALMOND BUTTER 2 / VANILLA PROTEIN ALMOND BUTTER 3.
GF/VO	Yogurt Mess 10.5 YOGURT. TOPPED WITH HOUSE NUT-FREE GRANOLA. FRUIT COMPOTE. MINT. CHOOSE WHOLE MILK YOGURT / COCONUT 2
GF/V	Passionfruit Chia Parfait 10 CHIA. PASSIONFRUIT. MAPLE. COCONUT MILK. TOPPED WITH COCONUT YOGURT. STRAWBERRIES. TOASTED COCONUT.
GF/V	Açaí Bowl 13.5 BLUEBERRIES. ACAI. BANANA HOUSE ALMOND MILK. TOPPED WITH STRAWBERRIES. FRESH BANANA. HOUSE NUT-FREE GRANOLA. HEMP SEEDS. CHOOSE PEANUT BUTTER / ALMOND BUTTER 2 / VANILLA PROTEIN ALMOND BUTTER 3

Toasts + Sandwiches

SUB GF BREAD 2 *CONTAINS EGG

	Super Basic* 11.5 FRIED EGG. LOCAL BACON. PROVOLONE. VEGAN SRIRACHA MAYO. LOCAL WHITE BREAD. ADD SLICED AVOCADO 3 / TRUFFLE AVOCADO MASH 3.5 SUB CARROT BACON / SUB CASHEW CHEESE 2
VO	All Day 14.5 LOCAL BACON. TOMATO. LETTUCE. AVOCADO. PICKLED JALAPENOS. VEGAN SRIRACHA MAYO. LOCAL WHITE BREAD. ADD FRIED EGG 2.5 / SUB CARROT BACON
V	Vegan Breakfast 14 GRILLED TOFU. CARROT BACON. ARUGULA. CASHEW CHEESE. VEGAN SRIRACHA MAYO. LOCAL SPROUTED WHEAT BREAD. ADD SLICED AVO 3 / TRUFFLE AVO MASH 3.5 / TOMATO 1.5 / PICKLED THINGS 3
V	Avocado Toast 13 AVOCADO. TRUFFLE OIL. SMOKY SPICES. MICRO ARUGULA. HEMP SEEDS. GRILLED LOCAL SOURDOUGH. ADD FRIED EGG 2.5 / CHOPPED BACON 4.5
	Cottage Cheese Toast 14 WHIPPED COTTAGE CHEESE. AVOCADO. LEMON. JAMMY EGG. DILL. GRILLED LOCAL SOURDOUGH.
	Chicken Salad Toast 14 LEMON HERB CHICKEN SALAD. SHISO MICROGREENS. GRILLED LOCAL SOURDOUGH.
V	Chickpea Toast 13 LEMON CAPER CHICKPEA SALAD. SHISO MICROGREENS. GRILLED LOCAL SOURDOUGH.
	Fancy Grilled Cheese 12 CHEDDAR. GRUYERE. BUTTER. LOCAL NORMANDY WHITE BREAD. ADD TOMATO 1.5 / KIMCHI 2 / BACON 6.5 / PESTO 2 / PICKLED JALAPENO 1.5

Bowls + Salads

GF/V	LB. Bowl 16.5 BROWN RICE. HOUSE PICKLED VEG. KIMCHI. AVOCADO. MISO SLAW. ARUGULA. SWEET CHILI SAUCE. VEGAN SRIRACHA MAYO. HEMP SEEDS.
GF/V	Kale Caesar 15 KALE. ROMAINE. CASHEW CHEESE. CHICKPEAS. SUNFLOWER SEEDS. VEGAN CAESAR DRESSING.
GF/V	Veg Out 14 NEW SPOKE FARM SEASONAL VEG. GREENS. VEGAN FETA. HERBS. VEGAN RANCH. SUB GREEN GODDESS DRESSING *CONTAINS DAIRY
GF	Summer Cobb Salad 18 ROMAINE. CHOPPED BACON. HARD-BOILED EGG. BLUE CHEESE. PICKLED RED ONION. AVOCADO. CUCUMBER. GRAPE TOMATOES. GREEN GODDESS DRESSING.
GF	The Keto* 20 GRILLED SALMON. SAUTÉED SESAME-TAMARI KALE & SPINACH. ARUGULA. BEET-PICKLED EGG. AVOCADO. SESAME SEEDS. PARSLEY-OLIVE PESTO. *NUT-FREE
GF/V	Green on Grain 15.5 STEAMED BROCCOLI, KALE & SPINACH. BROWN RICE. AVOCADO. LEMON-TAMARI NUTRITIONAL YEAST SAUCE. TOASTED ALMONDS.
GF	Harissa Hash* 16 HARISSA SWEET POTATO & CARAMELIZED ONION HASH. FRIED EGG. BLACK BEANS. ARUGULA. HARISSA CREME FRAICHE. HEMP SEEDS. SUB CASHEW CHEESE 1
GF/VO	Community Bowl 13 BROWN RICE. BLACK BEANS. TOMATO. AVOCADO. ARUGULA. CREME FRAICHE. ADD PICKLED JALAPENOS 1.5 / SUB SRIRACHA MAYO \$1 FROM EVERY BOWL IS DONATED TO IMPACTFUL LOCAL COMMUNITY ORGANIZATIONS

Sides

	Grilled Toast 5 BUTTER AND/OR JAM SUB GF BREAD 2 *CONTAINS EGG
GF	Local Bacon 6.5 FOUR SLICES
GF/V	Perfect Little Salad 5
GF/VO	Solo Pancake 5
	BLT Sammy 8 LOCAL BACON. TOMATO. LETTUCE. VEGAN MAYO. LOCAL WHITE BREAD.
V	AB & Jam Sammy 5.5 HOUSE JAM. LOCAL WHITE BREAD. COCONUT ALMOND BUTTER. *CONTAINS COCONUT
	Grilled Cheese 6 PROVOLONE CHEESE. LOCAL WHITE BREAD.
GF/V	Strawberry Banana Smoo 7 STRAWBERRY. BANANA. MAPLE. HOUSE ALMOND MILK.
GF/V	Fruit Cup 5 BANANA. STRAWBERRIES. BLUEBERRIES.

Add a Protein

Grilled Chicken*	5.5
Grilled Salmon*	7
Sweet Chili Tofu	5
Tofu ‘Fried Egg’	4
Local Chopped Bacon	4.5
Fried Egg*	2.5
Jammy Egg*	2.5
Beet-Pickled Egg	3
Chicken Salad	4
Chickpea Salad	3

GF / GLUTEN FREE
V / VEGAN
VO / VEGAN OPTION

*Our kitchen works with gluten, dairy, egg, soy, fish, coconut, tree nuts, peanuts and sesame. Our primary cooking oil is coconut. We are happy to take extra care to prevent cross contact. Just note that allergy orders may take extra time. Please let us know about food allergies before you order.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

Slushies

Lemon-Aid 7

WOODEN SPOON HERBS MAGIC MAGNESIUM. LEMON.
MAPLE. SEA SALT. WATER. CRUSHED ICE.

Summer Cure 7

STRAWBERRIES. LIME. WATERMELON ELECTROLYTES.
WATER. CRUSHED ICE.

Yuzu Palmer 6

YUZU JUICE. BLACK TEA. MAPLE. CRUSHED ICE.

Dirty Lemon 6.5

CHARCOAL. APPLE CIDER VINEGAR. LEMON. MAPLE.
WATER. CRUSHED ICE.

Immunity Crush 6.5

TURMERIC. GINGER. LEMON. HONEY. WATER.
CRUSHED ICE.

Ginger Slush 6.5

GINGER. LEMON. MAPLE. WATER. CRUSHED ICE.

Vitamin Sea 6.75

CHLOROPHYLL. SPIRULINA. LEMON. HONEY. WATER.
CRUSHED ICE.

Extras!

CBD *15G	3
Trace Minerals	2
Ginger	1.5
Turmeric	1.5
Lemon	1
Electrolytes	2
Local Chaga Mushroom	2
Apple Cider Vinegar	1
Blue Spirulina	1.5
Chlorophyll	2

Smoothie

Pea B & J 11.5

STRAWBERRIES. BANANA. PEANUT BUTTER. PITAYA.
VANILLA PEA PROTEIN 10G. HOUSE ALMOND MILK.

Purple Rain 11

BLUEBERRIES. BANANA. ACAI. ALMOND BUTTER.
HOUSE ALMOND MILK. BEE POLLEN.

Green Machine 11

KALE. SPINACH. BANANA. GINGER. AVOCADO. DATE.
HOUSE ALMOND MILK. HEMP SEEDS.

Ocean Eyes 11

MANGO. PINEAPPLE. BLUE SPIRULINA.
COCONUT YOGURT. COCONUT MILK.

Boyfriend Shake 11.5

CACAO. LOCAL CHAGA. DATE. SEA SALT. MAPLE.
AVOCADO. BANANA. COCONUT YOGURT. HOUSE
ALMOND MILK. CACAO NIBS.

Gut-Check 12

PINEAPPLE. BLOOD ORANGE. CARROT. BANANA.
TURMERIC. GINGER. COCONUT MILK.
CHOOSE BOVINE / VEGAN COCONUT COLLAGEN

Marry Me 12

BLUEBERRIES. PINEAPPLE. VANILLA PEA PROTEIN 10G.
VEGAN COCONUT COLLAGEN. COCONUT YOGURT. CHIA SEEDS.
COCONUT WATER.

Athleisure 12

STRAWBERRIES. BLUEBERRIES. PINEAPPLE. THORNE
CREATINE 2.5MG. STRAWBERRY COMPOTE. COCONUT MILK.

Tahini Date Shake 11

COLD BREW COFFEE. BANANA. DATES. TAHINI. MACA.
HOUSE ALMOND MILK. SESAME SEEDS.

Extras!

Pea Protein - Vanilla *10g/20g	3/5
Pea Protein - Chocolate *10g/20g	3/5
Whey Protein - Unflavored *10g/20g	3/5
Collagen - Bovine	3
Collagen - Vegan Coconut	3
Creatine *2.5g	2
Adaptogens *MACA, ASHWANGANDHA, REISHI	3
Local Chaga Mushroom	2
Espresso *DOUBLE SHOT	2.5
CBD *15g	3
Almond Butter	2
Peanut Butter	1.5
Maca	1
Chia	1

DRINK

Coffee

Drip	4
Nitro Cold Brew	5
Espresso *DOUBLE SHOT	4
Decaf Espresso *DOUBLE SHOT	4
Americano	4
Cortado	4.25
Cappuccino	4.5
Latte	5.5
Mocha	6

Vegan Coconut Caramel Latte 6.75
ESPRESSO. OAT MILK. COCONUT CREAM. VANILLA.
MAPLE. SEA SALT.

Banana Milk Latte 6.75
ESPRESSO. HOUSE BANANA OAT MILK.

Brown Sugar Shaken Espresso 5.75
ESPRESSO. BROWN SUGAR. CINNAMON. VANILLA.
*ICED ONLY. CHOOSE YOUR MILK.

Coconut Americano 5.75
ESPRESSO. COCONUT WATER. *ICED ONLY.

Salty Coffee 5.75
ESPRESSO. SEA SALT. MAPLE. *CHOOSE YOUR MILK.

Shroom Shield 6.25
ESPRESSO. TURKEY TAIL. REISHI. CACAO. CINNAMON.
MAPLE. *CHOOSE YOUR MILK

Tea

Iced Tea 4.25
UNSWEETED JASMINE BLACK TEA.

Chamomile	4
Earl Grey	4
Mint	4
Emerald Green	4
Breakfast Black	4
Tulsi Rose	4
Immunitea	4

LB. Bone Broth

Small Bone Broth	6
Large Bone Broth	9

LOCAL CHICKEN BONES. ORGANIC CELERY. ONIONS. CARROTS.
ORGANIC HERBS. APPLE CIDER VINEGAR. GARLIC. GINGER.
SEA SALT. PEPPER.

OUR SIPPING, MINIERAL-RICH BROTH IS DESIGNED
FOR DAILY RITUAL, NOURISHMENT AND LONGEVITY.

Functional

CHOOSE YOUR MILK

Matcha 6.5
CEREMONIAL GRADE MATCHA.

Cherry Vanilla Matcha 7
CEREMONIAL GRADE MATCHA. CHERRY ALMOND VANILLA SYRUP.

Matcha Americano 6.75
CEREMONIAL GRADE MATCHA. COCONUT WATER. *ICED ONLY.

Houjicha 6
JAPANESE ROASTED GREEN TEA. *LOW CAFFEINE.

Classic Chai 5.75
BLACK TEA. CINNAMON. GINGER. CARDAMOM. CLOVES.
BLACK PEPPER. MOLASSES. SUGAR.

Golden Milk 5.75
LAKADONG TURMERIC. MAKHIR GINGER. INIYA CARDAMOM.
PENI MIRIS CINNAMON. ARANYA BLACK PEPPER.

Portland Fog 5.75
BLACK TEA. ROSE WATER. CBD 15MG. VANILLA SIMPLE SYRUP.
OAT MILK. *HOT ONLY.

Draft Kombucha 5
ROTATING FLAVORS.

Mimosa Rx 5.75
ORANGE JUICE. TURMERIC. CAVA.

Milks

Whole Milk	
Half and Half	
Oat	.75
Almond	.75
Pistachio	.75
Coconut	.75

House Syrups

Honey	.25
Maple	.50
Simple	.25
Vanilla	.50
Lavender	.75
Vegan Coconut Caramel	.75
Cherry Almond Vanilla	.75

Extras!

Espresso *DOUBLE SHOT	2.5
CBD *15G	3
Adaptogens *MACA, ASHWANGANDHA, REISHI	3
MCT Oil	1
Collagen - Bovine	3
Collagen - Vegan Coconut	3
Pea Protein - Vanilla *10G	3
Pea Protein - Chocolate *10G	3
Whey Protein - Unflavored *10G	3