foodlab (in the alley)

love. eat. drink. smile. foodlab.

732 n highland avenue, los angeles, ca 90038

323.851.7120 | foodlab-la.com |

smoothies

choose your liquid:
almond milk, oat milk, coconut water, or filtered water
*no substitutions

green: organic apples, cucumber, celery, avocado, kale and turmeric
red: organic strawberry, banana, peach, raspberry, oats, and goji berry
purple: organic cherry, blueberry, banana, raspberry, acai, and kale
blue: organic blueberry, spinach, kale, fig, walnut, and mint

yellow: banana, pineapple, mango, lemon, papaya, and macadamia

9

9

9

14

14

12

16

9

breakfast.

the breakfast burrito: 13.5 free range scrambled eggs, black bean mash, pickled onions, roasted tomato, avocado, and cheddar & green salsa add bacon 3.5

the scrambled egg sandwich:

free range scrambled eggs, chive, bacon, arugula, aioli & gruyere (add sliced avocado 3.50)

the avocado toast:

served open faced, heirloom cherry tomato, chili peppers, olive oil, sea salt & sprouts (add a sunny side egg on top 3)

the berry waffle(s)

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

the smoked salmon

smoked norwegian salmon, Persian cucumbers, pickled turnips, pickled onion & french goat cheese on baguette

french brie, orange marmalade, dry fig & homemade granola sprinkle strauss yogurt w. pistachio, mint & Turkish honey	12
strauss yogurt 1 w. pistachio, mint & Turkish honey 1 the granola 1	10
w. pistachio, mint & Turkish honey the granola 1	10
w. pistachio, mint & Turkish honey the granola 1	
~	
w. Strauss yogurt & fresh market fruit	11
the fruit bowl	3 / 12
fresh market fruit	

*all sandwiches are served with market greens dressed with lemon vinaigrette

the green lab 14.5 black been mash, avocado, heirloom tomato, pickled onions & carrots

black bean mash, avocado, heirloom tomato, pickled onions & carrots, radishes and Spanish queso w. sriracha mayo

the garden 14

hummus, avocado, pickled turnip, sprouts, heirloom tomato, cucumber & carrot

the caprese 14.5

nut free basil pesto, heirloom tomato, fresh mozzarella & greek olive oil

the incredible Hulk 14.5

little baby gems, avocado, radish sprouts, pea smash, feta cheese, herb dressing

the wienerschnitzel 15

panko fried chicken cutlet w/ lingonberry chutney, market greens & aioli

the turkey lab (*or have it the same way with grilled chicken) Oven roasted turkey breast, heirloom tomato, fresh avocado,

Sprouts, pickled onion, black bean mash add bacon 3.5

the falafel 13.5

hummus, falafel, heirloom tomato and parsley salsa, tahini, pickled red onion & turnips wrapped in flat bread add grilled chicken 5.5

the turkey brie oven roasted turkey breast, french brie, organic pear, honey & fig compote	15 e
the chicken garlic aioli tomato, arugula, sweet piquante peppers, avocado	15
the chicken curry variety of three curry spiced chicken salad & lingonberry chutney	14.5
the smoked salmon smoked norwegian salmon, persian cucumbers, pickled turnips, pickled onion & french goat cheese on baguette	16
the tuna salad Albacore tuna salad w. green apple, olive tapenade	14.5
salads & platters	
the vegan Market greens, cherry tomato grape, edamame, hearts of palm, green beawatermelon radish, rainbow carrot, cucumber, fingerling potato, toasted q chia, with lemon vinaigrette. add smoked salmon 6.5	
the chicken cobb grilled chicken breast, bacon, sliced avocado, hard-boiled egg, gorgonzola	17.5 a,
heirloom cherry tomato on market greens w. Lemon vinaigrette	
the salmon quinoa bowl grilled salmon filet, quinoa, baby gem lettuce, avocado, heirloom tomato, snap peas & lemon drizzled with olive oil and crispy chia substitute grilled chicken	18.5 15

the chicken arugula

asian marinated chicken breast, wild arugula, edamame,

and candied walnut w. house dressing

the schnitzel panko fried chicken cutlet, wild arugula, boiled potato, cucumber salad, dill, lemon wedge w. lemon vinaigrette and side of lingonberry chutney	16.5
the niçoise albacore tuna salad, market greens, boiled potato, green beans, hard-boiled egg, olives w/ lemon vinaigrette	15.5
caprese platter: sliced heirloom tomato, fresh mozzarella, basil pesto & greek olive oil	16
mediterranean platter grape leaves, falafel, olives, hummus, baba ganoush, couscous, cucumber, to pickled turnip and onions, tahini & pita chips	20 matoes,
charcuterie / cheese platter austrian speck, Italian cacciatore hard salami, aged swiss gruyere french brie w. nuts, dried fruit and crisp bread	20

beverages. soups, sides & sweets.

fresh cold brew by la colombe 5 house coffee by la colombe 4 soda (coke / diet coke / sprite) 2 homemade lemonade 4 fresh mint lemonade 4.5 blueberry lemonade 5 arnold palmer. 4.5 fresh iced-t (black / green) 3.75 topo chico 3.5 bottled water 3

16.5

cup of homemade chunky tomato soup 5 bowl of homemade chunky tomato soup 9 Single side salads cup 6 / bowl 12 cup of tuna or chicken curry salad 6 bowl of tuna or chicken curry salad 10 Rusty's Chips (Salt) 3.5 Dirty Chips (ask for flavors) 3 very crunchy chocolate chip cookie(s) 3