



(207) 536-0846

<http://www.carhopme.com>

LB Kitchen

**** All prices reflect actual menu prices.
CarHop does not charge this vendor
any commissions or fees on your
order(s) ****

CLASSIC BREAKFAST

SWEET & SALTY OATS	\$7.00
<i>Organic Maine-Grain Oats. Coconut Oil. Almond Butter. Honey. Cacao Nibs. Mulberries. Sea Salt.</i>	
SASSY & SAVORY OATS	\$8.00
<i>Organic Main-Grain Oats. Liquid Gold Bone Broth. Coconut Oil Fried Egg. Hemp Seeds. Sea Salt.</i>	
EGGS & TOAST	\$9.00
<i>2 Organic Fried Eggs. Perfect Little Side Salad w/ Citrus Vinaigrette. 5 Grain Sourdough.</i>	
YOGURT MESS	\$10.00
<i>Coconut OR Whole Milk Yogurt. Seasonal Fruit. LB Granola.</i>	
THE BREAKFAST SALAD	\$10.00
<i>Organic Greens. Organic Fried Egg. Avocado. Pickled Things. Citrus Vinaigrette.</i>	
GOLDEN MILK PANCAKES (GF)	\$10.50
<i>Gluten Free Golden Milk. Grass Fed Butter. Maine Maple Syrup.</i>	

LB BOWLS

KALE CAESAR	\$12.00
<i>Local Kale. Romaine. Cashew Cheese. Chickpeas. Vegan Caesar Dressing.</i>	
HARISSA HASH	\$13.50
<i>Sweet Potato + Caramelized Onion Hash. Harissa Spice. Black Beans. Organic Fried Egg. Creme Fraiche. Arugula.</i>	
GREEN ON GRAIN	\$13.50
<i>Steamed Broccoli, Kale & Spinach. Brown Rice. Avocado. Nutritional Yeast. Almonds. (Contains Sesame)</i>	
ANYTHING GOES BOWL	\$12.00
<i>Build your own! Choose your base of Greens, Grains (or a little bit of both!) + your choice of dressing + your choice of schmear + 3 veggies (you pick). This is your base bowl but you can also add any of our proteins and all the extras. You do you.</i>	
THE LB BOWL	\$13.50
<i>House Pickled Veg + Kimchi. Avocado. Miso Slaw. Organic Greens. Brown Rice. Vegan Sriracha Mayo.</i>	
THE SATURDAY	\$14.50
<i>Pesto Farro. Local Bacon. Organic Fried Egg. Ricotta. Arugula.</i>	
KETO BOWL	\$16.00
<i>Faroe Island Salmon. Sesame Spinach & Kale. Beet-Pickled Egg. Avocado. Parsley-Olive Pesto.</i>	

TOASTS & SANDWICHES

THE SUPER BASIC	\$8.50
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SANDWICH

*Organic Fried Egg. Local Bacon.
Provolone. Vegan Sriracha Mayo.
English Muffin Toasting Bread.*

THE SUPER VEGAN \$8.50

SANDWICH

*Local & Organic Fried Tofu. Carrot
Bacon. Cashew Cheese. Vegan
Sriracha Mayo. Grilled Sourdough
Toast.*

AVOCADO TOAST \$9.50

*Avocado. Truffle Oil. African
Smoke. Organic Greens. 5 Grain
Sourdough Toast.*

THE ALL DAY SANDWICH \$10.00

*Avocado. Local Bacon. Tomato.
Lettuce. Pickled Jalape o. Vegan
Sriracha Mayo. English Muffin
Toasting Bread.*

SIDES

CASHEW CHEESE \$1.50

ORGANIC FRIED EGG \$2.00

GRILLED TOAST & BUTTER \$2.50

BEET PICKLED EGG \$2.50

SLICED AVOCADO \$2.50

AVOCADO MASH \$3.00

PERFECT LITTLE SIDE \$3.00

SALAD

LOCAL & ORGANIC TOFU \$3.50

SOLO GOLDEN MILK \$3.50

PANCAKE (GF)

GRILLED CHICKEN \$4.50

LOCAL BACON \$4.50

FAROE ISLAND SALMON \$5.50

BROTH

LIQUID GOLD

*Chicken Bones. Organic Carrots,
Celery & Onion. Garlic. Turmeric.
Ginger. Rosemary. Thyme. Cloves.
Cardamom. Apple Cider Vinegar.
Chili Oil. Sea Salt. Pepper.*

SMOOTHIES

Coco Mango \$9.00

*Mango. Coconut Yogurt.
Cardamom. Turmeric. Almond Milk.*

PURPLE RAIN \$8.50

*Blueberries. Banana. Acai Powder.
Almond Butter. Almond Milk. Bee
Pollen.*

GREEN MACHINE \$8.50

*Kale. Spinach. Banana. Ginger.
Avocado. Dates. Almond Milk. Hemp
Seeds.*

PINK PLEASE! \$9.00

*Raspberries. Strawberries. Lemon.
Pitaya. Almond Butter. Almond Milk.
Bee Pollen.*

BOYFRIEND SHAKE \$9.00

*Raw Cacao. Avocado. Banana.
Coconut Yogurt. Date. Chaga
Mushroom. Cinnamon. Almond Milk.
Sea Salt.*

THE LIME & THE COCONUT \$9.00

*Pineapple. Banana. Spinach.
Shredded Coconut. Lime. Ginger.
Spirulina. Coconut Milk.*

SMOOTHIE BOWLS

THE ACAI \$11.00

*Bananas. Berries. Acai. Coconut.
Almonds. Peanut Butter. LB Grain
Free Granola.*

THAT GLOW \$12.00

*Raspberries. Strawberries. Pitaya.
Banana. Collagen. Goji Berries.
Hemp Seeds. Chia Seeds. Flax
Seeds. Sunflower Seeds. Pumpkin
Seeds. Coconut*

TREATS

ALMOND BUTTER CUP	\$2.00
<i>Dark Chocolate. Coconut Oil. Almond Butter.</i>	
FAT BALLS	\$2.50
BLUEBERRY COCONUT BREAD	\$2.75
<i>Blueberries. Shredded Coconut. Earth Balance. Coconut Milk. Coconut Yogurt. Sugar. AP Flour.</i>	
CLASSY CHIP COOKIE	\$2.50
<i>Almond Flour. Oat Flour. Coconut Oil. Brown Sugar. Almond Milk. Vanilla. Sea Salt. Chocolate Chips.</i>	
GRILLED BANANA BREAD	\$3.00
<i>Gluten Free Flour Blend. Gluten Free Oats. Flax. Banana. Almond Butter. Walnuts. Avocado Oil. Maple Syrup. Almond Milk. Sea Salt.</i>	
CASHEW SNICKERS BAR	\$4.00
<i>Vegan chocolate chips. Coconut oil. Almond butter. Almond flour. Vanilla. Cashews. Peanut butter. Coconut cream. Maple syrup. Maldon sea salt.</i>	

COFFEE

AMERICANO	\$2.75
<i>RWANDA BEAN * Espresso. Single Origin Rwanda. Tasting Notes: Caramel + Cream</i>	
ESPRESSO	\$2.75
<i>RWANDA BEAN * Espresso. Single Origin Rwanda. Tasting Notes: Caramel + Cream</i>	
ORGANIC TEA	\$2.75
<i>Mighty Leaf Whole Leaf Tea. Organic.</i>	
HOT BREWED COFFEE	\$3.00
<i>RWANDA BEAN * Dark Roast. Single Origin Rwanda.</i>	
CORTADO	\$3.25
<i>RWANDA BEAN * Espresso. Single Origin Rwanda. Tasting Notes: Caramel + Cream</i>	
CAPPUCCINO	\$3.50
<i>RWANDA BEAN * Espresso. Single Origin Rwanda. Tasting Notes: Caramel + Cream</i>	
LATTE	\$4.00
<i>RWANDA BEAN * Espresso. Single Origin Rwanda. Tasting Notes: Caramel + Cream</i>	
NITRO COLD BREW	\$4.50
<i>NOBL</i>	

WELLNESS LATTES

GOLDEN MILK	\$4.75
<i>Turmeric. Black Pepper. Cardamom. Ginger.</i>	
MATCHA	\$4.75
<i>Matcha Green Tea.</i>	
BLUE CHAI	\$4.75
<i>Blue Spirulina. Butterfly Pea Flower. Ginger. Cinnamon. Nutmeg. Clove. Ashwaganda. Maca. Astragalus Root.</i>	
CHAI CHAI	\$4.75
<i>Cinnamon. Ginger. Cardamom. Black Pepper. Nutmeg. Cloves. Cayenne.</i>	
MUSHROOM MATCHA	\$4.75
<i>Matcha, Lion s Mane Mushroom Extract, Astragalus Root, Ginger.</i>	
CACAO TURMERIC	\$4.75
<i>Coconut Milk Powder. Turmeric. Cacao. Ginger. Cardamom. Black Pepper.</i>	

SLUSHIES & TONICS

VITAMIN-SEA WATER	\$5.00
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<i>Spirulina. Chlorophyll. Lemon. Honey. Crushed Ice & Water.</i>	
GINGER SLUSH	\$5.00
<i>Juiced Ginger. Lemon. Maple Syrup. Crushed Ice & Water.</i>	
IMMUNITY CRUSH	\$5.00
<i>Turmeric. Ginger. Lemon. Honey. Ice & Water.</i>	
THE MINT	\$5.25
<i>Matcha. Butterfly Pea Flower. MCT Oil. Coconut Sugar. Mint. Almond Milk.</i>	
KOMBUCHA CHILLER	\$9.50
<i>Grapefruit Kombucha. Juiced Ginger. VYBES CBD. Crushed Ice.</i>	

LB WATERS

LB LEMON WATER	\$2.00
<i>Lemon. Filtered Water.</i>	
LB BLACK WATER	\$3.00
<i>Lemon. Activated Charcoal. Filtered Water.</i>	
LB CHLOROPHYLL WATER	\$3.00
<i>Chlorophyll. Mint. Filtered Water.</i>	

CANS & BOTTLES

SPINDRIFT SPARKLING WATER	\$2.00
<i>made with real fruit and citrus juice!</i>	
COLD BREW TEA CAN	\$3.50
JASMINE BLACK 3 DAY WEEKEND	\$6.00
<i>Pinot Noir. Central Coast. 2019.</i>	
SARATOGA SPARKLING WATER	\$2.50
MAST LANDING, NEON SAILS IPA	\$6.00
ROSE CAN	\$10.00
<i>A 100% Columbia River Valley Rose of Syrah, this wine shows lovely strawberry and rose petal notes on a background of delightful bubbles. Alcohol 11.50%</i>	
ONE-PIECE REVIVAL	\$6.00
<i>Grenache Blanc/Muscat Blend. Central Coast. 2019.</i>	
KOMBUCHA CAN	\$3.50
<i>Locally made. All natural made with organic ingredients.</i>	

LB x HOME

Proteins

MARINATED CHICKEN	
<i>chicken, red wine vinegar, olive oil, garlic, thyme, oregano, sea salt, pepper. / GF</i>	
MARINATED LOCAL & ORGANIC TOFU	
<i>local & organic tofu, mae ploy, sriracha, sambal. V / GF</i>	
BEEF PICKLED EGGS	
<i>water, apple cider vinegar, erythritol, salt, beets. / GF</i>	

SIDES

GRAINS & MORE

HARISSA HASH	
<i>sweet potatoes, harissa spice blend, onions, sea salt, pepper, olive oil. V / GF</i>	
PESTO FARRO	
<i>farro, basil, parsley, olive oil. nutritional yeast, lemon, spirulina, green olives, garlic, sea salt. / V</i>	
BANH MI RICE	
<i>brown rice, sriracha, sugar, sea salt. V/GF</i>	

FERMENTS

KIMCHI	
<i>nappa cabbage, carrots, pear, radish, garlic, ginger, water. V / GF</i>	

PICKLED THINGS

water, sugar, rice wine vinegar, allspice, coriander seeds, cloves, bay leaves, garlic. V / GF

MISO SLAW

red cabbage, rice wine vinegar, white miso, sesame oil, sea salt, pepper. V / GF

SAUCES & SPREADS

PESTO

basil, parsley, olive oil, nutritional yeast, lemon, spirulina, green olives, garlic, sea salt. V / GF

CASHEW CHEESE \$10.00

cashews, lemon, nutritional yeast, white wine, apple cider vinegar, garlic, sea salt, water. 1/2 Pint. V / GF

VEGAN SRIRACHA MAYO

sunflower oil, aquafaba, lemon, distilled vinegar, kombu, white pepper, sriracha. V / GF

DRESSINGS

CAESAR DRESSING

cashews, olive oil, lemon, dijon, garlic, capers, sea salt, pepper, water. V / GF

CITRUS VINAIGRETTE

rice wine vinegar, orange, olive oil, lemon, white miso, pepper. V / GF

BAKERY

CLASSY CHIP COOKIES

almond flour, oat flour, brown sugar, coconut oil, vegan chocolate chips, almond milk, vanilla, baking soda, sea salt. V / GF

BANANA BREAD (V & GF) \$12.00

BANANA BREAD (V & GF)

GOLDEN MILK PANCAKE \$16.00

BATTER (GF)

brown rice flour, white rice flour, oat flour, buckwheat flour, cornmeal, sugar, xanthan gum, sea salt, baking powder, baking soda, organic eggs, golden milk latte mix, grassfed butter, buttermilk VEGAN INGREDIENTS: *all the same but without the eggs, buttermilk & gutter. almond milk added.*

GLUTEN FREE BREAD LOAF \$10.00

white rice flour, brown rice flour, tapioca starch, potato starch, egg, salt, baking powder, xanthan gum. GF

LB NUT & SEED GRANOLA \$13.50

coconut flakes, pumpkin seeds, walnuts, sunflower seeds, sesame seeds, hemp seeds, chia seeds, maple syrup, coconut oil, vanilla extract, cinnamon, sea salt. V / GF

RAW COOKIE DOUGH LOG \$16.00

Our Classy Chip Cookie in raw form! The log contains 12 individually portioned raw cookies. To bake off, pop them into the oven at 350 for 8 minutes. We re also known to snack on it raw quite frequently at the shop. Just sayin. V/GF

SMOOTHIE SETS

GREEN MACHINE SET \$7.50

*Kale. Spinach. Banana. Ginger. Avocado. Dates. Hemp Seeds. THIS ITEM COMES FROZEN Sold without liquid *Add 8-10 oz Milk of Choice. Blend & Slurp anytime. Makes 1, 16oz Smoothie*

PURPLE RAIN SET \$7.50

*Blueberries. Banana. Acai Powder. Almond Butter. Almond Milk. Bee Pollen. THIS ITEM COMES FROZEN Sold without liquid *Add 8-10 oz Milk of Choice. Blend & Slurp anytime. Makes 1, 16oz Smoothie*

WARES

Be Nice to People Tote	\$15.00
STAINLESS STEEL STRAWS	\$3.00
CAMPER CUP	\$28.00