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: Whole milk, almond milk, oat milk, *no substitutions	coconut water, or filtered water)	
green: organic apples, cucumber,	celery, avocado, kale and turmeric	9
orange: organic pineapple, kale, c	coconut, lime, matcha, and vanilla bean	9
red: organic strawberry, banana, p	each, raspberry, oats, and goji berry	9
purple: organic cherry, blueberry,	banana, raspberry, acai, and kale	9
blue: organic blueberry, spinach, k	ale, fig, walnut, and mint	9
yellow: banana, pineapple, mango	o, lemon, papaya, and macadamia	9
breakfast.		
the breakfast burrito: free range scrambled eggs, black tomato, avocado, and cheddar & o	bean mash, pickled onions, roasted green salsa	12
the scrambled egg sandwich: free range scrambled eggs, chive, on ciabatta (add sliced avocado 3		12
the avocado toast:		11.5
•	y tomato, chili peppers, olive oil, sea sa	ılt &
sprouts on multi grain	add a sunny side egg on top 3	

the berry waffle(s)	12	
Two Belgian style sugar waffles with fresh berries and real maple syrup		
the smoked salmon	15	
smoked norwegian salmon, persian cucumbers, pickled turnips,		
pickled onion & french goat cheese on baguette		
brie baguette:	11	
french brie, orange marmalade, dry fig & homemade granola sprinkle		
strauss yogurt	10	
w. pistachio, mint & turkish honey		
the granola	11	
w. Strauss yogurt & fresh market fruit		
the fruit bowl	6 / 10	
fresh market fruit		
sandwiches.		
*all sandwiches are served with market greens dressed with lemon vinai	arette	
all salidwiches are served with market greens dressed with lemon vinary	giette	
the green lab		12
black bean mash, avocado, heirloom tomato, pickled onions & carrots, radishes and Spanish queso w. sriracha mayo on ciabatta		
the garden		11.5
hummus, avocado, pickled turnip, sprouts, heirloom tomato, cucumbers & carrots on ciabatta		
the caprese		12
nut free basil pesto, heirloom tomato, fresh mozzarella & greek olive oil on baguette		
the falafel		12
hummus, falafel, heirloom tomato and parsley salsa, tahini, pickled red c turnips wrapped in flat bread add grilled chicken 5.5	onion &	
the wienerschnitzel		13
panko fried chicken cutlet w/ lingonberry chutney, market greens & aioli on ciabatta		

the turkey lab (*or have it the same way with grilled chicken) Oven roasted turkey breast, heirloom tomato, fresh avocado,	13	the kale caesar shredded kale, toasted quinoa, grilled chick	ken breast, homemade croutons,	14.5
sprouts, pickled onion, black bean mash on ciabatta add bacon	3.5	shaved parmesan w. classic caesar dressing		
the turkey brie	13	the asian chicken		14.5
oven roasted turkey breast, french brie, organic pear,		asian marinated chicken breast, wild aruguland pistachio w. house dressing	a, dried fig, edamame,	
honey & fig compote on ciabatta		and pistactilo w. House dressing		
the chicken curry	12	the schnitzel		14.5
variety of three curry spiced chicken salad & lingonberry chutney on baguette	12	panko fried chicken cutlet, wild arugula, bo dill, lemon wedge w. lemon vinaigrette and	•	
the bratwurst	13	the niçoise		14
traditional grilled german bratwurst, sweet and spicy mustard, pickled onion, tomato & parsley salsa & fresh cabbage	13	albacore tuna salad, market greens, boiled potato, green beans, hard boiled egg, olives w/ lemon vinaigrette		
	1/	caprese platter:		14
the smoked salmon smoked norwegian salmon, persian cucumbers, pickled turnips,	16	sliced heirloom tomato, fresh mozzarella, ba	asil pesto & greek olive oil	
pickled onion & french goat cheese on baguette		mediterranean platter		16
pickled officin a netter godt cheese on bagaette		grape leafs, falafel, olives, hummus, pickled	I turnip and onions,	
the tuna salad	11.5	tahini & pita chips		
Albacore tuna salad w. green apple, olive tapenade on ciabatta		charcuterie / cheese platter		
		austrian speck, Italian cacciatore hard salam	ni, aged swiss gruyere	17.5
salads & platters		french brie w. nuts, dried fruit and crisp bre	ad	
		side salad foursome		20
the vegan 13 cucumber salad, kale salad, tomato salad and spinach pesto pasta				
market greens, heirloom cherry tomato, edamame, artichoke, hearts of pal green beans, toasted quinoa and chia, dried figs w. lemon vinaigrette	im,	havaraa	aauma aidaa 0 au	
add smoked salmon	6.5	beverages.	soups, sides & sw	eets.
the chicken cobb	15	fresh cold brew by la colombe 5	cup of homemade chunky tom	
grilled chicken breast, bacon, sliced avocado, hard boiled egg, gorgonzola	а,	house coffee by la colombe 4	bowl of homemade chunky ton Single side salads cup 6 /	•
heirloom cherry tomato on market greens w. Lemon vinaigrette substitute turkey breast	2.5	premium iced matcha green tea latte 5.5	cup of tuna or chicken curry sal	bowl 12 ad 6
		soda (coke / diet coke / sprite) 2 homemade lemonade 4	bowl of tuna or chicken curry sa	
the salmon quinoa bowl	18.5	fresh mint lemonade 4.5		
grilled salmon filet, quinoa, wild arugula and kale mix, avocado,		blueberry lemonade 5	Rusty's Chips (Salt) 3.5 Dirty Chips (ask for flavors) 3	
heirloom tomato, snap peas & lemon drizzled with olive oil and crispy chia substitute grilled chicken	15	arnold palmer. 3.75	Dirty Chips (ask for havors) 3	
Sassatate grilled effective		Fresh iced-t (black / green / mint) 3.75 topo chico 3.5 bottled water 3	very crunchy chocolate chip co off the farm bar 5	okie(s) 3

catering.

boxed meals

in an effort to make catering for groups attainable and yet provide ways for social distancing we have enhanced our classic lunch box and given you more variety for safe, individual meals. Includes eat ware and has been packed safely.

Minimum 5 boxes per kind

breakfast box

fresh croissant, butter, strawberry jam, fruit bowl, strauss yogurt, granola, off the farm bar, orange juice, cold brew coffee w fixings 22

brunch box

smoked salmon slices, cream cheese, sliced avocado, pickled turnips, one hard boiled egg, crisp bread, fruit bowl, orange juice, cold brew coffee w fixings 30 add everything bagel 2

lunch box

sandwich of choice, mini vegan salad, choice of side salad, water, crispy cookies, stick of gum and bio eat ware. (salmon sandwich extra 4) 24.5

dinner box

choice of homemade beef bolognese or rustic pancetta sauce, cooked pasta, fresh parmesan, mini vegan salad, caprese platter and crispy cookies. 32.5

picnic box

charcuterie / cheese platter, caprese platter, crisp bread, very crunchy chocolate chip cookie(s), bottled water, cup of fruit 37.5

healthy box

mediterranean platter, side of tomato salad, grilled salmon quinoa bowl, sliced avocado and crisp bread