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Monday – Friday
10:30 AM – 8:00 PM

1796 Union Street
San Francisco, CA 94123
415.931.5483

Saturday & Sunday
11:00 AM – 7:00 PM

entrees

ALL NATURAL CHICKEN ENCHILADA \$4.95/portion

2 extra thin corn tortillas, lite bite red chili sauce, green chilies, 50% lite cheddar.

*7oz. (2 enchiladas) | 230 Cal. | Points:4, New Points:6

ATLANTIC SALMON \$21.99/lb.

Atlantic salmon, kosher salt, black pepper.

*5oz. | \$6.87 | 202 Cal. | Points:5, New Points: 5

BBQ CHICKEN DRUMSTICKS \$8.95/lb.

Natural skinless chicken, paprika, chili powder, cumin, brown sugar, oregano, salt, lite bite® bbq sauce.

*5oz.(3 drumsticks) | 256 Cal. | Points:5, New Points:6

BEEF SKEWER \$4.00/skewer

Certified angus natural beef, herbs, ev olive oil, garlic, dijon mustard, pepper, kosher salt, lemon juice & zest.

*3.5oz.(1 skewer) | 289 Cal. | Points:7, New Points:7

MARY'S® CHICKEN BREAST \$13.50/lb.

Mary's® chicken, lemon, herbs, ev olive oil.

*5oz. | \$4.22 | 195 Cal. | Points:4, New Points: 5

SPICED MARY'S® CHICKEN BREAST \$13.50/lb.

Mary's® chicken, fresh ground cayenne pepper, cumin, cinnamon, paprika, ev olive oil.

*5oz. | \$4.22 | 195 Cal. | Points: 4, New Points: 5

SPINACH LASAGNA \$6.25/portion

Organic whole wheat pasta, spinach, litebite® spinach cream sauce, part-skim mozzarella, low fat ricotta, eggs, basil, kosher salt, black pepper.

*10oz. (1 slice) | 380 Cal. | Points:7, New Points: 8

TURKEY LASAGNA \$6.25/portion

Organic whole wheat pasta, diestel® natural ground turkey, low fat ricotta, lite bite organic tomato sauce, part-skim mozzarella, ev olive oil.

*10oz. (1 slice) | 350 Cal. | Points:7, New Points: 9

TURKEY MEATBALLS \$9.95/lb.

Diestel® natural ground turkey, lite bite® organic tomato sauce, parmesan cheese, whole wheat bread crumbs, eggs, milk.

*10 oz. | \$6.22 | 270 Cal. | Points:6, New Points:7

TURKEY MEATLOAF \$9.99/lb.

Diestel® natural ground turkey, fresh vegetables, whole wheat bread crumbs, eggs, milk.

Glaze: ketchup, sugar, vinegar.

*8oz. | \$5.00 | 288 Cal. | Points:6, New Points:6

*approximate portion size

**approximate portion size (1 cup)

sides

ASIAN TOFU SALAD \$8.99/lb.

Tofu, kosher salt, black pepper, sesame oil, soy sauce, brown cane sugar, red wine vinegar, lime juice & zest, sambal, ginger, garlic, peanuts, cilantro, green onion.

**6oz. | \$3.37 | 268.4 Cal. | Points: 7, New Points:8

CAULIFLOWER CHICKPEAS \$8.99/lb.

Roasted cauliflower, garbanzo beans, spanish olives, red pepper, kosher salt, ev olive oil.

**6oz. | \$3.37 | 165.4 Cal. | Points: 3, New Points: 4

CHICKEN POLENTA SALAD \$9.95/lb.

Mary's® chicken, organic polenta, celery, bell pepper, cilantro, red onion, parmesan, jalapeño, ev olive oil.

**6oz. | \$3.73 | 157 Cal. | Points: 4, New Points: 4

COUSCOUS WITH APRICOTS \$7.95/lb.

Dried apricots, almonds, herbs, chicken broth.

**5oz. | \$2.48 | 251.3 Cal. | Points: 5, New Points: 6

GRILLED ASPARAGUS \$11.95/lb.

Asparagus, ev olive oil, lemon zest, kosher salt, pepper.

**5oz. | \$3.59 | 44 Cal. | Points: 0

GRILLED VEGETABLES \$8.99/lb.

Eggplant, zucchini, peppers, portabella mushrooms, onions.

**5oz. | \$2.81 | Calorie Count Varies

MASHED CAULIFLOWER \$6.99/lb.

Cauliflower, low fat cream cheese, parmesan, chicken broth, butter.

**9oz. | \$3.93 | 208.8 Cal. | Points: 5, New Points: 6

ORGANIC BLACK BEAN SALAD \$8.99/lb.

Organic black beans, corn, red bell pepper, jalapeño, lime juice, orange, cilantro, ev olive oil, oregano, cumin, kosher salt, black pepper.

**6oz. | \$3.37 | 291 Cal. | Points: 6, New Points: 7

ORGANIC GRILLED POLENTA \$1.50/ea.

Polenta, parmesan cheese, kosher salt.

1 Piece | 29 Cal. | Points:0, New Points:1

ORGANIC POLENTA W/ PINE NUTS \$1.75/ea.

Polenta, sundried tomato, pine nuts, parmesan, salt.

1 Piece | 50 Cal. | Points: 1, New Points:1

QUINOA w/ CORN & JALAPENO \$8.99/lb.

Quinoa, corn, jalapeño, vegetable broth.

**6oz. | \$3.37 | 216 Cal. | Points:4, New Points:6

ROASTED ORGANIC BEETS \$7.95/lb.

Served in lite bite® orange-lime vinaigrette.

**6oz. | \$2.98 | 76.5 Cal. | Points: 2, New Points: 2

sides

ROASTED ORGANIC CARROTS \$6.99/lb.

EV olive oil, kosher salt & black pepper.

**6oz. | \$2.62 | 201 Cal. | Points: 4, New Points: 5

ROASTED ORGANIC YAMS \$6.95/lb.

Organic yams, garlic, thyme, ev olive oil, salt, pepper.

**6oz. | \$2.61 | 206.4 Cal. | Points: 4, New Points: 5

SAUTÉ BROCCOLI RABE \$8.99/lb.

Broccoli rabe, ev olive oil, garlic, lemon zest, red pepper flakes.

**5oz. | \$2.81 | 62.5 Cal. | Points: 1, New Points: 2

TRUFFLED WHOLE WHEAT PASTA \$12.50/lb.

Whole wheat pasta, truffle oil, mushroom, parmesan cheese, organic kale, herbs, spices.

*4.5 oz. | \$3.52 | 169 Cal. | Points:4, New Points:5

WHEAT BULGUR SALAD \$7.95/lb.

Wheat bulgur, red bell pepper, carrots, red onions, green onions, balsamic vinegar, ev olive oil, kosher salt.

**7oz. | \$3.50 | 192 Cal. | Points: 4, New Points: 5

soups

SEASONAL SOUPS

We prepare all of our soups fresh for the season. Please come by or call for our current selection and pricing.

desserts

APRICOT OATMEAL SQUARE \$2.50

Dried apricots, apricot jam, oats, whole wheat flour, brown sugar, butter, spices.

1 piece | 230 Cal. | Points: 5, New Points: 7

OATMEAL CHERRY CHIP COOKIE \$2.00

Oatmeal, whole wheat flour, butter, eggs, dried cherries, chocolate chips, spices.

1 cookie | 125 Cal. | Points: 2, New Points: 3

CHOCOLATE PUDDING \$2.50

Whole milk, chocolate, sugar, bittersweet chocolate, cocoa powder, cornstarch, salt.

4 oz. | 159 Cal.

healthy meals

ALL NATURAL CHICKEN ENCHILADA W/ QUINOA & GRILLED RED BELL PEPPER

\$10.00 per Person

2 enchiladas (approx. 7 oz.), 4 oz. quinoa, 5 oz. red bell pepper.

423 Calories | Points: 6 | New Points: 10

SALMON W/CAULIFLOWER CHICKPEAS & ORGANIC CARROTS

\$13.00 per Person

Atlantic salmon (approx. 5 oz.), 5 oz. cauliflower chickpeas, 5 oz. organic carrots.

438 Calories | Points: 9 | New Points: 10

LASAGNA W/ SAUTÉÉD BROCCOLI RABE

\$10.00 per Person

Lasagna (approx. 10 oz.), 6 oz. sautéed broccoli rabe.

428 Calories | Points: 9 | New Points: 11

TURKEY MEATLOAF W/ MASHED CAULIFLOWER

\$8.00 per Person

2 slices turkey meatloaf (approx. 8 oz.), 5 oz. mashed cauliflower.

404 Calories | Points: 8 | New Points: 9

SPICED CHICKEN BREAST W/ COUSCOUS

\$7.00 per Person

Spiced chicken breast (approx. 5 oz.), 5 oz. couscous.

446 Calories | Points: 9 | New Points: 11

MARY'S ® CHICKEN BREAST W/ COUSCOUS

\$7.00 per Person

Mary's® chicken breast (approx. 5 oz.), 5 oz. couscous.

446 Calories | Points: 9 | New Points: 11

ALL NATURAL CHICKEN ENCHILADA W/ QUINOA

\$6.75 per Person

2 enchiladas (approx. 7 oz.), 5 oz. quinoa.

410 Calories | Points: 7 | New Points: 11

healthy meals

TURKEY MEATLOAF W/ MASHED CAULIFLOWER & GREEN BEANS

\$11.50 per Person

2 slices turkey meatloaf (approx. 8 oz.), 5 oz. mashed cauliflower, 5 oz. green beans.

481 Calories | Points: 10 | New Points: 11

SPICED CHICKEN BREAST W/ ORGANIC YAMS & GRILLED ZUCCHINI

\$10.00 per Person

Spiced chicken breast (approx. 5 oz.), 5 oz. organic yams, 5 oz. zucchini.

404 Calories | Points: 10 | New Points: 11

MARY'S® CHICKEN BREAST W/ GREEN BEANS

\$8.00 per Person

Mary's® chicken breast (approx. 5 oz.),

5 oz. green beans.

272 Calories | Points: 5 | New Points: 6

MOROCCAN SPICED CHICKEN BREAST W/ ROASTED ORGANIC YAMS

\$7.00 per Person

Moroccan chicken breast (approx. 5 oz.), 6 oz. yams.

401 Calories | Points: 8 | New Points: 10

SALMON W/CAULIFLOWER CHICKPEAS

\$10.00 per Person

Atlantic salmon (approx. 5 oz.),

5 oz. cauliflower chickpeas.

340 Calories | Points: 8 | New Points: 9

MARY'S ® CHICKEN BREAST W/ TUSCAN WHITE BEAN SALAD

\$7.80 per Person

Mary's® chicken breast (approx. 5 oz.),

5 oz. tuscan white bean salad.

404 Calories | Points: 8 | New Points: 10

salads

CAESAR SALAD w/ CHICKEN

\$8.99

Organic romaine lettuce, roasted mary's® chicken, grated parmesan cheese, lite bite® caesar dressing.
359 Cal. | Points: 2, New Points: 3

SALMON w/ ORGANIC BABY KALE

\$9.99

Organic baby kale, salmon, lite bite® sherry vinaigrette.
443 Cal. | Points: 11, New Points: 12

ASIAN CHICKEN SALAD

\$8.99

Organic napa cabbage, roasted mary's® chicken, carrots, bell peppers, lite bite® hoisin dressing.
314 Cal.

ORGANIC GREENS w/ GRAPES & WALNUTS

\$5.50

Organic mixed greens, grapes, walnuts, celery, low fat blue cheese, lite bite® blue cheese dressing.
156 Cal.

GRILLED VEGETABLE SALAD

\$5.75

Organic romaine lettuce, grilled vegetables, lite bite® balsamic vinaigrette.
185 Cal.

PEAR w/ ORGANIC BABY KALE or ARUGULA

\$4.99

Organic baby kale or arugula, pears, walnuts, lite bite® balsamic vinaigrette.
181 Cal.

In addition to our signature dishes, we invite you to try our seasonally inspired foods. Call or stop by for current offerings and prices.

nutritional information

Life Bite is committed to serving delicious and healthy meals. While we are committed to providing as accurate nutritional information as possible, there may be differences between the actual nutritional content of your freshly prepared item and the nutritional values provided. The nutritional values we provide are derived from an industry standard database, but do not account for the natural variability that happens within ingredients, variation that occurs due to the hand-crafted nature of each item or variation that may occur due to substitutions. Please keep this in mind.

We are proud to offer a variety of gourmet prepared foods made lighter and healthier than conventional eateries. Life Bite healthy meals done right.

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