

lite **ORGANIC**
GREEN SMOOTHIES

\$7⁹⁹

Energizer – spinach, coconut, avocado, banana, date, almond milk, spices [CAL 237](#)

Tropical Kale – kale, pineapple, celery, avocado, banana, date, coconut water, spices [CAL 237](#)

Mint Chip – spinach, mint, banana, date, almond milk, chocolate chips, spices [CAL 224](#)

Omega – chia seeds, almond butter, almond milk, banana, date, cocoa, spices [CAL 263](#)

+ Omega Plus Espresso – add \$2 [CAL 263](#)

Blueberry Protein – blueberries, greek yogurt, banana, date, almond milk, walnuts, spices [CAL 270](#)

lite **ORGANIC COLD**
PRESSED JUICES

\$8⁹⁹

Nourish – kale, romaine, cucumber, celery, fennel, lemon, ginger

Recover – kale, romaine, celery, cucumber, apple, parsley, lemon, ginger

Detox – carrot, coconut water, coconut milk

Immunity – cucumber, celery, orange, beet, lemon, ginger, cayenne

lite **COFFEE & TEA**

\$2²⁵

Hot Tea

Iced Tea

Coffee

Cold Brewed Coffee

Cow Hollow

1796 Union Street,
San Francisco CA 94123

Downtown

220 Bush Street,
San Francisco CA 94104

Visit us online at litebite.com

 [LiteBiteHealthy](#)  [Lite_Bite](#)  [Lite_Bite](#)

All items are lovingly hand made in our kitchen which uses gluten, nuts, soy and a wide range of ingredients that may cause allergies. We cannot guarantee complete elimination of any ingredient.

Lite Bite is committed to serving delicious and healthy meals. While we would like to provide 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.

MENU

MIX 'N MATCH

Everything is a la carte, so mix 'n match in any way you want.



GRAB 'N GO

You can find our other healthy snacks, salads, cold pressed Juices and drinks in our grab 'n go section.



ORDER AHEAD ONLINE

Skip the line by ordering ahead on our website litebite.com


healthy meals done right

lite SIDES

\$2⁹⁹

Vegetarian

Bulgur and Wild Mushroom Salad, parmesan CAL 85

Vegan

Organic Spicy Tofu, herbs, soy and sesame dressing CAL 189

Gluten-Free, Paleo & Vegan

Organic Kale with Yam, walnuts and apple cider dressing CAL 152

Organic Tuscan Kale, apples, sunflower seeds, sesame seeds, orange ginger dressing CAL 130

Roasted Cauliflower, chickpeas, spanish olives, red chili flakes CAL 96

Grilled Vegetables, lemon, garlic and herbs CAL 77

Sautéed Broccoli, garlic and red pepper flakes CAL 36

Organic Roasted Yams, garlic and herbs CAL 183

Tomato Salad, balsamic dressing CAL 56

Brussels Sprouts, roasted CAL 108

Gluten-Free & Vegan

Organic Black Bean Salad, bell peppers, corn, onion, citrus dressing CAL 158

Organic Rainbow Quinoa, apricots, almonds, herbs, citrus dressing CAL 201

Organic Quinoa and Corn, jalapeño CAL 157

Protein

Chicken Pasta Pesto**, whole wheat pasta, basil, ricotta, and parmesan CAL 211

Organic Polenta and Chicken Salad**, celery, bell pepper, parmesan, and vinaigrette CAL 112

lite COLD ENTREÉS

Tuna Poke*, raw sushi grade tuna, environmentally and socially responsible CAL 203 | \$6.99

Gluten-Free & Paleo

Grilled Lemon and Herb Chicken Breast**, lemon, garlic, olive oil CAL 193 | \$4.99

Grilled Spiced Chicken Breast**, toasted and freshly ground spices, mild CAL 193 | \$4.99

Grilled Beef, certified angus, all natural beef CAL 187 | \$6.99

Seared Salmon, environmentally and socially responsible, BAP Certified CAL 277 | \$\$AQ/lb

lite SALADS***

Asian Chicken Salad**, romaine, antioxidant vegetable mix, lite hoisin dressing CAL 248 | \$10.99

Gluten-Free

Mixed Green Salad, radish, fines herbs, lite mustard dressing CAL 173 | \$6.99

Yam and Black Bean Salad, avocado, lite spicy cayenne dressing CAL 228 | \$9.99

Grilled Vegetable Salad, zucchini, eggplant, bell pepper, onion, olives, lite balsamic dressing CAL 220 | \$9.99

Spicy Buffalo Chicken Salad**, celery, carrots, lite buffalo dressing CAL 235 | \$10.99

Chicken Caesar Salad**, romaine, parmesan, lite caesar dressing CAL 289 | \$10.99

Chicken and Beet Salad**, avocado, onion, lite mustard dressing CAL 382 | \$10.99

Salmon and Arugula Salad, fennel, zucchini, lite sherry vinaigrette CAL 340 | \$11.99

lite HOT ENTREÉS

Vegan & Gluten-Free

Seasonal Vegan Soup | \$4.50

Vegan Tikka Masala, cauliflower, yams, zucchini, coconut milk, almond milk, spices CAL 132 | \$4.50

Vegetarian

Whole Wheat Macaroni and Cheese, no added butter, flour or cream CAL 275 | \$4.50

Gluten Free

Mashed Cauliflower, chicken broth, cream cheese and Parmesan cheese CAL 126 | \$4.50

Vegetarian & Gluten Free

Organic Grilled Polenta, stone ground organic corn CAL 43 | \$1.50

With Protein

Turkey Chili, tomatoes, kidney beans, chicken broth, spices CAL 144 | \$5.50

Chicken Mole Pie**, all natural free range chicken breast braised in tomatoes and spices with organic stone ground polenta. CAL 317 | \$6.99

Turkey Lasagna, organic whole wheat noodles, organic tomato sauce, and light cheeses CAL 360 | \$6.99

Turkey Meatballs, organic tomato sauce CAL 248 | \$5.50

Turkey Stuffed Bell Peppers, ground turkey seasoned with warm spices, tomatoes, and olives CAL 112 | \$5.50

Chicken Stew**, A balance of savory and sweet flavors with warm spices CAL 192 | \$5.50

lite DESSERTS

Apricot Oatmeal Square, CAL 230 | \$2.50

Oatmeal Cherry Chip Cookie, CAL 149 | \$1.99

Whole Wheat Blueberry Muffin, CAL 274 | \$2.50

Chocolate Pudding, CAL 178 | \$2.99

Mini Brownie, CAL 113 | \$1.99

* Environmentally and socially responsible. Best Aquatic Practice (B.A.P.) Certified by the Global Aquaculture Alliance

** All natural, antibiotic and hormone free

*** Made with organic greens

