



Live foods are plant-based foods not heated or cooked above 118°. This includes all fruits, vegetables, nuts, seeds, and sprouted grains. By enjoying our foods in their raw, natural state, we keep the nutrients, minerals, and enzymes intact for our bodies to utilize. Our menu is mostly raw and completely vegan.

## AS A SUSTAINABLE BUSINESS **we**

- + Worked with Living Architecture & Lloyd Construction to create a dining environment constructed from non-toxic building materials.
- + use only certified organic ingredients to eliminate pesticides, harmful chemicals, and genetically modified foods.
- + purchase produce from local farmers and Idaho's Bounty to support local agriculture and a sustainable environment.
- + use only earth-friendly cleaning products that do not contaminate the water supply and soils.
- + package to-go foods in bio-friendly containers that are easily compostable.



### HOURS

Monday-Friday 9-5  
Saturdays 10-5  
Closed Sundays

380 Washington Avenue #105  
Ketchum ID, 83340

208.725.0314

[glowlivefood.com](http://glowlivefood.com)

keep up with daily specials, classes and events by "liking" our Facebook page.



LIVE FOOD CAFÉ

# APPETIZERS

## GLOW ROLL 7

Sunflower seed hummus with mixed greens cucumber, avocado and carrot wrapped in nori

## DAILY SEASONAL SOUP 10

## SPRING ROLL 10

A hearty spring roll wrapped in a rice wrapper and stuffed with greens, carrots, herb, avocado, cucumber and ginger tahini sauce.

# SALADS

## GLOW HOUSE SALAD 13

Local greens, shredded carrot, tomato, beets, avocado, cucumber, seasoned almonds. Served with a flax cracker and your choice of dressing: hemp ranch, orange ginger, basil lemon tahini, lemon vinaigrette, Add hummus \$3.00

## SOUTHWEST GREENS AND GRAINS 13

Local greens, black beans, quinoa, guacamole, salsa, citrus cumin vinaigrette. Topped with "sour cream"

## MARINATED KALE SALAD 15

Kale lightly marinated with cold-pressed olive oil, sea salt, and lemon, served with a creamy hemp seed dulse dressing, quinoa, tomato, avocado, and kalamata olives

## THAI KALE SALAD 16

Kale, cabbage, bell pepper tossed with a creamy thai dressing and topped with cucumber, avocado and fresh herbs

# ENTREES

## THAI NOODLE BOWL 15

Zucchini noodles with kale, cabbage, carrots, bell pepper, basil, cilantro, topped off with spiced almonds and cashew. Lightly warmed and tossed with creamy coconut sauce

## GLOW TACOS 15

Red pepper and flax tortillas with sprouted seed beans, cabbage, salsa, guacamole and baja sauce. Served with side salad

## SUN BURGER 15

A sprouted walnut, sunflower seed and veggie burger served on Bavaria bread. Topped with tomato, avocado, "cheese", ketchup and mustard. Served with a side salad

## SPAGHETTI AND MEAT BALLS 15

Zucchini and kelp noodles with a sun-dried marinara sauce and sunflower-walnut "meat" balls

## PIZZA 16

Individually sized sprouted pizza crust, cashew-macadamia cheese with a choice of marinara or pesto, topped with olives and herbs

# SANDWICHES & WRAPS

## AVOCADO TOAST 10

On toasted gluten-free Bavaria bread or warmed live bread

## SUN VALLEY WRAP 10

Collard green wrap with hummus, quinoa, carrots, mixed greens, avocado, tomato, and dressing of choice.

## KIDS WRAP 10

Quinoa, black beans, avocado, "sour cream" in a gluten free tortilla

## VEGGIE TOAST 12

Toasted gluten-free Bavaria or warmed live bread with pumpkin seed basil pesto, cucumber, tomato, avocado and olive oil drizzle

## GRILLED CHEESE 12

Toasted gluten-free bavaria or warmed live bread with cashew "cheese" and avocado

## "E.L.T." 13

Our twist on the classic with "Eggplant Bacon", cashew mayo, lettuce, tomato on toasted Bavarian Bread

# SIDES

## SIDE OF DRESSING OR SAUCE 2

## HEMP SEEDS 2

## FLAX CRACKERS 4 pieces 3

## SAUERKRAUT OR KIM CHEE (fermented) 3

## BLACK BEANS 3

## STEAMED QUINOA 4

## PATE 4

## GUACAMOLE 4

## LIVE BREAD 2 slices 5

# TEA & COFFEE

## KOMBUCHA (ON TAP) 5 | 6

## LIZZY'S POUR OVER COFFEE 4

## SUN INFUSION TEA 4

## ENERGY SHOT 5

Lizzy's organic cold brewed coffee, fresh almond milk

## ELIXIR LATTE 9

# DRINKS

## ROOTS 120Z | 160Z

Carrot, apple, beet, ginger 8 | 10

## CLEAN AND GREEN 8 | 10

Cucumber, chard, celery, parsley, kale, lime, ginger, apple

## IMMUNITY 8 | 10

Orange, lemon, lime, ginger (garlic optional) and an immune boosting supplement

## BLISS 8 | 10

Cucumber, celery, carrot, apple, strawberry, ginger

# SMOOTHIES

**Add-Ins: Fly through the day with these nutrient dense superfood supplements.**

## COCONUT OIL 1

## GOJI BERRIES 1

## CACAO NIBS OR POWDER 1

## COCONUT BUTTER 1

## FLAX OIL 1

## VITAMINERAL GREEN 2

## SUN WARRIOR PROTEIN POWDER 2

## MACA 2.5

## INFINITY ELIXIRS 2.5

## MONKEY LOVE 120Z | 160Z

Banana, hemp mylk, cacao 7 | 8

## STRAWBERRY BANANA 7 | 8

Banana, strawberries, hemp mylk

## ISLAND BLEND 7 | 8

Pineapple, banana, blueberries, and coconut mylk

## SUNRISE 8 | 10

Cherries, strawberry, banana, fresh orange juice, lemon, hemp mylk

## BLUEBERRY CHIA 8 | 10

Blueberries, chia seeds, vanilla stevia, hemp mylk

## MANGO TWIST 8 | 10

Mango, blueberry, cherry, orange juice

## POWER SMOOTHIE 10 | 12

Hemp mylk, kale, banana, Vitamineral Green, maca, goji berries