

**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.

Glow is plant based and organic, susutain-
able and conscious.

Enjoy your meal!



HOURS

Monday-Friday 9-4
Saturdays 10-4
Closed Sundays

380 Washington Avenue #105
Ketchum ID, 83340

208.725.0314

glowlivefood.com

keep up with daily specials, classes and
events on Instagram @glowlivefood.



to go



LIVE FOOD CAFÉ

APPETIZERS

GLOW ROLL 7
Nori roll with carrot, cucumber, hummus, avocado

DAILY SEASONAL SOUP 9.50

SPRING ROLL 10
A hearty spring roll stuffed with greens, carrots, avocado, cucumber and ginger tahini sauce

SALADS

GLOW HOUSE SALAD 12
Mixed power greens, shredded carrot, beets, seasoned almonds. Served with a flax cracker and your choice of dressing. Add avocado: 2.50\$

MARINATED KALE SALAD 13
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

BOWLS

COCONUT LIME NOODLE BOWL 13
Soba noodles tossed with creamy coconut lime ginger sauce, peas, mushroom, broccoli, topped with hemp seeds

SOUTHWEST 13
Black beans, quinoa, and greens tossed with a citrus southwest vinaigrette. Topped with guacamole, salsa, and garnished with "sour cream"

ENTREES

PIZZA **THIS ITEM IS NOT GLUTEN FREE** 12
Baked thin crust pizza made with organic, Italian "00" flour. Choose: Margherita OR Roasted Veggie and "Cheese"

THAI NOODLE BOWL 13
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
Flax tortillas with seasoned seed "beans", cabbage, salsa, guacamole and sauce. Served with side salad

SUN BURGER 15
House made veggie walnut burger served on Bavaria bread. Topped with tomato, avocado, "cheese", ketchup and mustard. Served with a side salad

SANDWICHES & WRAPS

AVOCADO TOAST 10
On toasted gluten-free bavaria bread

VEGGIE TOAST 13
Toasted gluten-free bavaria with pumpkin seed basil pesto, cucumber, tomato, avocado and olive oil drizzle

GRILLED CHEESE * 13
Toasted gluten-free bavaria with cashew "cheese" and avocado. Side salad.

KIDS

KIDS WRAP 6.50
Quinoa, black beans, sour cream in a gluten free tortilla.

SIDES

SIDE OF DRESSING OR SAUCE 2
BLACK BEANS 2
STEAMED QUINOA 2
PATE/HUMMUS 3
FLAX CRACKERS 2 pieces 3

HOT DRINKS

10 OZ; (ELIXIR LATTES ARE ADAPTOGENIC HERBAL BLENDS)

HERBAL TEA 4
MATCHA LATTE 5
ENERGY SHOT 6
COCONUT ELIXIF CHAI LATTE 6
MINT CACAO ELIXIR LATTE 6
CARAMEL ELIXIR LATTE 6
GOLDEN MILK LATTE 6

JUICE

PURE PRESSED CELERY ROOTS 120Z | 160Z
4 | 5
Carrot, apple, beet, ginger 7 | 9
CLEAN AND GREEN 7 | 9
Cucumber, chard, celery, parsley, kale, lime, ginger, apple
IMMUNITY 7 | 9
Orange, lemon, lime, ginger (garlic optional) and an immune boosting supplement

BLISS 7 | 9
Cucumber, celery, carrot, apple, strawberry, ginger

SMOOTHIES

Add-Ins:

COCONUT OIL 1
GOJI BERRIES 1
CACAO NIBS OR POWDER 1
COCONUT BUTTER 1
FLAX OIL 1
COFFEE SHOT 1
VITAMINERAL GREEN 2
SUN WARRIOR PROTEIN POWDER 2
MACA 2

120Z | 160Z
MONKEY LOVE 7 | 8
Banana, hemp mylk, cacao
COFFEE SMOOTHIE 7 | 8
Coconut milk, maca, cacao, cold brew coffee
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, hemp mylk

POWER SMOOTHIE 10 | 12
Hemp mylk, kale, banana, Vitamineral Green, maca, goji berries