

Full of Life

Market Green Salad

*Locally Grown Lettuces, Organic Carrots and Celery,
Pacific Ocean Arame Seaweed, Toasted Flax Seed, with our Fresh House Vinaigrette.*
\$7

Little Alamos Salad

Organic Carrots and Celery tossed with our Full of Life Dressing and topped with Flax Seed and Arame.
\$5

The Flatbread Pizzas

*Eat Good Food. It's that simple. We believe in the quality and freshness of local, organic and sustainably grown, ingredients. Most of our ingredients originate from within 400 miles of our restaurant - just a few hours drive. Where possible, we purchase our ingredients directly from family farms, growers, and producers to ensure integrity. Full of Life also strives toward affording a livable wage for our employees and suppliers. They deserve it.
You deserve it.*

When our food remembers it is full of life.

We make Our Flatbreads in 2 sizes: A 10" Flatbread is great for one person. One 15" Flatbread is generous enough for two people.

Dancing Bread

*Extra Virgin Olive & Grapeseed Oils, Fresh Garlic, Organic Flax Seed,
Italian Grana Padano Cheese*
\$5 / \$8

Shaman's Bread

*Stone Oven Charred Red Onions, Fresh Garlic, Pistachios, Flax Seed, Fresh
Rosemary & Italian Grana Padano Cheese.*
\$7 / \$13

Fire-Roasted Tomato Salsa *Wood-Roasted Organic Tomatoes with Caramelized Garlic, Onions,
Jalapeño & Chipotle Peppers, Roasted Corn and Black Beans, Cheeses &
Cilantro.*
\$11 / \$19

Tomato Sauce

*Our Cauldron Tomato Sauce, California Whole Milk Mozzarella, Italian Grana
Padano Cheese, with Fresh Garden Herbs.*
\$8.50 / \$15.50

Cheese and Herb

*Fine California Whole Milk Mozzarella, Italian Grana Padano Cheese, Garlic
Oil & Fresh Garden Herbs.*
\$8 / \$15

Mushroom & Onions

*Our Wood-Fired Cauldron Tomato Sauce baked with Sweet Caramelized Onions,
Mushrooms, Cheeses & Fresh Garden Herbs.*
\$11 / \$19

Smoke-Dried Tomato and Mushroom *Our Stone Oven Cured Smoke-Dried Tomatoes baked with Fresh
Mushrooms Caramelized Onions, Cheeses & Fresh Garden Herbs.*
\$11 / \$19

Kalamata Olive & Feta *Kalamata Olives, Stone Oven Roasted Sweet Peppers, Redwood Hill Feta
Cheese, Fresh Rosemary, Red
Onions, California Whole Milk Mozzarella & Garlic.*
\$19 \$11 /

Pepperoni and Peppers *All Natural, Nitrate-Free Pepperoni baked with Fire Roasted Poblano Chili Peppers, Onions, Cheeses & our Wood-Fired Cauldron Tomato Sauce.*
\$12 / \$21

Central Coast Sausage *Naturally Raised Pork in a Housemade Nitrate-Free, Blue Agave, and Fennel Sausage, Smoke-Dried Tomatoes, Onions, Mushrooms, Cheeses & Fresh Garden Herbs.* **\$12/ \$21**