

March 26th, 27th and 28th, 2020

We will be offering the following menu for pick up and curbside Thur through Sun: 3pm-7pm.

You can call ahead at (805) 344-4400 during these hours or email
brenda@fulloflifefoods.com

Thank you for your delicious support!

SOUP

Roots Farm Caramelized Cauliflower

~ 10 8oz / 25 32oz

Vegetarian/ GF: Fennel, Cauliflower, Cream

STARTERS

Roots Farm Market Green Salad ~ 9

*Vegan/ GF: Carrots, Celery, Flax, Seaweed, Raspberry
Tamari Vinaigrette*

Little Gems Caesar Salad ~ 13

Egg Yolk, Anchovy, Garlic, Lemon, Grana, Croutons

Jill's Saladé Lemonaise ~ 15

*Vegetarian/ GF: Roots Farm Lettuce, Fennel, Beets,
Carrots Herbed Green Herb Vinaigrette, Citrus Sauce*

Charred Carrot Risotto with Local Big

Eye Tuna Confit ~ 16

Roots Farm Carrots, Arbol, Almond Pimenton

Crispy Wood Oven Brussels Sprouts

~ 13

GF: Bacon, Onion, Fresh Thyme, Fish Sauce

Wood Oven Half Mary's Chicken with

Melted Broccoli Panzanella ~ 28

*Brined and Air-Dried Chicken, Roots Farm Broccoli and
Kale, Currant, Garlic, Onion, Apple Cider Vinegar,
Levain Croutons.*

FLATBREAD PIZZAS

Shaman's Bread ~ 9 / 15

Pistachio, Red Onion, Flax Seed, Rosemary, Grana

Wood-Fired Cauldron Tomato Sauce

~ 11 / 18

Cauldron Tomato Sauce, Mozzarella, Herbs

Smoke Dried Tomato and Mushroom

~ 13 / 22

Caramelized Onions, Smoke Dried Tomato, Herbs

Mushroom and Caramelized Onion

~ 13 / 22

*Cauldron Tomato Sauce, Caramelized Onion, Whole
Milk Mozzarella*

Central Coast Sausage ~ 14 / 24

*Housemade Pork and Fennel Sausage, Mushrooms,
Onions, Whole Milk Mozzarella*

Nitrate Free Pepperoni and Peppers

~ 14 / 24

Cauldron Tomato Sauce, Roasted Pasilla

Coachella Valley Date and Bacon

~ 14 / 24

Smoked Leek Sauce, Walnuts, Blue Cheese, Agugula

SPECIAL FLATBREADS

Mushroom and Cream Flatbread ~ 24

*Vegetarian: Caramelized Onions, Shitake "Bacon",
Enoki, Chives*

FAMILY MEAL #1 FOR 4

Family Size Market Green Salad

2 Large Flatbreads of your choice

\$45

Call us at (805) 344-4400

Or email at brenda@fulloflifefoods.com

FAMILY MEAL #2 FOR 4

Wood Oven Half Mary's Chicken with
Melted Broccoli Panzanella

1 Large Flatbread of your choice

Family Size Market Green Salad

\$55

Flatbread Levain Bread ~ 12 Loaf/ 6 Half Loaf

The Beast To Go ~ 11