

May 21st, 22nd, 23rd and 24th, 2020 (Week 10! We Can Do This!)

We will be offering the following menu for pick up and curbside Thur through Sat: 5pm-7pm / Sun 1-7.
You can call ahead at (805) 344-4400 during these hours or email brenda@fulloflifefoods.com BEFORE 5pm Daily/ 1pm Sun.

SOUP

Chilled Garbanzo and Tomato Soup

Vegan/ GF – Tomato, Sesame, Cucumber, Olives, Lemon
~ 10 10oz / 25 32oz

STARTERS & SUCH

Roots Farm Market Green Salad ~ 9

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

Last Week! Gaviota Smoked Whitefish and Potato Gratin ~ 21

Travis' Locally Caught Whitefish, Garlic, Fish Sauce,
Garden Kale, Capers, Citrus, Cream, Thyme

Stepladder Creamery Big Sur Cheese Spring Salad (inspired by Chez Panisse) ~ 17

Garden Lettuces, Thyme, Red Wine Vinegar, Levain
Crumbs, Beet Dust, Chervil

Local Wild King Salmon Cakes ~ 20

Burdock, Preserved Lemon, Hariissa Mayonnaise, Fava,
Tutti Frutti Farms Zucchini, Garden Mint

Flatbread Buttermilk Fried

Mary's Chicken ~ 35

Whole Chicken: broken down, Bell "Street" Corn Ribs,
Flatbread "Ranch," Tutto Calabria, Zucchini Salad,
Fermented Fresno Chilis, Smoked Salt

FAMILY MEAL #1 FOR 4

Family Size Roots Farm Market
Green Salad (Thank You Jacob!)

2 Large Flatbreads of your choice

\$45

LOS ALAMOS PARK PLATE

Stepladder Creamery Big Sur Cheese, Central Coast
Creamery Dreamweaver Cheese, Levain Crisps, Cheddar
Sablés, Olives, Marcona Almonds, Cherry Jam,
Cornichons, Pickled Market Vegetables, Whole Grain
Mustard, Prosciutto, Braseola, Mortadella, Bottle of
Penville Rosé of Grenache, 2 Topo Chico Sparkling
Waters, Market Berries – 75 (55 w/o Wine)

SPECIAL DESSERT

'Tis the Season Sour Cherry Pie ~ 12

The Beast To Go ~ 11

Flatbread Chocolate Espresso Cookies

To Go ~ 8 x 6 cookies

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

Kalamata Olive and Feta ~ 13 / 22

Ember Roasted Sweet Peppers, Red Onion, Rosemary

FLATBREAD SPECIAL (Fri-Sun):

Slow Braised Goat Flatbread ~ 22

Cilantro Roots Salsa, Housemade Anchoiade, Smoked
Mozzarella

Kid's Build Your Own Flatbread ~ 10

Flatbread Crust, Sauce, Cheese, Pepperoni,
Crayons ~ Decorate your Box and post it! Tag us!!!
We will trade you a S'More for your box!

FAMILY MEAL #2 FOR 4

Chilled Chickpea Soup

Flatbread Buttermilk Fried

Mary's Chicken

1 Large Flatbread of your choice

Family Size Market Green Salad

80

See our Larder selection of Local
Essentials and Treasures!

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FULL of LIFE LARDER (available Friday thru Sunday)

LOCAL ESSENTIALS

Rancho San Julian Grass Fed Beef Bone Broth (32oz frozen)

~ 12 32oz

GF: 24-Hour Reduction. Tomato and Garlic Wood-Oven Bone Roast, Vegetable-Scrap Broth, Filtered

Cassitas Valley Ranch Pork Bone Broth (32oz frozen) ~ 12 32oz

GF: 24-Hour Reduction. Olea Farm Olive Oil, Thyme, Vegetable-Scrap Broth, Filtered

Flatbread Vegetable Scrap Demi-Glace (32oz frozen) ~ 12 32oz

Vegan/ GF: Waste Not! This is our raw kitchen vegetable scraps oven charred and then slow braised and reduced in filtered water for 24 hours and then filtered. Same consistency as a Beef Demi-Grace but 100% Vegan..

Flatbread Vegetable Scrap Broth (32oz frozen) ~ 8 32oz

Vegan/ GF: Waste Not! A far less reduced version (8 hour) of our Demi-Glace. Great for making soups, steaming vegetables and braising.

Flatbread Levain Bread ~ 12 Loaf (Fri-Sun – LIMITED)

Flatbread Carrot Hummus Smoked Harissa

Cultured Oak-Smoked Butter ~ 5 each (1/4 qt)

TuttoCalabria Calabrian Hot Spread Sauce ~ 10 (10oz)

Italian. Not local but I seriously can't make things this good! Goes great in pasta, in sauces, in soups, as a spread!

Olea Farm Extra Virgin Olive Oil – 29 (750ml)

Lovingly Grown and pressed in Paso Robles, What we use.

Flatbread Chocolate Cherry Brioche ~ 14 3# Loaf (Fri-Sun - LIMITED)

Farm Egg, Butter, Avila and Sons Farm Dried Cherry, Flatbread Levain Starter, Williams Selyen Wine Yeast from Chad Melville

THANK YOU FOR YOUR SUPPORT!

LOCAL TREASURES

Rancho San Julian Grass Fed Ground Beef (1lb frozen) ~ 10 / LB

Rancho San Julian Beef Bones (3lb frozen) ~ 10/ 3LB

For making your own Bone Broth and Stocks!

Rancho San Julian Raw Honey ~ 20/ 20oz
Great for allergies! Super Tasty.

Ranch San Julian Beef Burger Kit

~ 20 for 2 8oz Burgers

Ready for your grill! Howemade Levain Briche Burger Buns, Caramelized Onion Jam, Artisan Mustard, Howemade Ketchup, Avocado, Aged Cheddar, Baby Arugula, Howemade Cucumber Pickles. Cryovac.

American Waygu NY Strip Kit – 35 / 32oz

Ready for your grill! Garden Of..... Garlic Scape and Walnut Pesto, Howemade Steak Sauce, Smoked Salt

Pacific King Salmon Fillet ~ 14 portioned (FRESH, approx. 8oz portions)

Cryovac Nasturtium with Lemon Herb Butter ready to cook at home.

Pacific King Salmon Rilletes Kit ~ 25

Garden Fennel, Smoked Butter, White Wine, Capers, Levain Criaps, Dijon, Cornichon, Radish Salad

Wine and Beer of the Week!

Stolpman 'Love You Bunches'

Delicious Carbonic Sangiovese served at my wedding! ~ 25 / 20 when ordered with a Family Meal

Penville Rosé of Grenache

It's Rosé weather and Patton and Pete (above) are some of the nicest mother's sons I know of!

~ 25 / 20 when ordered with a Family Meal

M-Special "G-Town" Grapefruit IPA

Flatbread Loves M-Special!

~ 14 6 pack 12oz Cans

M-Special "Sabado Tarde" Tangerine Ale

Can't go to the beach? Pretend!

~ 14 6pck 12oz Cans

BodyHi All Natural Cold-Processed Soap

Soap and Bath Bomb Gift Box - 25 (32 value)

Hand-made Bar Soap – 10

Kid's "Baby Pig" Soap - 8