

organic SANDWICHES

on sprouted multi-grain (or gluten free bread .25)
(or locally made artisan bread \$1.)

Vegetarian Classic 6.00
Avocado, jack cheese, tomato, sprouts,
mustard, veganaise.

Raw Veggie Classic 6.25
Grated zucchini, carrot, onion, sprouts, avocado,
cucumber, tomato, mustard, veganaise.

J-La 6.25
Avocado, hummus, cucumber, pumpkin seeds,
tomato, sprouts, veganaise.

Tempeh 6.25
Chopped tempeh w/celery, veganaise, avocado,
sprouts, tomato, mustard.

Egg Salad 6.25
Organic free-range eggs w/fresh basil, veganaise,
mixed greens, mustard.

P.B.J. or A.B.J. 3.50/4.50
Organic peanut butter or almond butter & jam.

Blanca Tuna* 6.25
White albacore tuna w/chopped almonds,
artichoke hearts, kalamata olives, veganaise,
sprouts, tomato, mustard. *tuna may contain olive pits

Turkey Chipotle 6.55
Lettuce, tomato, avocado, veganaise & chipotle 'mayo'.

Roast Beef Horseradish 6.55
Lettuce, tomato, horseradish 'mayo'.

Tarragon Chicken Salad 6.55
Chicken w/celery, raisins, tarragon, green onion,
veganaise, mixed greens.

Open Face Tomato (seasonal) 7.50
Farm fresh heirloom tomatoes, veganaise,
mixed greens, feta cheese on toasted artisan
bread w/balsamic.

1/2 sandwich (ask for availability) 4.50-5.00

Soup & 1/2 sandwich (ask for availability) 8.50

Note: all prices subject to change

Luscious Lorraine's passion is providing clean, fresh, whole
food prepared daily with care, consciousness and creativity...

organic RAPS

choose sprouted multi-grain or gluten free brown rice tortilla.
(turn any sandwich into a Rap **add .05**)

Veggie 6.35
Hummus, mixed greens, avocado, jack cheese,
pumpkin seeds w/balsamic dressing.

Avo-Chile 6.35
Black bean hummus w/chipotle, mixed greens,
cabbage, avocado, roasted chilies, avo-tahini dressing.

Asian Tofu 6.35
Braised tofu, mixed greens, cabbage, carrots,
cucumbers, brown rice, roasted almonds,
peanut dressing

Chicken 6.95
Chopped chicken, jack cheese, mixed greens w/salsa,
ranch dressing.

Chicken or Tofu Caesar 6.95
Chopped chicken or braised tofu, romaine lettuce,
basil pesto, avocado, tomato, choice of parmesan or
daiya vegan cheese.

Raw Nori 6.95
Sunny pate, sprouts, mixed greens, grated carrots,
cucumbers, avocado rapped in a raw nori sheet,
creamy tahini dressing.

Bueno Burrito (or make it a Bowl) 6.95
HOT item! Pinto beans, brown rice, cabbage, cilantro,
cheddar cheese, green onions, salsa.
(ask to add chicken and/or sour cream!)

ADD-ONS for Sandwiches, Raps, Salads

Chicken, Beef, Turkey, Tuna	2.00
Tempeh, Tofu, Raw Nut Pate	2.00
Avocado	2.00
Cheese, Black or Pinto Beans	1.00
Grated Carrot, Zucchini, Beets, Sprouts	.25
Sliced Cucumber, Onion, Tomato,	.25
Roasted Pepitas, Sour Cream	.25

Homemade Soup of the Day

Bowl 16 oz.	5.75
Cup 12 oz.	3.25

...whether your path is Raw, Vegan, Vegetarian,
Omnivore or Carnivore, there is something for you...

organic SALADS

dressings on the side. (extra dressing .25)

Raw House 8.55
Raw shredded beet, zucchini, carrot, cabbage, avocado,
cucumber on mixed greens, avo-tahini dressing.

Tempeh 8.55
Chopped tempeh w/celery, veganaise on mixed greens
w/brown rice, avocado, sesame-ginger dressing.

Beet 8.55
Cooked beets, avocado, cherry tomatoes, pepitas
on mixed greens w/balsamic dressing.

Asian Tofu 8.55
Braised tofu, cabbage, carrots, cucumbers, brown rice,
roasted almonds on mixed greens w/peanut dressing &
sesame-ginger dressing.

The Mexican 8.55
Black beans, brown rice on mixed greens w/ cabbage,
avocado, pepitas, fresh salsa, ranch dressing.

Tuna* Salad Salad 8.55
White albacore tuna w/chopped roasted almonds,
artichoke hearts, kalamata olives, veganaise on mixed
greens, balsamic dressing. *tuna may contain olive pits

Grilled Chicken 9.00
Chicken breast, tomato, avocado, feta or jack cheese,
pepitas on mixed greens, balsamic dressing.

Paleo 9.00
4 oz. of tuna salad or grilled chicken breast on mixed
greens w/grated zucchini, carrots, cucumber, tomato,
balsamic dressing.

DRESSINGS house-made, organic, vegan

Balsamic	Cider Vinegrette
Caesar	Raw Avo-Tahini
Peanut	Raw Creamy Tahini
Ranch	Sesame Ginger

*Notes: our products may contain nuts, seeds, or pits

...we are committed to using organics, grow some of our
own ingredients, we support sustainable local farming,
sound ecology and a healthy community...

...we love helping you to enjoy eating well.

house SMOOTHIES 16oz.

Blueberry Blast-off	7.00
banana, blueberry, orange juice, ice	
Mango Mango	5.75
mango, orange juice	
Triple Berry	6.00
banana, strawberry, raspberry, blueberry, orange juice	
Tropical Tango	6.00
pineapple, mango, strawberry, orange juice, coconut milk	
Strawberry Fields	6.00
banana, strawberry, orange juice, coconut milk	
Acai Energy	6.25
banana, pure acai berry, triple berry, orange juice	
Enzyme Boost	7.00
1oz. wheatgrass, pineapple, mango, papaya, strawberry, orange juice	
Date Shake	6.00
frozen banana, local dates, agave, almond milk, ice	
Strawberry OR Tripleberry Pomegranate	6.00
banana, freeze dried pomegranate, orange juice	
the Monkey	7.00
banana, peanut butter, agave, hemp hearts, coconut milk	

high PROTEIN SMOOTHIES 16oz.

Chocolate or Vanilla Protein smoothie	6.00
banana, ice, water, vanilla or chocolate whey protein	
Mocha Java	7.00
espresso, espresso beans, banana, ice, cocoa, chocolate whey protein <i>cinnamon optional</i>	
Funky Monkey	8.75
banana, peanut butter, hemp hearts, ice, coconut milk, vanilla whey protein	
Gus's Protein	11.00
banana, ice, water, cinnamon, almond butter, maca, cocoa, 2x chocolate whey protein	

raw SMOOTHIES 16oz.

Super Green Avo	8.00
pineapple, orange juice, spinach, kale, avocado* pink salt, agave (*kids can sub banana for avocado)	
Raw Maca	8.00
banana, ice, water, cinnamon, agave, maca powder, fresh coconut water, coconut butter	
Maca Date Shake	8.00
frozen banana, local dates, ice, fresh almond milk, maca powder, cinnamon	
Cocoa Suave	8.50
banana, water, ice, cacao nibs, raw cacao powder, fresh coconut water, coconut butter	

ADD-INS for smoothies

bee pollen, brown rice protein (raw), chia seeds, coconut oil, green vibrance, hemp hearts, hemp protein, maca powder, oregano oil, probiotics, wheatgrass, whey protein 2.00
peanut butter 2.50
almond butter, coconut butter, sacha inchi 3.00

organic freshly JUICED

Ginger Hopper carrot, apple, ginger root 16oz	8.50
Flu Fighter carrot, orange, lemon, ginger 16oz	8.50
the Works carrot, celery, apple, orange, lemon, ginger root 16oz	8.50
the original Green Drink (serving 12 years!) kale, celery, cucumber, parsley, green apple, lemon, ginger root 12oz/16oz	7.95/9.50
Skin Glo jicama, kale, lemon, green apple, ginger root 12oz	7.95/8.50
Gravity Juice cucumber, celery, kale, lemon, aloe vera, wheatgrass 12oz	7.95/8.50
Heart Beat apple, carrot, beet, kale, celery, parsley, lemon, ginger root 12oz/16oz	7.95/8.50
the SELFIE Juice create your own juice from our fresh organic veggies and fruits, take a selfie! 6oz	9.50

ADD-INS for juices

ginger 1. / wheatgrass 2.75

Elixir shots

Organic Wheat Grass per 1oz	2.75
Ginger Shot 2oz	4.25
Hot Shot 3oz (1oz wheat grass, lemon, ginger root)	5.00
Aloe Vera 3oz	3.00
Fire Ball 6oz (orange juice, ginger root, lemon, cayenne, oil of oregano)	6.25

iced TEAS

Passion Tea hibiscus flowers, passion fruit, sweetened w/apple juice (No caffeine)	2.00
Sport Tea blend of green & black teas, electrolytes & ginseng (Caffeine)	2.00

hot TEA (selection available)	2.00
hot COFFEE (Keurig)	3.25
espresso DRINKS (see full espresso menu)	2.-5.00
fuel COFFEE (coffee+MCToil+coconut butter)	6.25

Note: all prices subject to change



B.Y.O.B. bring your own bag for carry out!



'good food from the ground up'



farm fresh food+liquids
autumn hours

Monday to Friday 8 am – 4 pm

Saturday & Sunday closed

(760)862-1911



Inside Harvest Health Foods

73-910 Suite. E, Hwy. 111

Palm Desert, CA 92260

Please allow 20 min. for takeaway orders

Ask about our DAILY SPECIALS!  