

[BREAKFAST]

BAGELS \$3.99

plain
everything
asiago cheese
sesame seed
cinnamon raisin

BIALYS \$3.99

plain
sundried tomato
chocolate chip
jalapeno cheddar

SPREADS \$4.9

cream cheese
butter
peanut butter
almond butter
Nutella®

**MUST
POPULAR**

CALIFORNIA CLUB

Egg, bacon, smoked turkey, tomato, avocado, pepper jack, cream cheese & pesto, served on toasted artisan bread \$10.79

EGG & CHEESE

Served on a fresh, toasted plain bialy \$6.79

AVO TOAST

Avocado, feta, tomato, everything seasoning on choice of toast \$5.79
[Add 1 fried egg +\$1.49]

CROISSANT 'WICH

Egg, bacon, tomato with a pesto drizzle, served on a warm croissant \$7.99

AS YOU WISH EXTRAS

Gluten-Free Tortilla \$2.29

Hummus Avocado \$1.79

Smoked Turkey
Chicken Sausage
Bacon
Chicken Breast
2 Eggs \$2.79

BURROS

TRADITIONAL BURRO

Egg, cheese, potato, wrapped in a wheat tortilla & a side of salsa \$7.79

VEGGIE BURRO

Egg white, swiss, portabello, tomato, black beans, onion & potato, wrapped in a sundried tomato tortilla & a side of salsa \$10.19

AZ BURRO

Smoked turkey, avocado, egg white, potato, tomato & feta, wrapped in a sundried tomato tortilla & a side of salsa \$10.49

VEGAN BURRO

Quinoa, avocado, black beans, portabello, onion & potato, wrapped in a sundried tomato tortilla & side of salsa \$9.49

SMOTHER ANY BURRO +\$2.79

Baja Chicken Chili
Mushroom Bisque | Vegetable Lentil

OATMEAL OUR WAY

Quinoa, banana, fresh fruit, maple syrup drizzle, granola & choice of steamed milk \$7.29
[Dairy free +\$.79]

LOW CARB BREAKFAST

Hash patty, two fried eggs, pepper jack, tomato, avocado & pesto on a bed of spring mix greens with a balsamic vinaigrette drizzle \$9.69

['WICHES & WRAPS]

THE COMBO

Add one side & one drink to any item & SAVE \$2.49

TURKEY CLUB

Smoked turkey, bacon, white cheddar, avocado, tomato & honey mustard, served hot on toasted wheat \$11.29

CHICKEN PESTO

Chicken breast, portabello, feta, tomato & pesto drizzle, served hot on toasted sourdough \$11.29

BLTA

Crispy bacon, spring mix greens, tomato, avocado & lite mayo on toasted sourdough \$10.29

VEGGIE d'Lite

Avocado, tomato, spring mix greens, cucumber, pepperoncini & tzatziki, wrapped in warm flat bread \$8.99

HUMANITARIAN

Hummus, quinoa, broccoli, tomato, cucumber & pepperoncini, wrapped in a warm sundried tomato tortilla \$9.49

• CHIX SUPREME •
chicken breast | feta | pesto +\$2.79

• VEG SUPREME •
avocado | feta | pesto +\$2.49

SIGNATURE TUNA 'WICH

[served HOT or COLD]

Albacore tuna mixed with our secret sauce, white cheddar, feta, onions, celery, dill, tomato, cucumber*, spring mix greens* & honey mustard on wheat \$10.99
[* = does not come on hot]

[SALADS]

GREENS & PROTEINS

House made tuna stuffed avocado, spring mix greens, chicken breast, bacon, feta, tomato, toasted bagel chips & a side of creamy cucumber blue cheese dressing \$12.79

NUTS N' BERRIES

Spring mix greens, strawberries, fresh fruit, goat cheese, candied walnuts & a side of raspberry walnut vinaigrette \$11.49

[Add protein +\$2.79]

KITCHEN SINK

Spring mix greens, quinoa, tomato, beets, cucumber, celery, carrot, feta, dried cranberries, toasted bagel chips & a side of balsamic vinaigrette \$11.79

[Add protein +\$2.79]

[SOUPS & SIDES]

BROCCOLI SIDE

Broccoli, tomato, onion, feta & a balsamic vinaigrette drizzle
SM | \$3.29 LG | \$5.79

SWEET BEETS

Spring mix greens, beets, goat cheese, dried cranberries & a raspberry vinaigrette drizzle
SM | \$3.29 LG | \$5.79

SIDE SALAD

Spring mix greens, tomato, cucumber & a choice of dressing drizzle
SM | \$2.79 LG | \$4.99

SOUP

Mushroom Bisque | Baja Chicken Chili | Vegetable Lentil
Served with toasted bagel chips
8oz | \$5.49 16oz | \$7.49

HUMMUS PLATE

Hummus topped with a feta & pesto drizzle, served with broccoli, tomato, carrot, cucumber & warm flat bread \$8.99

[BOWLS]

• Bowls served with a side of toasted bagel chips •

SOUTHWEST RICE BOWL

Basmati rice and broccoli, topped with a baja chicken chili, cilantro & tzatziki \$12.49

d'VEGGIE BOWL

Quinoa and broccoli, topped with a mushroom bisque, feta, tomato & a spicy chipotle aioli drizzle \$12.49

d'VEGAN BOWL

Quinoa and broccoli, topped with a vegetable lentil chili, celery, carrots & a Sriracha® drizzle \$11.49

[BURGERS]

House made black bean & quinoa burger patty, served on a toasted artisan bun:

• EARLY BIRD STYLE •

Fried egg, pepper jack, tomato & spring mix greens with a spicy chipotle aioli drizzle \$11.79

• HOUSE STYLE •

Portabello, tomato & feta with a tzatziki & pesto drizzle \$11.79

• ISLAND STYLE •

Grilled onion, bacon, pineapple & swiss with a bbq sauce drizzle \$11.79

Try it NAKED on a bed of spring mix greens with a balsamic vinaigrette drizzle

FULL MENU SERVED ALL DAY EVERYDAY !

HOT COFFEE

| | 12oz | 16oz | 20oz |
|------------------------|-------------------------|--------|--------|
| house roast | \$2.49 | \$2.99 | \$3.49 |
| latte or cappuccino | \$4.29 | \$4.79 | \$5.29 |
| mocha or caramel latte | \$4.49 | \$4.99 | \$5.49 |
| chai latte | \$4.49 | \$4.99 | \$5.49 |
| dirty chai latte | \$4.99 | \$5.49 | \$5.99 |
| americano | \$3.29 | \$3.99 | \$4.79 |
| espresso shots | 2 = \$2.79 4 = \$3.79 | | |

ICED COFFEE

| | 16oz | 24oz | 32oz |
|------------------------------------|--------|--------|--------|
| house roast | \$3.49 | \$3.99 | \$4.49 |
| Nitro toddy [cold brewed espresso] | \$5.29 | \$6.89 | \$8.29 |
| latte | \$4.29 | \$4.79 | \$5.29 |
| mocha or caramel latte | \$4.79 | \$5.29 | \$5.79 |
| chai latte | \$4.79 | \$5.49 | \$6.29 |
| dirty chai latte | \$5.29 | \$5.99 | \$6.99 |
| americano | \$3.79 | \$4.79 | \$5.79 |

AS YOU WISH +\$.79
 flavors | extra shot | cubana | red eye | breve
 oat milk | almond milk | coconut milk

SMOOTHIES

| | 16oz | 24oz | 32oz |
|---|--------|--------|--------|
| HOUSE Strawberry & banana | \$6.49 | \$7.79 | \$9.29 |
| FOUR BERRY Black-blue-rasp-straw-berries & banana | \$6.49 | \$7.79 | \$9.29 |
| ORANGE GLORIOUS Orange juice, splash of cream & banana | \$6.49 | \$7.79 | \$9.29 |
| GREEN LEMONADE SMOOTHIE Kale, banana, pineapple, mango garlic, ginger, lemon & cilantro | \$7.49 | | |

ADD PLANT PROTEIN + \$1.99

SHAKES



| | 16oz | 24oz | 32oz |
|--|--------|--------|--------|
| d'BREAKFAST BUZZ® Chocolate whey protein vitamin blend, espresso shots, nonfat milk, banana, peanut butter | \$7.49 | \$8.49 | \$9.49 |
| d'VEGAN BUZZ Chocolate plant protein vitamin blend, espresso shots, oat milk, banana, peanut butter | \$7.99 | \$8.99 | \$9.99 |
| PROTEIN SHAKE Chocolate whey protein vitamin blend, nonfat milk, banana, chocolate syrup | \$6.29 | \$7.29 | \$8.29 |

TEAS | JUICE | WATER

| | 12oz | 16oz | 20oz |
|--|-------------|-------------|-------------|
| Assorted hot teas | \$2.49 | \$2.79 | \$2.99 |
| ICED TEAS traditional black, pomegranate green, cactus blossom [decaf] [arnold palmer +\$.99] | 16oz \$2.99 | 24oz \$3.49 | 32oz \$3.99 |
| KOMBUCHA TEAS trilogy or gingerade | \$5.99 | \$7.99 | \$9.99 |
| ITALIAN SODA sparkling water, flavor & a splash of cream over ice | \$2.99 | \$3.99 | \$4.99 |
| JUICE & WATER lemonade | \$3.69 | \$4.69 | \$5.69 |
| orange juice | \$4.99 | | |
| Martinellis® apple juice [10oz btl] | \$3.49 | | |
| sparkling water [16.9oz btl] | \$3.49 | | |
| bottled water [20oz btl] | \$1.99 | | |
| COLD PRESSED JUICE d'TOX - pineapple, apple, spinach, kale | 8oz \$5.49 | 16oz \$8.99 | |
| d'FENSE - pineapple, orange, carrot, ginger, turmeric, black pepper | | | |

d'kiddies



QUESADILLA TRI'S

Cheese blend melted in a wheat tortilla & cut into triangles with a side of salsa \$4.99

GRILLED CHEESE

Cheese blend melted on toasted wheat Whole \$4.99

AB & J

Almond butter & jelly on toasted wheat
 Half \$3.99 | Whole \$6.99
 [Banana slices +\$.79]

WHOLE MILK

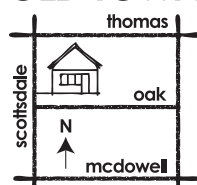
16oz \$3.49
 [Chocolate +\$.79]
 [Dairy free +\$.79]

DOGGIE BAG

Leftovers from the day come one way!
 Protein & rice \$2.49

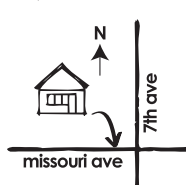


OLD TOWN



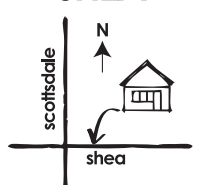
2613 N SCOTTSDALE RD
 SCOTTSDALE . AZ . 85257
 T 480.247.8537

7TH AVE



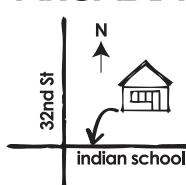
5502 N. 7TH AVE
 PHOENIX . AZ . 85013
 T 602.675.1717

* SHEA



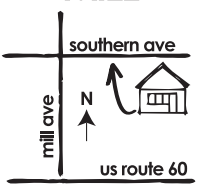
7337 E SHEA BLVD. SUITE 100
 SCOTTSDALE . AZ . 85260
 T 480.248.9545

* ARCADIA



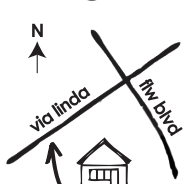
3214 E INDIAN SCHOOL RD.
 PHOENIX . AZ . 85018
 T 602.368.9445

MILL



125 E. SOUTHERN AVE
 TEMPE . AZ . 85282
 T 480.292.8883

ANCALA



11307 E. VIA LINDA
 SCOTTSDALE . AZ . 85259
 T 480.451.1640

* = prices listed for noted location

ALLERGY NOTICE: Please be aware that some of our products contain nuts, are nut products, or could have been produced in an environment where these ingredients are used in other products. We also use wheat, soy and dairy in our kitchen.



health conscious
 kitchen & coffee house

effective date March 2024

MENU



DINE-IN



DRIVE-THRU



PICK-UP



DELIVERY



CATERING

[dee'lite] adj: it's a way of life!

We provide a healthy alternative to 'fast food' without sacrificing taste or convenience for people on - the - go. We offer organic and all natural fresh ingredients, including locally grown produce when available. We choose to reduce impact on the environment by recycling and using earth friendly products.

HOURS

varies by location
 visit us online for
 current hours



dLiteHealthyOnTheGo.com