

BREAKFAST

BAGELS & BIALYS \$4.00

bagels | everything, plain, asiago cheese, wheat, sesame seed, cinnamon raisin
bialys | plain, sundried tomato, chocolate chip [cream cheese, peanut or almond butter, Nutella® or butter]

EGG & CHEESE SANDWICH

served on a fresh, toasted plain bialy \$6.75

BREAKFAST CLUB

egg, bacon, smoked turkey, tomato & cream cheese, served on a toasted sundried tomato bialy \$8.75

CALIFORNIA CLUB

egg, bacon, smoked turkey, tomato, avocado, pepper jack, cream cheese & pesto, served on toasted artisan bread \$10.50

CROISSANT SANDWICH

egg, bacon, tomato with a pesto drizzle, served on a warm croissant \$7.75



TRADITIONAL BURRITO

egg, cheese & potato wrapped in a wheat tortilla with a side of salsa \$7.50

VEGGIE BURRITO

egg white, swiss, portabello, tomato, black beans, onion & potato wrapped in a sundried tomato tortilla with a side of salsa \$10.00

AZ BURRO

smoked turkey, avocado, egg white, potato, tomato & feta, wrapped in a sundried tomato tortilla with a side of salsa \$10.25
[Enchilada Style +\$2.50]

OATMEAL OUR WAY

quinoa, banana, seasonal fruit, maple syrup drizzle, granola & choice of steamed milk \$6.50

LOW CARB BREAKFAST

hash patty, two fried eggs, pepper jack, tomato, avocado & pesto, served on a bed of spring mix greens with a balsamic vinaigrette drizzle \$9.25

FRITTATAS [baked omelet-ish]

- **HOUSE STYLE** • chicken sausage, portabello & swiss baked frittata, topped on lightly buttered sourdough toast & hash patty with a spicy chipotle aioli drizzle \$11.00
- **VEGGIE STYLE** • broccoli, onion & feta baked frittata, topped on lightly buttered wheat toast & sliced tomato with a pesto drizzle \$11.00

AS YOU WISH EXTRAS

- Gluten-Free Tortilla \$2.00
- Hummus Avocado \$1.50
- Smoked Turkey Chicken Sausage Bacon Chicken Breast 2 Eggs \$2.50

SALADS

GREENS & PROTEINS

house made tuna stuffed avocado, served on bed of spring mix greens, chicken, bacon, feta, & tomato with a side of toasted bagel chips & creamy cucumber blue cheese dressing \$12.50

KITCHEN SINK

spring mix greens, chilled quinoa, tomato, beets, cucumber, celery, carrot, feta & golden raisins with a side of toasted bagel chips & side of balsamic vinaigrette \$11.50

NUTS N' BERRIES

spring mix greens, fresh seasonal fruit, goat cheese & candied walnuts, served with a side of raspberry walnut vinaigrette \$11.25

'WICHES & WRAPS

THE COMBO

ANY 'wich or wrap AND one side AND one drink SAVE \$2.50

CHICKEN BREAST PANINI

chicken breast, portabello, feta & tomato, with a pesto drizzle, all baked on toasted sourdough \$10.75

TURKEY CLUB

smoked turkey, bacon, cheese, avocado, tomato & lite honey mustard, served on toasted whole wheat \$11.00

SIGNATURE TUNA SANDWICH

albacore tuna mixed with our signature sauce, white cheddar, feta, onions, celery, dill, tomato, cucumber* & spring mix greens* on wheat \$10.75
[choice HOT or COLD]
* = does not come on hot

VEGGIE d'Lite

avocado, tomato, spring mix greens, cucumber, pepperoncini & a creamy cucumber spread, wrapped in warm flat bread \$8.75

HUMANITARIAN

hummus, quinoa, broccoli, tomato, cucumber & pepperoncini, wrapped in a warm sundried tomato tortilla \$9.50

• CHIX SUPREME •

chicken breast | feta | pesto +\$2.50

• VEG SUPREME •

avocado | feta | pesto +\$2.50

FULL MENU SERVED ALL DAY EVERYDAY !

SOUP & SIDES

BROCCOLI SIDE

chopped broccoli, tomato, onion & feta with a balsamic vinaigrette drizzle \$5.00

SWEET BEETS

spring mix greens with roasted beets, goat cheese & golden raisins with a raspberry vinaigrette drizzle \$5.00

SIDE SALAD

spring mix greens with tomato & cucumber with a choice of dressing \$5.00

SOUP & CHIPS

portabello, baja chicken, or coconut lentil with toasted bagel chips CUP \$5.00 | BOWL \$7.00

HUMMUS PLATE

house made hummus topped with feta & a pesto drizzle, served with broccoli, tomato, carrot, cucumber & toasted flat bread \$8.75

BOWLS

SOUTHWEST RICE BOWL

steamed basmati rice, chicken breast, broccoli, shaved corn, black beans, enchilada & creamy cucumber sauces, topped with fresh cilantro & a side of toasted bagel chips \$11.50

d'VEGGIE BOWL

steamed quinoa, portabella bisque & broccoli, topped with a spicy chipotle aioli drizzle, feta & fresh diced tomato & a side of toasted bagel chips \$11.50

BURGERS

Our house made black bean & quinoa patties have as much protein as meat burgers!

It comes 3 ways, served on a toasted artisan bun:

• HOUSE STYLE •

sliced portabello, tomato, & feta with a creamy cucumber sauce & a pesto drizzle \$11.50

• EARLY BIRD STYLE •

fried egg, pepper jack, tomato, spring mix greens & a spicy chipotle aioli drizzle \$11.50

• TOP NOTCH STYLE •

grilled onion, bacon & swiss with a bbq sauce drizzle \$11.50

All burgers are available NAKED, served on a bed of spring mix greens with balsamic vinaigrette

dLiteHealthyOnTheGo.com

Our coffee is fair trade & locally roasted! Enjoy!

HOT COFFEE 12oz | 16oz | 20oz

house roast	\$2.25	\$2.75	\$3.25
latte or cappuccino	\$4.00	\$4.50	\$5.00
mocha or caramel latte	\$4.25	\$4.75	\$5.25
chai latte	\$4.25	\$4.75	\$5.25
dirty chai latte	\$4.75	\$5.25	\$5.75
americano	\$3.00	\$3.75	\$4.50
espresso shots	2 = \$2.50	4 = \$3.50	

AS YOU WISH \$.75

flavors | extra shot | cubana | red eye | breve
oat milk | almond milk | coconut milk

ICED COFFEE 16oz | 24oz | 32oz

house roast	\$3.25	\$3.75	\$4.25
Nitro toddy [cold brewed espresso]	\$4.50	\$6.00	\$7.50
latte	\$4.00	\$4.50	\$5.00
mocha or caramel latte	\$4.50	\$5.00	\$5.50
chai latte	\$4.50	\$5.25	\$6.00
dirty chai latte	\$5.00	\$5.75	\$6.50
italian soda	\$3.00	\$4.00	\$5.00
americano	\$3.50	\$4.50	\$5.50

SMOOTHIES



HOUSE strawberry & banana	} 16oz 24oz 32oz	\$6.25 \$7.25 \$9.00
FOUR BERRY black-blue-rasp-straw-berries & banana		

SEASONAL

ORANGE GLORIOUS orange juice, splash of cream & banana	\$5.25 \$6.25 \$7.50
GREEN LEMONADE kale, banana, pineapple, mango, garlic, ginger, lemongrass & cilantro	\$7.25 - -

ADD PROTEIN TO ANY SHAKE OR SMOOTHIE
Vegan plant protein [GF | SF | DF] - \$2.00

SHAKES 16oz | 24oz | 32oz

d'BREAKFAST BUZZ® vitamins, chocolate whey protein, espresso shots, nonfat milk, banana, peanut butter, & blended with ice	\$7.00 \$8.00 \$9.00
d'VEGAN BUZZ same great taste of d'Breakfast Buzz® but it's vegan!	\$7.50 \$8.50 \$9.50
PROTEIN SHAKE chocolate whey protein, nonfat milk, banana, chocolate syrup & blended with ice	\$5.50 \$6.75 \$8.25

TEAS & JUICE & WATER 12oz | 16oz | 20oz

assorted hot teas	\$2.50 \$2.75 \$3.00
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ICED TEAS traditional black, pomegranate green, decaf cactus blossom	} 16oz 24oz 32oz	\$3.00 \$3.50 \$4.00
arnold palmer +\$1.00		

KOMBUCHA TEA trilogy or gingerale	\$5.50 \$6.75 \$8.00
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JUICE & WATER	
lemonade	\$3.50 \$4.50 \$5.50
orange juice	\$4.50 - -
Martinellis® apple juice	\$3.50 btl
sparkling water	\$3.50 btl
bottled water	\$2.00 btl

COLD PRESSED JUICE 8oz | 16oz

DETOX pineapple, apple, spinach, kale	\$5.50 \$9.00
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SEASONAL

for d'kiddies



AB & J

Roasted almond butter & jelly on wheat berry bread \$4.00
[Banana slices +\$.75]

QUESADILLA TRI'S

Blend of two cheeses on a wheat tortilla cut into bite-sized triangles \$5.00

GRILLED CHEESE

Cheddar melted on toasted wheat \$5.00

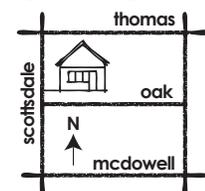


DOGGIE BAG

Leftovers from the day come one way!
protein & rice \$2.00

LOCATIONS

OLD TOWN



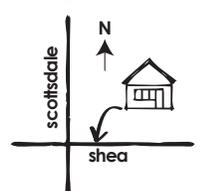
2613 N SCOTTSDALE RD
SCOTTSDALE . AZ . 85257
T 480.247.8537

7TH AVE



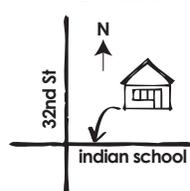
5502 N. 7TH AVE
PHOENIX . AZ . 85013
T 602.675.1717

* SHEA



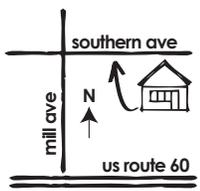
7337 E SHEA BLVD, SUITE 100
SCOTTSDALE . AZ . 85260
T 480.248.9545

* ARCADIA



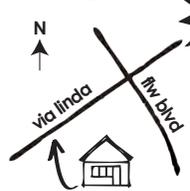
3214 E INDIAN SCHOOL RD.
PHOENIX . AZ . 85018
T 602.368.9445

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 are noted per location

FRIENDLY WARNING

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 bakery and kitchen.



health conscious
kitchen & coffee house

MENU

effective date March 2022



DINE-IN



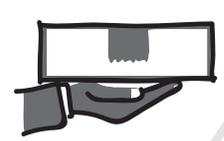
DRIVE-THRU



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

M - F | 6am - 6pm
S - S | 7am - 6pm

FREE Wi-Fi

BEST 'fast-food' ~ Phoenix Magazine
'drive-thru' & 'healthy restaurant' ~ Phoenix New Times

dLiteHealthyOnTheGo.com

