

Lydia's Lovin' Foods

organic ♥ raw ♥ vegan ♥ gluten-free

Lovin' Foods for the Body, Mind & Soul

Lydia's Lovin' Foods offers delectable foods that are ecologically sound for our bodies and the Earth. We serve vegan and live foods using unprocessed organic ingredients, supporting local farmers as much as possible. We use biodegradable cornstarch cups and cutlery, unbleached, recycled paper napkins and plates made from pressed leaves. We are continually seeking to improve our foods and the innovative ways in which they are presented. With the welfare of all beings in mind, this food is created with passion and creativity. Our food booth tends to be educational and inspiring.

Entrées

Ocean Friendly Nori – Nut & seed pâte with avocado, sprouts, cucumber and lettuce.	♥ 6.00
With Salad	♥10.00
Pesto Pizzaz – A zesty walnut & seed pesto on a dehydrated sprouted veggie crust with marinated vegetables and sundried tomatoes.	♥ 7.00
With Salad	♥11.00
Seaweed Salad -w/arame, greens, carrots, red cabbage in a ginger sesame sauce	sm ♥ 5.00 lg ♥ 8.00
Kale Salad -w/kale, carrots, red bell pepper in an avocado lemon dulse dressing	sm ♥ 5.00 lg ♥ 8.00
Greek Salad - Spinach, tomatoes, onions, kalamata olives, w/walnut 'kream'	sm ♥ 5.00 lg ♥ 8.00
Mexican "Flair" – A bed of cauliflower cashew "rice", nut Pate', avocado, w/ a chili sauce, fresh salsa & a super salad	♥12.00
Middle Eastern Plate -Dolmas w/ cauliflower cashew "rice", sesame dill sauce, coconut almond hummus, vegan Greek salad	♥12.00
Super Salad -Lettuce, mixed greens, carrots, celery, beets, purple cabbage, sprouts.	♥ 7.00
Deluxe Salad – Super Salad with a vegetable pâte and crackers	♥11.00
Green Soup - raw, alkalizing, and refreshing vegetable soup	♥ 5.00

Beverages (non-pasteurized, unbottled)

All organic w/fresh juices & fruit

Watermelon Juice	♥4.00
Veggie Juice	♥4.00
Berry Smoothie	♥4.00
Raw Power Shake	♥6.00
Mango Smoothie	♥4.00
Hibiscus Passion	♥3.00
Herbal Chai - w/ coconut milk	♥3.50
Ginger Lemonade w/ agave	♥3.00

Desserts (no refined sugars, fruit-sweetened)

Snowball – sprouted almonds & sunflower seeds, carob, dates, raisins, coconut	♥ 3.00
Tropical Mango Pie -w/almond crust	♥ 6.00
Strawberry Apple Pie - w/almond crust	♥ 6.00
Chocolate Raspberry Torte - w/cashew lemon date frosting	♥ 6.00
Raw Chocolates	♥ 3.00
Cacao Crunch Bar - w/lemon nut frosting	♥ 3.00
Chocolate Macaroons	♥ 2.00