

All-Day Breakfast *Sub Egg Whites, Gluten-Free Bread and/or Vegan Cheese for \$2 each.*

THE GREEK OMELETTE : 9.99

Sautéed spinach, red onion, tomato and mushrooms topped with feta cheese. Served with medley potatoes and seasonal fruit.

THE SPANIARD OMELETTE : 10.15

Chicken chorizo, red onions, tomatoes, bell peppers, diced green chilies and jalapeños topped with melted cheddar cheese. Served with pico de gallo, medley potatoes and seasonal fruit.

SUNRISE OMELETTE : 10.79

Fresh cracked egg whites, grilled turkey, sautéed spinach, tomato, and avocado. Served with pico de gallo, medley potatoes and seasonal fruit.

KRABBY PANTS OMELETTE : 10.99

Real lump crab meat, smoked salmon with sautéed asparagus, bell pepper, spinach, red onion and Swiss cheese. Served with medley potatoes and seasonal fruit.

*HUEVOS RANCHEROS : 9.99

Three over easy eggs on corn tortillas topped with ranchero sauce and feta cheese. Served with smokey green lentil pico de gallo.

BIG BOY BREAKFAST : 9.99

Three eggs your way with a choice of bacon, sausage, ham or natural chicken chorizo. Served with medley potatoes and toast.

KICK STARTER SAMMIE : 9.39

Fresh cracked local eggs whites, turkey sausage, avocado, and tomato on a choice of English muffin or bagel. Served with pico de gallo.

THE WAFFELICIOUS : 8.99

A large malted vanilla Belgian waffle topped with strawberries, whipped cream and butter. Add pecans, bananas, caramelized apples or blueberries for 1.00.

Sammies, Melts, Burgers & More *Substitute Gluten-Free Bread and/or Vegan Cheese (gluten-free, soy-free, or casin-free) for \$2 each.*

THE PRESS PANINI : 9.99

Honey baked ham, fresh mozzarella, fire roasted green chiles, stacker pickles and red pepper basil aioli on artisan bread.

TURKEY LURKEY : 10.19

Turkey, Havarti cheese, applewood smoked bacon, avocado, field greens, tomato, pesto sauce and mayo on artisan light bread.

THE DIRTY DOCTOR MELT : 9.99

House-baked turkey, roast beef, cheddar, avocado, horseradish mayo and Luci's signature barbecue sauce

THE NAUGHTY NURSE MELT : 9.99

Roasted parsnip, eggplant zucchini, red bell pepper, avocado, house-made mozzarella and hummus topped with pesto on toasted multigrain bread.

NAME-THAT-TUNA MELT : 9.99

Albacore tuna salad, tomato and Swiss cheese on artisan bread.

SMOKEY JOE'S BLT : 9.99

Applewood smoked bacon, tomato, field greens and mayo on artisan bread.

ROSIE'S ROAST BEEF : 9.99

Roast beef, cheddar cheese, field greens, tomato and horseradish mayo on artisan light bread.

THE HUMM-DINGER WRAP : 9.69

Roasted artichoke, zucchini, red bell pepper, red onion, spring mix and hummus with a balsamic reduction drizzle.

FUNKY MONKEY FRENCH TOAST : 8.99 | GLUTEN-FREE : 10.99

Thick slices of cinnamon pull-apart bread, battered, pan sizzled and dusted with powdered sugar. Served with syrup and butter.

FLAPJACKS : 7.69 | GLUTEN-FREE : 8.69

Two oversized house-made pancakes with butter and syrup. Add pecans, bananas, caramelized apples or blueberries for 1.00.

BURRITO BOMB : 9.39

Scrambled eggs, medley potatoes, and a choice of ham, turkey, sausage, bacon or chicken chorizo stuffed in your choice of a sun-dried tomato, spinach or whole wheat wrap. Served with pico de gallo.

EGG SAMMIE : 7.69

Scrambled eggs with a choice of Swiss, cheddar or provolone and a choice of ham, turkey, sausage, bacon or chicken chorizo. Served on a choice of toasted English muffin, bagel or bialy.

ACAI SUPERFOOD BOWL : 10.19

A blended bowl of chilled organic acai berries, filled with powerful antioxidants, topped with hemp granola, bananas and blueberries.

BIRCHERMUESLI "MOOSE" 16oz. : 5.19

A bowl of chilled Swiss-style organic oatmeal with vanilla yogurt topped with sliced almonds and blueberries.

PAPA BEAR OATMEAL 16oz. : 5.19

Organic steel cut oats with brown sugar and caramelized apples.

LUCI'S YOGURT PARFAIT BOWL : 5.19

Organic vanilla yogurt with berries and organic hemp granola.

LOX & BAGEL : 8.89 | GLUTEN-FREE : 10.89

Choice of bagel served with Nova Scotia lox, capers, sliced red onion, sliced tomato and cream cheese.

*CROQUE HAM MADAME : 9.99

Ham, tomatoes and Havarti cheese on toasted French artisan bread topped with a sunny side up egg and potatoes.

*THE WILD SALMON : 11.49

Pan-seared salmon drizzled with basil pesto served atop chopped field greens, red onion and red pepper.

*LUCI'S FAMOUS ALL NATURAL BURGER : 13.49

Half-pound Niman Ranch all natural, grass-fed angus sirloin patty (cooked your way), sautéed mushrooms, red onion, applewood smoked bacon and Swiss, cheddar or provolone cheese on a brioche roll.

HOT JUAN BLACK BEAN BURGER : 10.19

Vegetarian grilled black bean chipotle burger topped with kale slaw, avocado, tomato and red onion on a brioche roll.

ZEUS TURKEY BURGER : 10.99

Ground turkey burger seasoned with Mediterranean spices topped with melted provolone, artichoke and roasted red peppers on a brioche roll.

MADISON LAHVOSH : 15.99

Havarti cheese melted on a 15" Lahvosh circle topped with roasted bell pepper, marinated artichoke heart, tomato and spinach drizzled with a house-made pesto sauce.

Please note: A fee of \$1.50 is applicable to all split-plate orders.

Build An Omelette *Served with medley potatoes & seasonal fruit*

Protein: Ham, Turkey, Sausage, Bacon or Natural Chicken Chorizo.

Cheese: Cheddar, Swiss, Feta or Provolone.

Veggies: Spinach, Zucchini, Tomato, Mushrooms, Red Onion, Bell Pepper.

EENY 7.99 (Egg + 1 Cheese)

MEENY 8.99 (Egg + 6 Veggies)

MINY 9.39 (Egg + 1 Cheese + 6 Veggies)

MOE 10.19 (Egg + 1 Protein + 1 Cheese + 6 Veggies)

Sides

SEASONAL FRESH FRUIT SALAD : 3.99

THICK-CUT APPLEWOOD SMOKED BACON (x4) : 4.99

SAUSAGE LINKS (x4) : 4.59

TURKEY SAUSAGE PATTIES (x3) : 4.49

SIGNATURE SEASONED COUNTRY SPUDS MEDLEY : 3.99

TOAST : 1.99 – Artisan Light, Marble Rye or Multigrain

Kids 12 & Under *Artisan Light or Multigrain bread. Gluten-Free \$2*

KIDS CHEESE CRISP : 4.59 | VEGAN CHEESE : 6.59

SAY CHEESE CHEDDAR MELT : 5.99 | VEGAN CHEESE : 7.99

GRILLED HAM & CHEESE MELT : 6.99 | VEGAN CHEESE : 8.99

KIDS FLAPJACKS : 4.99 | GLUTEN-FREE : 5.99

Salads & Soups

TUNA NIÇOISE SALAD : 10.29

Albacore Tuna salad over mixed spring greens, quinoa, tomato, green beans, hardboiled egg, medley potatoes, red onion and olives with a citrus vinaigrette.

SPRING BEET SALAD : 10.29

ADD CHICKEN : 3.00 | ADD *WILD ALASKAN SALMON : 6.00
Fresh field greens, golden beets, fennel, cranberries, almonds, and herb goat cheese with a cranberry almond vinaigrette.

CHOP CHOP COBB SALAD : 10.19

Spring mix, seasonal squash, tomato, roasted turkey, applewood smoked bacon and marinated artichoke hearts with bleu cheese pesto.

THE KALE SALAD : 9.99

ADD CHICKEN : 3.00 | ADD *WILD ALASKAN SALMON : 6.00
Fresh cut Italian black & purple kale, cherry tomatoes, cashews, sunflower seeds and Parmesan cheese with a basil cucumber dressing.

QUINOA GOJI BERRY SUPER SALAD : 10.19

ADD CHICKEN : 3.00 | ADD *WILD ALASKAN SALMON : 6.00
Goji berries, pecans, dried cranberries, rainbow quinoa, fresh tomatoes, field greens, and herb goat cheese with a citrus vinaigrette.

DAILY MARKET SOUPS : 4.99

Ask a friendly Luci's team member about our delicious house-made selections.

TACO TUES

CHEF'S ESPECIAL EVERY TUESDAY

Now Serving
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An Even Better deal
than wine by the glass!

*State Health Code requires us to inform you that eating raw meat, fish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions. Consumption of Animal Foods that are Raw, Undercooked, or Not Otherwise Processed to Eliminate Pathogens.

** WE ARE NOT A GLUTEN-FREE FACILITY. We simply offer a variety of gluten-free products as options.

02-08-17

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FOR MORE INFO PLEASE VISIT LUCISHEALTHYMARKETPLACE.COM

LUCI'S

mon-sat: 6:30a-9p | sun: 6:30a-8p

1590 E. Bethany Home Rd. Phoenix (N.W. Corner of Bethany & 16th St.)
602.773.1339 | LucisHealthyMarketplace.com

EST. 2008

LUCI'S

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