

# LUNCH

Meals include fries + fountain drink

## Beef Burger

100% Grassfed juicy beef patty with lettuce, tomato, onions, and pickles.  
Single Patty \$7.50 - Meal \$10.99  
Double Patty \$9.49 - Meal \$12.99

## Grilled Chicken Sandwich

Juicy chicken breast grilled to perfection with lettuce, tomato onions and pickles.  
Sandwich \$7.50 - Meal \$10.99

## Vegan Burger

Plant-based burger patty with lettuce, tomato, onions and pickles.  
Burger \$8.99 - Meal \$12.49

## Grilled Cheese Sandwich

Choice of cheese grilled on your choice of bread.  
Sandwich \$5.99 - Meal \$9.49

## Hummus Veggie Wrap

Hummus spread, grilled bell peppers, onions, mushrooms, and tomatoes wrapped in flax seed wrap.  
Wrap \$8.99 - Meal \$12.49  
Add Grilled Chicken \$2.00

## Beef Hot Dog

¼ lb. beef hot dog.  
Hot Dog \$6.50 - Meal \$9.99

### ADDITIONAL TOPPINGS

Bacon \$1.50 ea  
\*Egg or Avocado \$1.00 ea

## Chicken Strips

Strips \$7.50 - Meal \$10.99

## Shawarma Wrap or Bowl

Wrap: Marinated grilled meat with Mediterranean spices, tomatoes, pickles, garlic sauce and parsley.

Bowl: Marinated grilled meat with long grain rice, lettuce tomatoes, pickles, garlic sauce and parsley.

Wrap / Bowl	Wrap Meal
Steak \$9.49	Steak \$12.99
Chicken \$8.49	Chicken \$11.99
Stk + Chick. \$9.49	Stk + Chick. \$12.99
Veggie \$8.49	Veggie \$11.99

## Shawarma Fries

Fries topped with choice of protein, cheese, tomatoes, onions, parsley, and garlic sauce.

	Half	Large
Steak	\$7.99	\$13.99
Chicken	\$7.50	\$12.99
Steak & Chicken	\$7.99	\$13.99
Grilled Veggies	\$7.50	\$12.99

### ADDITIONAL TOPPINGS

Jalapeño, Banana Peppers, or Pickles 50 ¢ ea  
Avocado \$1.00 ea

## Ham

Ham and Swiss cheese  
Panini \$6.99 - Meal \$10.49

## Italian

Ham, salami, pepperoni, provolone, oregano, sweet basil, olive oil, and vinegar  
Panini \$7.99 - Meal \$11.49

# PANINI

Meals include chips + fountain drink

## Pizza

Pepperoni, mozzarella cheese, tomato sauce, oregano, basil, olive oil, and garlic powder  
Panini \$6.99 - Meal \$10.49

## Turkey

Turkey breast and Swiss cheese  
Panini \$7.99 - Meal \$11.49

# SOUP OF THE DAY

Small \$4.99 | Large \$5.99

# BY.O.S

## BUILD YOUR OWN SANDWICH

Sandwich \$8.25 - Meal \$11.75

Meal includes chips and fountain drink.

**Bread:** Croissant • Ciabatta Bread • White Or Wheat Toast  
Spinach Wrap • Jalapeño Cheddar Wrap • Naan • Bagel

**Protein:** Choose Two | Additional \$3.00 Each  
Grilled Chicken • Turkey • Ham • Salami • Pepperoni • Bacon

**Veggies:** Lettuce • Tomatoes • Pickles • Spinach • Spring Mix  
Onions • Olives • Jalapeños • Bell Peppers  
Banana Peppers • Mushrooms • Cucumbers

**Cheese:** American • Swiss • Pepper Jack • Feta  
Sharp Cheddar • Mozzarella • Parmesan

**Condiments:** Mayo • Mustard • Ranch • Cesar • Italian  
Vinegar • Pesto Sauce • Olive Oil • Salt • Pepper

# PESTO SANDWICHES

Sandwich \$7.99 - Meal \$11.49

Meals include chips + fountain drink

## Chicken Pesto Sandwich

Chicken breast, bell peppers, spinach, mozzarella cheese, and pesto sauce

## Turkey Pesto Sandwich

Turkey breast, bell peppers, spinach, mozzarella cheese, and pesto sauce

## Veggie Pesto Sandwich

Mushroom, artichoke, spinach, bell peppers, cheese, and pesto sauce.

# SIDES

Fries \$3.99

Side Salad \$3.99

 = VEGAN

 = VEGETARIAN

\* Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness, especially if you have certain medical conditions.

# DAILY SPECIALS

## Monday & Wednesday PHILLY CHEESESTEAK

Fries & Fountain Drink  
Steak \$13.99  
Chicken \$12.99  
Veggies \$12.99

### Nachos

Queso cheese  
w/ chips \$6.99 | Fries \$8.99  
**Add Protein**  
Steak \$4.00  
Ground Beef \$2.00  
Grilled Chicken \$3.00  
Grilled Veggies \$3.00

## Tuesday TACO & NACHOS

### Tacos

3 Soft Tacos w/ lettuce, tomatoes, & cheese. Comes with fountain drink, queso & chips.

Steak Taco \$13.99  
Ground Beef Taco \$11.99  
Grilled Chicken Taco \$11.99  
Grilled Veggie Taco \$12.99

## Thursday QUESADILLA

rice and refried beans

Steak Quesadilla \$13.99  
Chicken Quesadilla \$12.99  
Steak and Chicken Quesadilla \$13.99  
Vegetable Quesadilla \$12.99

### Taco SALAD starts at \$7.99

Romaine lettuce, tomatoes, onions, cheese, and tortilla chips.

# SALADS

Dressings:

- Ranch • Italian • Caesar
- House Balsamic Vinaigrette
- Olive Oil and Balsamic Vinegar

## Garden \$7.50

Spring mix, tomatoes, carrots, cucumbers, and bell peppers

## Caesar \$7.50

Romaine lettuce, croutons and Parmesan cheese

## Cobb \$8.50

Romaine lettuce, tomato, cucumber, onion, eggs, bacon, and cheese

### ADDITIONAL TOPPINGS

Grilled Chicken \$4.50  
Chicken Strips \$4.50  
Steak \$5.50  
Bacon \$2.00  
Grilled Veggies \$4.50  
Avocado \$1.00 ea

## Greek \$7.50

Romaine lettuce, cucumbers, bell pepper, tomatoes, red onion, feta cheese, and olives

## Shawarma Salad \$7.50

Spring mix, romaine lettuce, cucumbers, tomatoes, feta cheese, onions, olives, and parsley



# BREAKFAST

7am - 11am  
ALL DAY ON FRIDAY



**Bagels** • Plain or Cinnamon Raisin \$3.95  
**Croissant** \$3.95

## Breakfast Taco

**Egg with Melted Cheese in Flour or Corn Tortilla** ————— \$2.25  
Add Meat 99¢ each | Add Vegetables 75¢ each

### Add the Following to any of the below selections:

Additional Meat 99¢ each | Additional Vegetables 75¢ each  
Bacon Strip 99¢ each | Avocado 99¢

## Omelets

**Two-Egg Omelet filled w/ Cheese and your choice of two toppings** \$6.99

## Build Your Own Breakfast Sandwich or Wrap

**One egg, bread and one meat or veggie** ————— \$5.99  
Add Cheese 50¢

**Bread Choice:** Spinach or Jalapeño-Cheddar Wrap  
Toast • Bagel • Croissant • Pita • Naan • Ciabatta

**Egg Choice:**  
Scrambled • \*Sunny Side Up • Over Easy • Egg Whites

## Build Your Own Breakfast Plate

**Two eggs w/ Cheese on top and a choice of one meat, one veggie or bread/tortilla** ————— \$5.99

**Egg Choice:**  
Scrambled • \*Sunny Side Up • Over Easy • Egg Whites

## MEAT • VEGETABLES • CHEESE

**MEAT:** Bacon Slices • Ham • Turkey Breast • Turkey Sausage  
Seasoned Ground Beef

**VEGGIES:** Banana Peppers • Bell Peppers • Mushrooms  
Jalapeño • Onions • Potatoes • Refried Beans • Spinach • Tomatoes

**CHEESE:** American • Sharp Cheddar • Mexican Blend  
Pepper Jack • Feta • Mozzarella • Swiss

## BEVERAGES

### Fountain Drinks

Regular \$1.99  
Large \$2.50



# COFFEE MENU

<b>Brewed Coffee</b>	<b>Medium 12oz</b>	<b>Large 16oz</b>
Regular or Decaf	\$1.89	\$2.25

## Hot Coffee

Caffé Latte	\$3.50	\$4.25
Caffé Mocha	\$3.99	\$4.25
Cappuccino	\$3.89	\$4.25
Caramel Macchiato	\$3.99	\$4.75
Vanilla Latte	\$3.99	\$4.75
Americano	\$2.50	\$2.99
Honey Latte	\$3.89	\$4.25
Pumpkin Spice Latte	\$3.89	\$4.25

## Iced Coffee

Iced Caffé Latte	\$3.89	\$4.25
Iced Coffé	\$3.65	\$4.00
Iced Caffé Americano	\$3.25	\$4.00
Iced Caramel Macchiato	\$3.99	\$4.89
Iced Honey Latte	\$3.99	\$4.89
Iced Pumpkin Spice Latte	\$4.25	\$4.89
Iced Vanilla Latte	\$4.25	\$4.89
Iced Caffé Mocha	\$4.25	\$4.89

	<b>Solo</b>	<b>Doppio</b>
Espresso	\$1.89	\$2.25
Espresso Macchiato	\$1.99	\$2.50

Extra Espresso Shot 80¢  
Soy or Almond Milk 70¢

Hot Chocolate	\$2.99	\$3.50
Chai Tea Latte	\$4.25	\$4.89
*Tea (Hot or Cold)	\$2.89	\$3.00

\*Awake • Berryblossom White • Chamomile • Earl Gray  
Passion Herbal • Vanilla Bean Macaron



13831 Northwest Fwy, Suite 150  
Houston, TX 77040

**(713) 492-2054**

To Place an Order:  
[www.toasttab.com/mylifecafe/v3](http://www.toasttab.com/mylifecafe/v3)

10777 Northwest Fwy, Suite 105  
Houston, TX 77092

**(281) 888-5802**

To Place an Order:  
[www.toasttab.com/my-life-2-10777-northwest-freeway/v3](http://www.toasttab.com/my-life-2-10777-northwest-freeway/v3)

## Hours of Operation:

Mon-Fri: 7:00 am to 3:00 pm  
Sat & Sun: CLOSED

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To learn about our company and platforms:  
[www.MyLifeHealthyFood.com](http://www.MyLifeHealthyFood.com)

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