



As an independent and family-owned business, My Life Cafe is dedicated to our customers. Our meats and cheese are served without antibiotics, hormones, nitrates, preservatives, or MSG. We use organic vegetables and minimally processed deli meat. All meals are made to order and can be adjusted to your taste or modifications.

BREAKFAST



Breakfast Tacos

Scrambled eggs and Mexican cheese blend \$2.65

Breakfast Sandwich

Your choice of bread with
*egg and cheese \$5.75



Add Protein \$1.25

Bacon | Ham | Pork Sausage | Seasoned
Ground Beef | Turkey Breast | Turkey Sausage

Add Vegetables \$1.00

Banana Peppers | Grilled Onions | Potatoes
| Refried Beans | Mushrooms | Spinach

Pastries



An assortment of danishes, muffins and
strudels.

Small Tray (serves 6-10).....\$38
Large Tray (serves 11-15)..... \$58

Bagels and Croissant

Small Tray (serves 6-10)..... \$44.50
Large Tray (serves 11-15).....\$65.25

Parfaits & Sweet Potato Granola



Minimum order of 5

Yogurt Parfait Cups- Greek yogurt with fruits,
honey & topped with coconut clusters \$7.99
- Strawberry, Blueberry or Banana

Sweet Potato Cups - Sweet potato puree sweetened
with honey & topped with granola \$6.99



Fruits



Seasonal fresh fruits served with a side of Tajin.
Small Fruit Tray (serves 6-8)..... \$45.00
Large Fruit Tray (serves 12-14)..... \$65.00
Individual Fruit Cups.....\$5.99

BEVERAGE

Tea (1 gallon) \$10.50
Unsweet • Sweet Mango • Sweet Peach
Juice (bottle) \$3.25 | Coffee (96oz) \$17

SALADS

Salad comes with free cookie.

Caesar



Romaine lettuce
croutons & Parmesan

Garden



Romaine lettuce,
tomatoes, carrots,
cucumbers, and bell

Greek



Romaine lettuce,
cucumbers, bell pepper,
tomatoes, onion, feta

Shawarma Salad



Romaine lettuce,
cucumbers, tomatoes,
onion, feta cheese,
olives, and parsley

\$85 for 10 people
\$165 for 20 people
\$8.25 per person

Cobb

Romaine lettuce,
cucumbers, tomatoes,
onion, eggs, bacon, and \$95 for 10 people
\$190 for 20 people
\$9.00 per person

Add Protein (price per person)

Grilled Chicken \$4.50 | Fried Chicken Strips \$4.50
Steak \$5 | Turkey Breast \$3.50 | Bacon \$2
| Salmon \$8 | Ham \$3.50

Salad Extras (price per person)

Black Bean \$2 | Quinoa \$2
| Avocado \$1.5 | Mushrooms \$2

Dressing

Ranch • Italian • Caesar • Balsamic Vinaigrette •
Honey Mustard • Creamy Garlic
• Olive Oil & Balsamic Vinegar



SOUP

Hearty & wholesome soup made from scratch.

Tomato Basil
Beef Chili Bean
Lemon Chicken Orzo

Cup \$4.50 | Bowl \$7.50

Hot Food

Shawarma Rice Bowl - Marinated grilled meat served over long yellow grain rice, topped with lettuce, tomatoes, pickles, garlic creamy sauce and parsley.

Rice Tray (10 people)	\$89
Rice Tray (15 people)	\$129
Individual Bowl	\$8.75

Add Protein (price per person)

Steak \$6.25 | Chicken \$5.00 | Steak & Chicken \$6.00 |
Sauteed Vegetables \$5.00

Shawarma Wrap - Marinated grilled meat with Mediterranean spices, tomatoes, pickles, garlic sauce and parsley wrapped in Arabic bread.

Wrap (10 people)	\$65
Wrap (20 people)	\$127
Individual Wrap	\$6.75

Add Protein (price per person)

Steak \$4.25 | Chicken \$3.50 | Steak & Chicken \$4.25 |
Sauteed Vegetables \$3.25



Quesadilla - Marinated steak, chicken or veggies melted cheese and served on flour tortillas. Meals come with Mexican rice and refried beans.

Quesadilla (10 people)	\$105
Quesadilla (20 people)	\$210
Individual Quesadilla	\$10.25

Add Protein (price per person)

Steak \$5.50 | Chicken \$4.50 | Steak & Chicken \$5.50 |
Sauteed Vegetables \$4.50

Taco or Rice Bowl – Build your perfect bowl or taco. All orders come with tortilla, lettuce, tomatoes, cheese, Mexican rice, chips and salsa.

Taco/Rice Bowl for 10 people	\$105
Taco/Rice Bowl for 20 people	\$210
Individual	\$10.25

Add Protein (price per person)

Steak \$4.00 | Chicken \$3.50 | Ground Beef \$3.50 | Sauteed Vegetables \$4

Additional Toppings

Mexican Rice • Banana Peppers • Bell Peppers • Jalapeno •
Sour Cream • Olives • Onions • Spring Mix • Refried Beans





WRAPS & SANDWICHES



Mix and match any 3 different variety of the below sandwiches or wraps.

All options include cookie and bag of chip.

Turkey & Cheese • Ham & Cheese • Chicken Caesar • Chicken Avocado Ranch • Italian •
Chicken Pesto • Turkey Pesto •

Veggie Pesto  • Hummus & Veggies 

Tray for 10 People	\$150
Tray for 15 People	\$225
Lunch Box	\$12.50

DESSERT

Golden Rice Krispie Treats (18-24 squares)	\$65
Sopapilla Cheesecake (12 bars)	\$42
Cookies (1 dozen)	\$15
Seasonal Fruit	
Half Tray (8-13 people)	\$45
Full Tray (14-25 people)	\$65

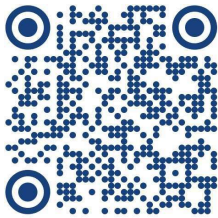
Location 1: **10777 Northwest Fwy, Suite 105**
Houston, TX 77092
(281) 888-580

Location 2: **13831 Northwest Fwy, Suite 150**
Houston, TX 88050
(713) 492-2054

Mon – Fri: 7am – 3pm
Sat & Sun: Closed

To order online please scan the QR code below or visit us at:

<https://mylifehealthyfood.com/online-cafe/>



Live your life, love your



Vegetarian



Vegan

*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.