

COFFEE

COFFEE - 12oz \$3.25 / 16oz \$4.50

dark or water-processed decaf, organic fair trade (Dean's Beans, Orange MA)

ESPRESSO - single \$1.50 / double \$3 / triple \$4.50

AMERICANO, HOT OR ICED - double shot 6oz \$3.25

CAPPUCCINO - 6oz \$4.50

LATTE, HOT OR ICED - \$5 / \$6.75

pastured organic whole or 1% milk, organic unsweetened almond, coconut, or oat

NITRO COLD BREW - 16oz \$5 / 20oz \$6.75

served over coffee ice cubes (NOBL, Seabrook NH)

TEA

MINDFULLY CRAFTED HERBAL BLENDS & SINGLE LEAF TEAS

organic fair trade. Full tea descriptions and flavors are available online.

TAKE AWAY - 12oz \$4 / 16oz \$4.50

MATCHA LATTE, HOT OR ICED - \$5 / \$6.50

pastured organic whole or 1% milk, organic unsweetened almond, coconut, or oat

TRANSFORMATIONAL BEVERAGES

12oz hot or 16oz iced / 16oz hot or 20oz iced

ENERGY 4 DAYS - \$5 / \$6.75

hot coffee, pastured butter or ghee, Bulletproof™ MCT oil

TURMERIC - \$6 / \$8

turmeric, cinnamon, cardamom, black pepper, cold-pressed coconut oil, pastured ghee, maple syrup (Backyard Farms, Lyndonville VT), unsweetened almond milk

MACA MATCHA - \$6 / \$8

matcha green tea, maca, doTERRA™ lavender essential oil, maple syrup (Backyard Farms, Lyndonville VT), lavender buds, unsweetened almond milk

ICED ALMOND BREW - \$5.50 / \$7.25

nitro cold brew coffee (NOBL, Seabrook NH), unsweetened almond milk, maple syrup (Backyard Farms, Lyndonville VT), raw cacao, pink himalayan sea salt, coffee ice cubes (available hot)

SUPERFOOD MUSHROOM - \$6 / \$8

raw cacao, chaga, reishi and cordyceps mushroom, honey (Rocky Hollow, Kensington NH), maca, cinnamon, sea salt, cold-pressed coconut oil, unsweetened almond milk

CASHEW CHAI - \$5.50 / \$7.25

our Harmonize chaga chai tea, cashew, date, sea salt, unsweetened almond milk

LANEY & LU

OUR MISSION IS TO CREATE REAL FOOD AND DRINK THAT NOURISHES YOUR BODY, FEEDS THE SOUL, AND INSPIRES COMMUNITY

We believe in doing the right thing and take great care to source mindfully. We use organic and local where possible. Our packaging is 100% compostable. Bring it back to us and we'll compost it for you!

Our food is prepared in a facility that uses dairy, coconut, mushroom, some animal products and shellfish, wheat, fermented soy (miso), and nuts. This means that despite our incredible care and sanitization protocols, we can not certify your food is 100% allergen free. It is important that you clearly note your allergies (and their severity) with each order. Have a preference? Our food and drink is made to order, and most dietary preferences can be accommodated.

*Consuming raw or undercooked eggs or dairy may increase your risk of food-borne illnesses, particularly if you have certain medical conditions.



ORDER ONLINE at LANEYANDLU.COM



EXETER

26 Water Street,
Exeter, NH, 03833

PORTSMOUTH

360 US Route 1 Bypass, Unit 104,
Portsmouth, NH 03801

LANEY & LU

ORDER ONLINE at LANEYANDLU.COM

INSTAGRAM @LANEYANDLU

603.580.4952

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WELLNESS ELIXIRS

BOOST - \$4

bold and flavorful, seasonal house-infused apple cider vinegar, maple syrup

DETOX - \$4

activated charcoal, lemon juice, coconut water, Old Friends Farm elderberry turmeric honey (honey, elderberry, turmeric juice, blueberry juice, elderberry juice)

HIGH VIBE - \$5

blue spirulina, 10mg full-spectrum hemp in olive oil (Coyote River Co., Canterbury NH), coconut water, hand-squeezed grapefruit juice, fresh rosemary infusion

AS AN ICED TONIC - Ask for options

AS A HOT TEA - Add hot water and lemon wheel

SMOOTHIES

16oz / 20oz

BLUEBERRY BASIL - \$9.50 / \$12

spinach, blueberry, banana, basil, avocado, unsweetened almond milk
add spirulina +\$2

SWEET GREEN - \$9.50 / \$12

kale, spinach, banana, mango, ginger root, cinnamon, unsweetened almond milk
add almond butter +\$1.50

POWERFUL GREEN - \$9.50 / \$12

kale, spinach, green apple, cilantro, banana, lemon, cacao powder, coconut water
add ginger root +\$.50

BERRY BANANA - 9oz \$5 (under 12yo please) / \$9 / \$11.25

blueberry, strawberry, banana, unsweetened almond milk
add spinach +\$1

PINEAPPLE MANGO - 9oz \$5 (under 12yo please) / \$9 / \$11.25

pineapple, mango, banana, coconut water
add avocado +\$1.50

PB & JOY - \$9.50 / \$12

peanut butter, banana, ginger root, nutmeg, unsweetened almond milk
add Sunwarrior™ chocolate protein powder +\$3

CHOCOLATE - \$9.50 / \$12

cacao powder, avocado, date, cinnamon, cayenne pepper, unsweetened almond milk
add NOBL nitro cold brew coffee +\$2

VANILLA - \$11.25 / \$14.50

almond butter, banana, raw vanilla bean, unsweetened almond milk
add cacao nibs +\$1

IRON(WO)MAN - \$11.25 / \$14.50

sunwarrior™ vanilla protein powder, maca, date, cinnamon, spinach, sea salt, cordeccys mushroom, banana, unsweetened almond milk
add avocado +\$1.50

SMOOTHIE BOWLS

served with Kate's Bakery (Kittery ME) gluten free, vegan granola

STRAWBERRY ACAI - \$14.50

acai, strawberry, banana, unsweetened almond milk, blended, topped with banana, strawberry, blueberry, cacao nibs, hemp seeds, coconut

SALADS

as a wrap with cilantro hummus +\$2

BLISSFUL CHAKRA - \$13

spinach, mixed greens, kale, carrot, beet, purple cabbage, red + yellow pepper, cherry tomato, red onion, pepitas, green goddess dressing
add cilantro hummus +\$3 *add avocado* +\$1.50

GRAIN BOWLS

choice of warm quinoa or brown rice as a wrap +\$1

HUEVOS RANCHEROS - \$15

wo organic eggs* over easy fried in coconut oil, black beans, spinach, pico de gallo, avocado, watermelon radish, scallion, avolantro sauce

COLORFUL CURRY - \$15

roasted sweet potato, spinach, carrot, red + yellow pepper, purple cabbage, avocado, scallion, Thai cashews, sesame seeds, almond miso sauce, muchi curry sauce

FALAFEL MEDITERRANEAN - \$15

Sesame falafel, spinach, cherry tomato, red onion, cucumber, local feta*, microgreens, sesame seed, avocado, yogurt* tzatziki, turmeric lemon tahini sauce

FIESTA - \$15

black beans, mixed greens, red + yellow pepper, carrot, cilantro hummus, pico de gallo, avocado, pickled jalapeño, scallion, avolantro sauce.

THAI PEANUT NOODLES - \$15

chilled soba noodles (or sub warm grains + mixed greens), beet pickled organic egg*, carrot, beet, watermelon radish, purple cabbage, avocado, Thai cashews, fresh herbs, sesame seed, peanut ginger sauce

EGG SANDWICHES

served on organic sourdough (Juniper Cottage, Newmarket NH)
or substitute gluten free, vegan rice & millet bread (Abigail's, Weare NH)
*add an extra egg** +\$2

EPIC EGG - \$11

organic egg* over hard fried in coconut oil, avocado, spinach, tomato, pesto, local grass-fed raw cheddar cheese*

KIMCHI MAMA - \$11

organic egg* over hard fried in coconut oil, avocado, turmeric kimchi (Micro Mamas, Weare NH), pastured ghee, superseeds, microgreens, scallion

TOASTS

ORGANIC SOURDOUGH - \$4

baked by Juniper Cottage (Newmarket NH) toasted with organic pastured butter or ghee, or organic cold-pressed coconut oil
or substitute gluten free, vegan rice & millet bread (Abigail's, Weare NH)

AVOCADO WITH SEA SALT - \$7

add an organic egg over easy* +\$2ea *add cilantro hummus* +\$3
add watermelon radish and tomato +\$2 *add superseeds* +\$.50

ALMOND BUTTER BANANA - \$10

almond butter, banana, cinnamon, sea salt

EVERYTHING ELSE

STUFFED SUPERFOOD AVOCADO - \$7

cilantro hummus, superseeds, scallion, housemade hot sauce, microgreens

NORI ROLL - \$13

cilantro hummus, carrot, beet, purple cabbage, red + yellow pepper, spinach, scallion, avocado, seaweed wrap, sesame ginger sauce

FIND OUR SEASONAL MENU ITEMS ON LANEYANDLU.COM