



Nola Beans LUNCH

Healthy

Our healthiest options: living in NOLA can be tasty and healthy

-  **Organic Argonne**13.00
Sprouted grain bread, nitrate free turkey, organic Havarti, organic avocado, clover sprouts, served with an organic pickle
-  **Brown Rice Bowl**13.00
Made with organic low sodium chicken broth, soy amino ingredients, grilled chicken, sautéed spinach, onions and edamame over brown rice
- NOLA Beans Greens**9.00
Fresh, organic, and made to order juices; 16oz. size served over ice

Our recipes sometimes change due to fresh ingredients available.
Special diet restrictions or requests? Just as, we try to accommodate all requests!

Salads

 Eat fit items indicated in orange

Dressings avocado ranch, balsamic vinaigrette, blue cheese, Caesar, honey mustard, Italian, poppy seed, ranch, Greek feta vinaigrette, thousand islands, eat fit: oil & vinegar

- City Park Garden Salad** 9.50
a bed of mixed greens, with sliced tomatoes shredded carrots, cucumbers and mushroom.
Eat Fit: 1 oz. oil & vinegar dressing
- Caesar Salad**10.00
With Grilled Chicken 11.75
With Grilled Mushrooms.....11.00
Chopped romaine, croutons, and grated Parmesan tossed in a traditional dressing.
- Chef Salad** 11.75
A bed of mixed greens, with sliced tomatoes, shredded carrots, cucumbers, mushrooms, egg, turkey, ham, cheddar and Havarti.
- Stuffed Avocado** 11.75
With Pontchartrain Chicken Salad.....12.75
A half avocado, with a scoop of chicken, tuna or egg salad served over a bed of mixed greens with tomato wedges. *Eat Fit: chicken or tuna with 1 oz. oil & vinegar dressing*
- Chicken Salad or Tuna Salad**10.75
Served on a bed of mixed greens. *Eat Fit: chicken with 1 oz. dressing, tuna with 2oz. dressing*
With Pontchartrain Chicken Salad..... 11.75

- Egg Salad**10.00
Served on a bed of mixed greens
- Bayou Bacon Spinach Salad** 11.75
Spinach leaves and feta cheese, tossed in a hot bacon dressing
With Grilled Chicken 12.50
- Spanish Fort Salad** 11.75
A bed of romaine lettuce, topped with avocado, grilled chicken, a mixture of pico de gallo, corn and black beans served with our avocado ranch dressing. *Eat Fit: 2 oz. oil & vinegar dressing.*
- Greek Salad** 11.75
A bed of mixed greens, with purple onions, grilled chicken, feta, Kalamata olives, cucumbers and diced tomatoes.
- Marconi Salad**..... 11.75
A bed of romaine lettuce, grilled chicken, mandarin oranges, sliced strawberries, and toasted almonds with poppy seed dressing. *Eat Fit: 1 oz. oil & vinegar dressing*
- Storyland Side Salad**6.75
A petite version of our City Park salad. *Eat Fit: with 1 oz. oil & vinegar dressing.*

Spuds

Baked and stuffed potatoes

- Simply baked**.....7.50
Our potato with melted butter
- Shredded Cheese**8.50
Melted butter and shredded cheddar
- The Works**10.00
Melted butter, shredded cheese, bacon, sour cream and chives
- ADD** Veggies 2.50 | Grilled chicken 3.00

Check out the Eat Fit NOLA items in each menu category and look for our healthy, gluten free snacks.



The Eat Fit criterion is focused on lean proteins, plant-based fats, vegetables, whole grains with no white carbs, and minimal added sugars and animal fats. Rather than low-fat or "lite," Eat Fit focuses on heart-smart plant-based fats.

Sandwiches

Served with chips or substitute fresh fruit for 2.00

White, wheat, sour dough, 15-grain, rye
*Croissant, Ezekiel or gluten free - 2.00 extra

- Magic Club Sandwich** 12.00
A triple decker of ham, turkey, bacon, Swiss cheese, lettuce and tomatoes, served with our custom spread.
- Ham & Cheese or Turkey & Cheese**.....10.00
Lettuce, tomatoes and our custom spread.
- BLT**.....11.00
Apple smoked bacon, lettuce, tomatoes and our custom spread
- Reuben**..... 12.00
Corned beef, kraut, Swiss cheese, 1000-island on rye.
- The Argonne with Avocado** 12.00
Roasted turkey, sprouts, Havarti, avocado and tomatoes with our custom spread.
- Cucumber**.....9.00
The classic tea sandwich served on white or wheat with our custom spread.
- Egg Salad** 9.00
Made fresh daily, dressed with lettuce and tomatoes.
- Grilled Chicken**11.00
Shredded lettuce, tomatoes, grilled chicken, choice of cheese with our custom spread
 **100% whole grain bread with 2% reduced fat cheese.**
- Chicken or Tuna Salad**.....11.00
- Pontchartrain Chicken Salad*** 12.00
Made fresh daily, dressed with lettuce and tomatoes.
- Grilled Roast Beef**.....12.00
Choice of melted cheese on French bread.


Wraps

white, wheat or spinach tortilla

*all served with chips or substitute fresh fruit for 2.00

- Grilled Veggie Provolone**..... 10.50
Shredded lettuce, diced tomatoes, grilled portobello mushrooms, grilled zucchini and provolone cheese served with our custom spread
- Grilled Chicken**11.00
Shredded lettuce, tomatoes, grilled chicken and your choice of cheese, with custom spread
- Grilled Chicken Caesar**11.00
Our signature chicken Caesar salad in a wrap
Ask to add croutons
- Chicken Salad**..... 10.50
Made with shredded lettuce, diced tomatoes
- *Pontchartrain Chicken Salad** 12.00
- Lakeview's Gyro Wrap**11.00
Shredded lettuce, grilled chicken, tomatoes, feta and olives
- The Argonne with Avocado**11.00
Roasted turkey, sprouts, Havarti, avocado, tomatoes, with custom spread

Soups & Combos

- French Onion** Cup 5.00
..... Bowl 7.00
-  **soup with no croutons or cheese**
- Soup Du Jour** market price
- Cup of soup & 1/2 sandwich** 9.75
- Cup of soup and Storyland salad**..... 9.75

Extras

'lil items to make your meal just right

- Scoop of Chicken Salad**4.50
- Scoop of Pontchartrain Chicken Salad**.....5.00
- Grilled Chicken**4.00
- Add Cheese**1.50
American, Cheddar, Havarti, Swiss or Provolone
- Shredded Cheddar Cheese**1.50
- Fresh Avocado**3.00
A modest little fruit, with a cool and creamy goodness
- Potato Chips**..... 2.50
- Fresh Fruit**.....5.00
A healthy portion of fresh, seasonal goodness

Kids

lite bites for your little ones

- Served with your choice of chips or substitute fresh fruit2.00
- Grilled Cheese** 7.00
Choice of American, cheddar, provolone, Havarti or Swiss served on white or wheat bread
- Turkey or Ham Sammich** 7.00
Served on white or wheat bread



Look for our daily breakfast, lunch, dinner, & dessert specials.

762 Harrison Avenue | Lakeview, New Orleans, Louisiana 70124 | 504.267.0783 | nolabeans.com

Hours of operation: Monday thru Saturday 7:00am - 6:00pm | Sunday 8:00am - 5:00pm

