

rotisserie

SPIT ROASTED CHICKEN

1/4 CHICKEN.	7.99
<i>With 2 sides and a muffin</i>	
1/2 CHICKEN.	8.99
<i>With 2 sides and a muffin</i>	
ALL WHITE MEAT ADD	1.50
HAVE YOUR CHICKEN REGULAR OR BBQ	

HICKORY SMOKED BBQ

PULLED PORK SANDWICH	6.99
<i>With 2 sides</i>	
TEXAS BBQ BRISKET	7.99
<i>With 2 sides</i>	
BBQ RIB SPECIAL.	PRICE MAY VARY
<i>With 2 sides</i>	
GIANT BAKED POTATO	4.49
<i>Your choice of toppings and a muffin</i>	

MEAL OF 3 SIDES 6.69

CHOICE OF 3 SIDES AND A MUFFIN

juice

SMOOTHIES & SHAKES 3.95

With Fresh Fruit Juices, Non-Fat Yogurt or Ice

WILD BERRY Blueberries, Strawberries and Raspberries
STRAW-NANA Strawberry and Banana
SUNSHINE Orange, Banana and a Touch of Coconut
STRAWBERRY Strawberries and More Strawberries
PEACHY KEEN Peach and Orange

VEGGIE DRINKS SMALL 3.25 LARGE 3.75

ORGANIC CARROT Nature's Nectar	
SWEET JANE Carrot and Apple	
GINGER SNAP Carrot, Apple, Ginger	
RED VELVET Carrot, Apple, Beet	
THE TRIP Carrot, Apple, Beet, Celery	
WHEAT GRASS 1 OZ	1.95

BOOSTERS .75

Ginko, Vitamin C, Spirulina, Lecithin, Ginseng, Echinacea, Flax Seed Meal, Protein Powder

POWER POTIONS 3.95

BREAKFAST DRINK Banana, Orange, Apple, Protein, Granola
SHOPPERS ENERGY DRINK Straw-Nana, Spirulina, Protein, Non-Fat Yogurt

FRESH SQUEEZED ORANGE JUICE!

SMALL	2.50	LARGE	3.50
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pizza

CHEESE BY THE SLICE	3.75
TOPPED BY THE SLICE	3.95
<i>Cheese, Pepperoni, Sausage, Vegetable, Special</i>	
PERSONAL PAN PIZZA CHEESE	5.25
PERSONAL PAN PIZZA STUFFED.	6.25
<i>Cheese, Pepperoni, Sausage, Spinach</i>	

foodlife®

at Water Tower Place

stir-fry

1. Fill your bowl with your favorite vegetables.
2. Select your cooking style.
3. All vegetables. 6.95
Add tenderloin, chicken or tofu 8.45
add shrimp 8.95
4. Garnish to taste after we cook it

THAI BBQ SAUCE

Complex sweet and tangy BBQ sauce with a little heat
Typical Thai flavors of lemongrass, ginger and basil

VEGAN MUSHROOM BROTH

Bold flavors of shiitake mushroom and black bean sauce with mildly sweet flavors of hoisin and vegetarian oyster sauce

KUNG PAO SAUCE

Traditional sweet and spicy sauce with ginger, garlic and hoisin

TERIYAKI

A sweet soy based sauce with fresh leeks, ginger, garlic, and a hint of sherry

comfort

FRIED CHICKEN

2 PIECE 1 SIDES.	7.49
3 PIECE 2 SIDES.	8.99
ALL WHITE MEAT ADD	1.50

SPECIALS & FAVORITES STARTING AT 4.95

Buffalo Wings, Meat Loaf, Pot Roast, Gumbo, Jambalaya, Stuffed Peppers Fried Chicken, Chicken Pot Pie, Turkey Dinner, Prime Rib

SIDES 2.29

Mashed Potatoes, Oven Roasted Potatoes, Peas and Carrots, Macaroni and Cheese, Sweet Potatoes

sweet

Serving everything from our made to order Crepes to our custom made Ice Cream and Gelato, there is something for everyone at Sweetlife. Come in and try a Hot Fudge Brownie or a slice of our Triple Layer Chocolate Cake, made fresh daily by our foodlife bakers.

WE MAKE IT HERE!

all of our sauces are made fresh here in the restaurant, fresh guacamole, marinara, teriyaki, and ranch dressing, just to name a few

salad

create your own salad from over 30 toppings

REGULAR GREENS (UP TO 4 TOPPINGS)	5.99
LARGE GREENS (UP TO 6 TOPPINGS)	6.99
ADD	
GRILLED CHICKEN BREAST	1.99
APPLEWOOD SMOKED TURKEY	1.99
FRESH TOFU	1.99
WHITE ALBACORE TUNA SALAD	2.49

CHOOSE YOUR STYLE

TOSSED • CHOPPED • WRAPPED

mexico

BURRITOS

with meat or veggies, black beans, pico de gallo, lettuce, guacamole, and sour cream

QUESADILLAS

filled with chihuahua cheese, meat or veggies and pico de gallo

TACOS

two double-thick tacos, filled with meat or veggies, lettuce, pico de gallo, and cheese

NACHOS

pico de gallo, sour cream, olives, onions, jalapeños, nacho cheese

choose from:

BARBACOA	8.69
CHICKEN AL PASTOR	7.69
GRILLED VEGGIES	6.99
GROUND BEEF	7.49
CHIPS WITH GUACAMOLE	4.89

sushi

MAKI

ROASTED VEGETABLE	6.49
CALIFORNIA	6.99
SPICY TUNA	7.99
PHILADELPHIA	7.99
ACAPULCO	7.99

SIDES

EDAMAME	2.49
CUCUMBER SALAD	2.49
SEAWEED SALAD	3.49
MISO SOUP BOWL	3.49

soup

DINE IN (BOTTOMLESS BOWL)	PER PERSON 6.49
TAKE AWAY PINT	4.59
CUP	2.79

New England Clam Chowder, Turkey Chili, Vegetarian Chili, Chicken and Crazy Pasta, Creamless Tomato, Fully Loaded Baked Potato, Tomato Basil Bisque, Italian Wedding, Broccoli Cheddar, Chicken Cacciatore With Italian Sausage, Beef and Pot Roasted Vegetable

chinese by Big Bowl

SPECIALTIES 7.69

ORANGE CHICKEN
SESAME CHICKEN
MONGOLIAN BEEF & BROCCOLI
THAI CURRY CHICKEN
TERIYAKI BARBECUE CHICKEN

**MAKE IT
A COMBO
PICK TWO 1.49**

SMALL SPECIALTIES

POTSTICKERS	3.99
CHICKEN EGG ROLL	3.49
VEGETARIAN EGG ROLL	3.49
CLASSIC FRIED RICE	3.49
DIM SUM COMBO - 2 POTSTICKERS, 2 EGG ROLL	5.49

pasta

FOUR CHEESE RAVIOLI	7.99
red sauce	
WHOLE WHEAT CAPPELINI	7.99
market vegetables	
PENNE ARRABBIATA	6.99
spicy tomato sauce	
CREAMY FETTUCCHINE ALFREDO	7.99
asiago cheese sauce	
SPINACH AND RICOTTA LASAGNA	7.99
red sauce	
SPAGHETTI BOLOGNESE	7.99
mama d's meatball	
RIGATONI ALFREDO	8.99
smoked chicken & mushrooms	
CHICKEN MARSALA	8.99
with mushrooms	
LEMON CHICKEN MILANESE	8.99
lemon & caper sauce	
SHRIMP SCAMPI	8.99
garlic and plum tomatoes	
BAKED TILAPIA PARMESAN	9.50
primavera vegetables	

grill

Fries included with entree

HAMBURGER	6.29
lettuce, tomato, pickle, ketchup, mustard	
CHEESEBURGER	6.59
american cheese, lettuce, tomato, pickle, ketchup, mustard	
BACON CHEDDAR BURGER	7.59
lettuce, tomato, pickle, ketchup, mustard	
CHICAGO-STYLE HOT DOG	4.29
tomato, pickle, mustard, onion, relish, sport peppers, celery salt	
VEGGIE BURGER	6.49
homemade patty, pepperjack cheese, salsa	
GRILLED CHICKEN	6.79
lettuce, tomato, italian dressing	
GRILLED CHEESE	4.29
DELUXE GRILLED CHEESE	5.29
american cheese, tomato, bacon	
FRENCH FRIES	1.99
CHEESE FRIES	2.89