

Lunch

Served 11am - 4:30pm Mon - Sat

SANDWICHES AND WRAPS

All Cold Sandwiches come with a choice of Tabouleh or Asian Slaw.

COLD
Chicken Salad on Granola Nut Bread with Vine Ripe Tomatoes and Leaf Lettuce 8.95

Grilled Slow Roasted Beef Wrap with Horseradish and Gorgonzola 9.95

Shaved Turkey Pastrami on Marbled Rye with LG Thousand Island, Marinated Cabbage and Swiss 7.95

Southwest Chicken Wrap Chipotle Marinated Grilled Chicken with Roast Corn and Black Bean Salsa and Cumin Cream Cheese 8.95

Half Sandwich and Side Salad Choose any Cold Sandwich or Wrap and any Side Salad 6.95

All Hot Sandwiches come with Jicama/Sweet Potato Fries

HOT
Grilled Chicken, Charred Red Pepper and Hummus Panini with Vine Ripe Tomatoes and Leaf Lettuce 9.95

Turkey Panini with Vine Ripe Tomatoes, Leaf Lettuce, and Swiss Cheese 8.95

American Lean Sirloin Burger Grilled to perfection, topped with Cheddar Cheese, lettuce, tomato, folded into a Panini Wrap 9.95

Open Faced Grilled Bison Burger with Vine Ripe Tomatoes, Caramelized Red Onion and Mushrooms on Whole Wheat Focaccia 10.95

FLATBREADS

Rock Shrimp, Avocado, Cilantro Pesto and Queso Fresco 10.95

Chicken Sausage, Smoked Tomato and Parmesan 9.95

Grilled Beef, Artichoke and Gorgonzola 9.95

Spinach, Charred Red Pepper and Goat Cheese 8.95

Grilled Pineapple, Bacon, Mandarin Oranges and Fontina Cheese 8.95

Tomato Cheese Flatbread 6.75

Additions/substitutions to entrées could increase calorie count.

CATERING

D'Novo Lean Gourmet offers delicious catering options for any meal, including breakfast muffins and cookies by the dozen:

- Breakfast
- Lunch
- Snack
- Dinner

Business Catering

- Corporate wellness programs
- Employee or executive breakfasts and lunches
- Mid-day snacks
- Company meetings
- Client meetings
- Employee incentives
- Event catering
- Gift baskets

Event Catering

- Weddings
- Parties
- Fundraisers

Call 551-7650 for more information.

DELIVERED MEAL PLAN

You can get D'Novo Lean Gourmet delivered fresh to your door daily. Our daily menu of three meals and one snack never exceeds 1,500 calories, so you can lose weight, lower your cholesterol, build energy, or simply add time to your day.

Visit www.DnovoLeanGourmet.com or call 918-394-LEAN for more information.



To Place An Order To Go,
Call: 551-7650

Lunch Menu
Mon-Sat: 11am - 4:30pm

Dinner Menu
Mon-Sat: 4:30pm - 9pm

DnovoLeanGourmet.com
61st & Yale, KingsPointe Village

Lunch

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SMALL SALADS AND SOUPS

Crisp Greens with Apples, Toasted Walnuts and Goat Cheese with Poppy Seed Vinaigrette 3.95

Romaine with Whole Grain Croutons, Grape Tomatoes and Parmesan with Lemon Caper Dressing 3.50

Crisp Asian Greens with Baked Won Ton Crackers, Peppers, Celery and Carrots with Ginger Dressing 3.95

Golden Gazpacho with Cucumber Relish 4.95

Roasted Tomato Bisque with Asiago Crostini 4.95

ENTRÉE SALADS

LG Salad Lemon Grass Marinated Chicken over Spring Greens with Grilled Asparagus and Oranges and Sunflower Seeds with Raspberry Vinaigrette 10.95

Coconut Marinated Chicken over Crisp Greens with Macadamia Nuts, Mango and Red Peppers, Lavosh Crisp and Orange Basil Vinaigrette 10.95

Marinated Grilled Beef over Crisp Romaine with Banana Peppers, Kalamata and Gorgonzola with Pita Toast and Horseradish Dressing 11.95

Salmon Caesar Crisp Romaine with Sun Dried Tomatoes, Parmesan Cheese and Creamy Caesar Dressing 12.95

Seared Yellow Fin Salad over Crisp Asian Greens with Baked Won Ton Crackers, Peppers, Celery and Carrots with Ginger Dressing 11.95

ENTRÉES AND PASTAS

Ancho Relleno with Seasoned Chicken and Cheddar Cheese with Black Beans, Carrot Sauce, Cumin Sour Cream and Salsa Fresca 11.95

Asian Soba Noodle with Grilled Chicken, Pan Flashed with Spicy Szechwan Sauce and Crisp Vegetables 9.95

Grilled Chicken with Whole Wheat Penne Rigate Ratatouille 8.95

Turkey Meatball Marinara with Spaghetti and Roasted Peppers 7.95

Steamed Achote Marinated Tilapia, Vera Cruz Style, wrapped in Banana Leaf with Tomato Brown Rice and Salsa Fresca 11.95

Turkey Meatloaf Quesadilla with Caramelized Red Onion, Cheddar Cheese and Cumin Sour Cream served with Tomato Brown Rice and Salsa Fresca 9.95



To Go

Every meal
delicious.

Every meal
under 500
calories.

551-7650

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À LA CARTE SIDES

Firecracker Red Quinoa	3.50
Tomato Brown Rice	3.50
Black Beans	3.50
Mashed Sweet Potatoes	3.50
Seasonal Grilled Vegetables	3.50
Jicama/Sweet Potato Fries	3.50

KIDS

All Kids Entrees served with a Fresh Baked Chocolate Chip Cookie. (Cookies are in addition to the 500 calorie limit.)

Crunchy Chicken Strips with Honey Mustard and Sweet Potatoes	3.99
Zoe's Grilled Chicken with Penne Rigate	3.99
Grilled Chicken Breast with Apple Wedges and Peanut Butter	3.99
Grilled Cheese Panini with Fresh Fruit	3.99

DESSERTS

Seasonal Fruit Cobbler with Oat and Brown Sugar Crumble	4.95
Lemon Pound Cake topped with Grand Marnier Macerated Berries	4.95
Red Wine Poached Pear with Gingered Labne and Walnut Tuile	4.95
Two Chocolate Flourless Cake with Sweet Cream Ice Cream	4.95

DRINKS

Pepsi Products, Coffee and Tea	1.95
Cappuccino and Latte	3.50
Espresso	1.90

Additions/substitutions to entrées could increase calorie count.

Dinner

Served 4:30pm - 9pm Mon - Sat

APPETIZERS, SMALL SALADS AND SOUPS

Thai Marinated Beef Sate with Peanut Sauce and Asian Slaw	6.95
Pan Seared Chicken Pot stickers with Orange Ponzu Sauce	6.95
Grilled Vegetable and Mozzarella Napoleon with Mona Vie Reduction	6.95
Crisp Greens with Apples, Toasted Walnuts and Goat Cheese with Poppy Seed Vinaigrette	3.95
Romaine with Whole Grain Croutons, Grape Tomatoes and Parmesan with Lemon Caper Dressing	3.50
Crisp Asian Greens with Baked Won Ton Crackers, Peppers, Celery and Carrots with Ginger Dressing	3.95
Golden Gazpacho with Cucumber Relish	4.95
Roasted Tomato Bisque with Asiago Crostini	4.95

ENTRÉE SALADS

LG Salad Lemon Grass Marinated Chicken over Spring Greens with Grilled Asparagus and Oranges and Sunflower Seeds with Raspberry Vinaigrette	10.95
Coconut Marinated Chicken over Crisp Greens with Macadamia Nuts, Mango and Red Peppers, Lavosh Crisp and Orange Basil Vinaigrette	10.95
Marinated Grilled Beef over Crisp Romaine with Banana Peppers, Kalamata and Gorgonzola with Pita Toast and Horseradish Dressing	11.95
Salmon Caesar Crisp Romaine with Sun Dried Tomatoes, Parmesan Cheese and Creamy Caesar	12.95
Seared Yellow Fin Salad over Crisp Asian Greens with Baked Won Ton Crackers, Peppers, Celery and Carrots with Ginger Dressing	11.95

Additions/substitutions to entrées could increase calorie count.

FLATBREADS AND PASTAS

Tomato Cheese Flatbread	6.95
Rock Shrimp, Avocado, Cilantro Pesto and Queso Fresco Flatbread	10.95
Chicken Sausage, Smoked Tomato and Parmesan Flatbread	9.95
Grilled Beef, Artichoke and Gorgonzola Flatbread	9.95
Spinach, Charred Red Pepper and Goat Cheese Flatbread	8.95
Grilled Pineapple, Bacon, Mandarin Oranges and Fontina Cheese Flatbread	8.95
Asian Soba Noodle with Grilled Chicken, Pan Flashed with Spicy Szechwan Sauce and Crisp Vegetables	9.95
Grilled Chicken with Whole Wheat Penne Rigate Ratatouille	8.95
Turkey Meatball Marinara with Spaghetti and Roasted Peppers	7.95

ENTRÉES

Seared Salmon with Pecan Wild Rice, Asparagus and Preserved Lemon Glaze	14.95
Grilled London Broil over Mashed Sweet Potatoes with Grilled Seasonal Vegetables and Wild Mushroom Demi Glaze	13.95
Steamed Achiote Marinated Tilapia, Vera Cruz Style, Wrapped in Banana Leaf with Tomato Brown Rice and Salsa Fresca	11.95
Ancho Relleno with Seasoned Chicken and Cheddar Cheese with Black Beans, Carrot Sauce, Cumin Sour Cream and Salsa Fresca	11.95
Almond Crusted Chicken Bruschetta over Firecracker Red Quinoa	9.95
Chef's Seasonal Grilled Vegetable Platter	8.95
Turkey Meatloaf Quesadilla with Caramelized Red Onion, Cheddar Cheese and Cumin Sour Cream served with Tomato Brown Rice and Salsa Fresca	9.95
American Lean Sirloin Burger Grilled to perfection, topped with Cheddar Cheese, lettuce, tomato, folded into a Panini Wrap, served with Jicama Sweet Potato Fries.	9.95
Open Faced Grilled Bison Burger with Vine Ripe Tomatoes, Caramelized Red Onion and Mushrooms on Whole Wheat Focaccia, served with Jicama Sweet Potato Fries.	10.95

À LA CARTE SIDES

Firecracker Red Quinoa	3.50
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Black Beans	3.50
Mashed Sweet Potatoes	3.50
Seasonal Grilled Vegetables	3.50
Jicama/Sweet Potato Fries	3.50

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Turkey Meatloaf with Mashed Sweet Potatoes	3.99
Zoe's Grilled Chicken with Penne Rigate	3.99
Crunchy Chicken Tenders with Honey Mustard and Sweet Potatoes	3.99
Grilled Cheese Panini with Fresh Fruit	3.99
Chicken Soft Tacos with Brown Rice	3.99

DESSERTS

Seasonal Fruit Cobbler, Granola and Brown Sugar Crumble	4.95
Lemon Pound Cake topped with Grand Marnier Macerated Berries	4.95
Red Wine Poached Pear with Gingered Labne and Walnut Tuile	4.95
Two Chocolate Flourless Cake with Sweet Cream Ice Cream	4.95

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