



FOOD MENU

Everyday Menu

Wholesome favorites served daily

Crab Spinach Dip 15.95

Creamy spinach and rich Louisiana crabmeat baked to perfection, served with crisp, golden toast points.

Green Goddess Caesar Salad 12.50

Crisp romaine, arugula, and tender spinach tossed in creamy Caesar with parmesan, feta, and crushed croutons.

Add Chicken Breast... \$5

Crispy Cauliflower Bites 9.95

Perfectly roasted cauliflower tossed in garlic and aromatic herbs. Crispy on the outside, tender on the inside.

Turkey Sourdough Melt 12.50

Buttery toasted sourdough layered with sliced turkey, melted provolone, peppery arugula, and a drizzle of sweet honey mustard.

Avocado Toast 10.99

Smooth cream cheese layered with fresh avocado, bright lemon zest, and everything bagel seasoning.

Deluxe Avocado Toast 16.50

Creamy avocado and whipped cream cheese finished with fresh arugula, farm-fresh egg, and silky smoked salmon topped with lemon zest.

Seasonal Overnight Oats (16 oz)

Creamy, slow-soaked oats blended with chia seeds and lightly sweetened for the perfect nourishing start. Topped with fresh seasonal fruits and rotating signature flavors

Dairy Free

Ask us what our two flavors are today!

Avocado Deviled Eggs 14.95

Topped with Caviar

New Orleans style deviled eggs with creamy avocado, a hint of smoked paprika, and a crown of Cajun caviar.

Vegan Gumbo 15.50

A soulful, plant-based twist on a crescent city classic with zucchini, squash, mushroom, plant-based chicken and sausage

Vegan Jambalaya 14.99

A bold, Louisiana-style vegan jambalaya loaded with shiitake mushrooms, celery, bell pepper, and onion, finished with smoky apple-sage vegan sausage for deep, savory flavor.

Smoked Turkey Red Beans 15.96

Slow-simmered red beans with smoked turkey necks and turkey sausage, served over rice.

Veggie Cheddar Soup 12.99

A creamy, comforting blend of broccoli, cauliflower, carrot, and celery simmered in rich cheddar and Monterey Jack, served with warm garlic-butter toast points.

Crowned Salmon 38.95

Baked Atlantic salmon crowned with lump crabmeat and silky bearnaise, served with roasted sweet potatoes and asparagus.

Grilled Lamb Chops 35.95

Tender lamb chops topped with our signature sauce, served with garlic potatoes, wild mushrooms, and our green goddess salad.

QUALITY YOU CAN TRUST

ANY SEAFOOD SERVED AT VIGOROUS BODY IS FRESH, NEVER FARM RAISED. WE PROUDLY SERVE 100% HALAL MEATS.

CONSUMER ADVISORY: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS--ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

VigorousBody.com