

Drinks

Organic Soda	\$3.25/\$3.60
House Iced Tea	\$2.75/\$3.10
Iced Coffee	\$3.25/\$3.60
Organic Mushroom	\$4.50/\$4.85
Organic Drip	\$2.75/\$3.25

Smoothies (16 oz.)

Powerhouse Shake (9)

Peanut butter, banana, cacao, oats, chia seeds, plant protein, milk

Super Greens (9)

Spinach, kale, kiwi, pineapple, wheat grass, spirulina, moringa, chlorophyll, coconut water

Tropical Bliss (8)

Mango, pineapple, banana, coconut water, agave

Berry Banana Blast (8)

Blueberry, strawberry, raspberry, banana, spring water, agave

Frozen Latte (8.50)

Organic iced coffee, banana, dates, milk
Breakfast Chai (8.50)

Organic chai, bananas, dates, oats, milk
Matcha On The Beach (8.50)

Organic matcha green tea, vanilla syrup, mango, dates, coconut water

Leaf Teas \$2.75+

Can be made iced or hot!

Lemongrass, Peppermint,
Raspberry Leaf, Chamomile,
Orange & Cinnamon Black Tea,
Peach & Ginger Black Tea,
Hibiscus

Ask about our SPECIAL TEA MENU

Contact Us

We offer weekly prepared meal plans, offsite/onsite catering, and private event space!

Contact us directly:

lyrasnaturalkitchen@gmail.com

Follow us! [@lyrasnaturalkitchen](https://www.instagram.com/lyrasnaturalkitchen)

(items and prices may be adjusted due to availability)

HAPPY HOURS EVERYDAY, 2PM-5PM



LYRA'S KITCHEN

804-869-9915

9200 Stony Point Pkwy #146
Richmond, Virginia

lyrasnaturalkitchen.com

Hours:

Monday CLOSED
Tuesday-Saturday 10a-6p
Sunday 12p-6p

Breakfast

Served all day!

French Toast (v) \$11

Four triangle slices with maple syrup and powdered sugar with sausage

Blended Berry Bowl (v) \$15 GF

Banana and whole grain rolled oats smoothie base with berries, coconut flakes, and pepitas, chamomile on top

Tofu Scramble (v) \$12 GFO

Smoked scrambled tofu with veggies and spices with toast

Vegetable Hash (v) \$10 GFO

Sautéed potatoes with mushrooms, onions, broccoli, zucchini, squash, cabbage, bell pepper, tomatoes, and vegan cheddar with toast

Pancakes & Sausage \$14

A stack of pancakes with maple syrup and sausage and side of fruit

*Egg & Cheese Sandwich \$8 GF

Scramble eggs with cheese between toasted sprouted grain bread

Corned Beef Hash \$13 GFO

Slow cooked brisket and potatoes, served with two eggs, and toast

Sandwiches

(includes a side *salad, fruit, or veggies* **+\$2/\$3 for dinner side**) Gluten Free Bread +\$1

BLT \$12

Brisket Reuben \$14

Smoked Brisket \$13

Pulled Pork w/ Slaw \$12

Grilled Chicken \$13

Chicken Salad \$14

Chickenless Salad (v) \$13

Vegan BLT (v) \$12

BBQ Jackfruit w/ Slaw (v) \$12

Crab Cake \$20

Breakfast à la carte

French Toast \$8

2 Pancakes \$8

Vegan Sausage \$3

Vegan Bacon \$5

Pork Sausage \$3 GF

Pork Bacon \$5 GF

Turkey Bacon \$4 GF

Toast \$2 GFO

Cup/Bowl of Fruit \$4/\$8 GF

*Eggs \$3 (w/ cheese \$.65) GF

Minis \$7.50

(**12 and under**; includes one side and a juice box) **+\$2 for adults**

Grilled Cheese

Grilled Chicken Wrap

Grandma's Mac & Cheese

100% Beef Burger

BBQ Pulled Pork Sandwich

Lyra's Grilled Cheese (v)

BBQ Jackfruit Sandwich(v)

Beyond Burger (v)

Chickenless Wrap (v)

Lyra's Mac & Cheese (v)

Mini Sides (v)

Sub dinner side +\$2

Chips \$2

Salad \$4

Mixed Fruit \$4

Raw Vegetable Sticks \$3

Juice Box \$1.25

(v) = Vegan

GF = Gluten Free

GFO = Gluten Free Option

Dinner

Includes one side and garden salad

BBQ Jackfruit Plate (v) \$16 GFO

Seasoned grilled BBQ jackfruit with
vegan slaw

Lyra's Mac & Cheese Bowl (v) \$15

Baked macaroni with vegan cheeses

Brisket Plate \$21 GFO

Smoky pasture raised beef with a side of
corn bread

BBQ Pulled Pork Plate \$19 GFO

Local raised smoked pork pulled with
housemade BBQ slaw

Chicken Plate \$19 GFO

Grilled and seasoned pasture raised
chicken with corn bread

Beefless Burger (v) \$15 GFO

Grilled Beyond patty on a vegan bun.
Choose your toppings.

100% Beef Burger \$15 GFO

Grilled pasture raised Virginia beef.
Choose your toppings.

Burger Toppings:

Lettuce, Tomato, Onion (.10), Pickle,
Grilled Onion (.65),
Egg* (1.5), Bacon (3),
Cheese (.65), Mayo, Mustard,
Ketchup

Salads

Mixed Green Salad (v) \$10 GF

Mixed greens, red onion, tomato, and
cucumber

Asian Salad (v) \$14

Mixed greens, pickled radish, spring roll
croutons, green onion, edamame, and black
sesame seeds

Caesar \$11 GFO

Romaine, red onion, grated Parmesan,
croutons and capers **Vegan option
available!**

Chickenless Salad (v) \$12

Cubed seitan, vegan mayo, celery, onion,
and herbs salad on a bed of mixed greens

Rustic Pulled Pork BBQ \$16 GF

Smokey BBQ pasture raised pulled pork
with a bed of Romaine, cabbage, red onion,
and apple.

Blue Crab Salad \$25 GF

Steamed Blue Crab (1/4 lb.) salad on a bed
of mixed greens, cherry tomato, cucumber,
red onion, capers, and green onion

Chicken Salad \$14 GF

Chopped chicken, herbs, mayo, celery,
onion, bell pepper on a garden salad

South-West Salad \$14 GF

Mixed greens, cilantro, black beans, roasted
pumpkin seeds, bell peppers, cheddar,
roasted corn, tortilla strips. **Vegan option
available!**

Salad Add-Ons

Grilled Chicken (5) GF

Pulled Pork (9) GF

Blue Crab Salad (15) GF

Bacon Bits (3) GF

Vegan Bacon Bits (3)

Seitan Chicken (5)

Brisket (9) GF

Dressings (v) GF

BBQ Ranch, Garlic Ranch, Avocado
Crème, Balsamic Vinaigrette, Red
Wine Vinaigrette, Miso Ginger,
Caesar, Honey Mustard

Sides

Fried Cauliflower Rice (v) GF \$4

Lyra's Mac & Cheese (v) \$5

Grandma's Mac & Cheese \$5

Greens or Cabbage (v) GF \$4

Garden Salad (v) GF \$4

Mashed Potatoes (v) GF \$4

Corn Bread \$3

Desserts (v)

Chocolate Chip Cookie \$1.25

Slice of Cake GF \$6

Chia Pudding w/ fruit GF \$6

(v) = Vegan

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Fresh and Clean Menu

Our menu showcases a bountiful selection of farm-fresh ingredients, mainly sourced from local suppliers who prioritize sustainable practices. From crisp seasonal salads bursting with colorful vegetables, to succulent grilled lean proteins, each dish is thoughtfully prepared to deliver both exquisite taste and nutritional value.



Follow Us!

@lyrasnaturalkitchen

We are constantly searching for ways to improve our business through customer feedback, hand selected menu items, and giving back to our community with the love of food and beverage!

Contact Us

 +1 804-869-9915

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 9200 Stony Point Pkwy #146

 www.lyrasnaturalkitchen.com



Farm *To* Table

Our mission is to prepare and serve wholesome meals, crafted fresh from organic, non-GMO, local, or regional sources for a truly delightful experience!





What We Serve

Traditional

A variety of foods with a combination of pasture raised meats, market fresh vegetables, and whole grains.

Plant Based

Protein-rich salads, nutrient-packed smoothies, and ample vegan alternatives available

Gluten-Free

Grilled meats and seafood to an assortment of crisp, garden-fresh vegetables



Catering & Private Event Space

Professional

From elegant business luncheons to sophisticated corporate events, we deliver a culinary experience that impresses. Ask about our with great amenities!

Office Delivery

Packaged meals are handpicked and delivered to your office at a scheduled time. **ACCEPTING NEW CLIENTS!**

Formal Events

Whether it's a cocktail reception or family gathering, we will accommodate you with a specially selected menu!

Make a Reservation

We are excited to seat you!

Discover our versatile space for private venues and parties. With a spacious patio accommodating up to 15 guests and indoor seating of up to 70 guests, enjoy ample natural lighting, free mall parking, and a convenient shopping center location. Indulge in our tailored professional catering services, ensuring your every need is met. (20% gratuity included with parties of more than 6)



*Checkout
Our Menu!*

