



Grass-Fed Beef Burger Truck

## Flippin' Out

### The Bite:

Not loving what's flying off the handle at your Midtown lunch spot? Head straight(jacket) to the new La Cense Burger Truck, an old-bread-van-turned-burger-joint. Get juicy grass-fed beef burgers (free of fillers, pesticides, and antibiotics) griddle-cooked to medium and served on a soft sesame seed bun with your choice: sweet caramelized onions, gooey American cheese, lettuce, and/or tomato, plus garlicky pickle and/or chips on the side. LC jumps around Midtown, so check Twitter to find its exact location day-of before you blow a gasket trying to find them.



### Why Care?:

Compared to grain, grass is better for animals (no need for antibiotics or pesticides), the planet (requires way less water), and for you (more omega-3 fatty acids, beta-carotene, and cancer-fighting linoleic acid).

Five down, four to go...after nine burgers, number 10's on them.

### Wanna Try:

**La Cense Burger Truck**, Midtown. Mon-Fri, 11 am-3 pm. Check **Twitter** the day you wanna go to see its exact location. Burger, \$7.