



Sweet Leaf
CommunityCafe

**NUTRITION AND ALLERGEN
INFORMATION**

NUTRITION INFORMATION

**CALORIES • TOTAL FAT • SATURATED FAT • TRANS FAT • CHOLESTEROL
SODIUM • TOTAL CARBS • DIETARY FIBER • SUGAR • PROTEIN**

SALADS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
TOFU TANGO	430	26	7	0	22	455	80	18	30	33
GREEK ROOTS	600	19	4	0	17	800	46	10	3	16
SPICY AVOCADO	520	27	9	0	35	430	55	11	12	57
CITRUS SESAME CHICKEN	415	14	2	0	0	930	41	9	14	42
PESTO CHICKEN	565	41	9	0	120	450	15	6	6	49
KALE KOBBL	550	14	2	0	190	385	10	1	9	44
CHICKEN CAESAR	575	33	20	0	40	450	30	7	7	43
STEAK TACO	540	29	10	0	60	700	85	14	15	45

GRAIN BOWLS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
KABOBI	555	25	10	0	135	1406	43	3	4	49
FALAFEL TZATZIKI	645	33	6	0	20	1620	55	12	8	35
CHIMICHURRI	695	35	11	0	135	575	25	3	2	50
SABROSO	625	32	9	0	140	910	56	14	10	56

SANDWICHES (INCLUDES RECOMMENDED BREAD)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
CHICKEN CLUB	675	20	5	0	110	500	27	3	5	65
SO CALI CLUB	595	46	16	0	245	1490	60	8	7	70
SAN REMO	590	43	12	0	150	1370	18	8	6	55
CAPRESE	549	27	13	0	30	870	53	3	3	25
KOO KOO ROO	630	20	7	0	160	1130	70	6	7	48
STEAK + CHEDDAR	575	50	17	0	120	1100	62	6	8	48
VEGGIE STACK	215	45	10	0	295	400	18	6	2	18
TURKEY + APPLE	485	28	6	0	45	865	40	7	0	40

BREAD AND WRAPS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
RUSTIC BAGUETTE	120	4	0	0	0	225	24	1	0	4
MULTIGRAIN	130	2	0	0	0	254	24	3	5	5
SOUSDOUGH	185	1	0	0	0	300	33	1	1	8
LEAF WRAP-COLLARD GREEN	63	2	0	0	0	0	2	2	0	2
FLOUR TORTILLA	150	3	0	0	0	234	27	5	5	14

BREAKFAST	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
HARVEST BOWL	630	42	11	0	215	540	47	8	2	24
FARMERS	675	23	9	0	265	1225	45	5	5	29
STANDARD	495	26	13	0	330	790	33	1	6	27
MALIBU MELT	595	22	2	0	255	1330	60	21	2	28
SUNRISE BURRITO	394	25	8	0	225	1010	20	11	2	27

TOAST	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
AVO TOAST	165	110	3	0	185	190	21	8	3	13
ELOTE TOAST	260	5	3	0	35	200	22	2	4	6
MEDITERRANEAN TOAST	340	38	4	0	220	115	117	23	14	18

KIDS MENU	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
PB&J	189	8	2	0	0	227	26	1	7	5
AVO BLT	495	27	5	0	30	900	55	4	3	15
GRILLED CHEESE	290	15	6	0	22	764	27	1	3	12
QUESADILLA	490	28	13	0	60	1235	36	2	2	20
FRUIT CUP	105	1	0	0	0	1	27	3	12	2

SWEETS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
CHOCOLATE CHIP COOKIE	210	11	4	0	10	120	27	1	16	3
OATMEAL RAISIN COOKIE	200	8	4	0	15	130	30	1	16	3
SUGAR COOKIE	230	12	6	0	15	130	28	1	14	2
CHOCOLATE FUDGE BROWNIE	410	24	7	24	95	75	46	3	30	6
CHEESECAKE CHOCOLATE BROWNIE	420	25	8	29	100	80	47	3	31	6
BLONDIE WITH WALNUTS	390	21	7	0	70	100	55	2	33	6

ICE CREAM	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
VANILLA	130	7	4	0	20	35	14	0	14	3
CHOCOLATE	245	10	7	0	35	70	2	2	27	5
STRAWBERRY	110	5	3	0	15	35	14	0	14	2
COFFEE	100	3	2	0	10	35	17	0	12	2
MINT CHOCOLATE CHIP	150	8	6	0	15	45	18	1	17	2
COOKIES N' CREAM	180	9	5	0	30	80	20	0	17	3
COOKIE DOUGH	190	9	5	0	25	80	24	0	17	3
SORBET	110	0	0	0	0	0	28	1	25	0

SCRATCH MADE DRESSING	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
ASIAN PLUM VINAIGRETTE	90	7	1	0	0	65	6	0	5	0
SPICY CILANTRO VINAIGRETTE	140	16	1	0	140	210	1	0	0	0
BALSAMIC VINAIGRETTE	90	16	2	0	0	60	3	0	2	0
JALAPENO CAESAR	130	14	2	0	15	210	2	0	1	1
CAESAR	100	10	2	0	13	190	2	0	1	1
CUCUMBER TZATZIKI	25	0	0	0	0	130	4	0	2	1
GREEN TAHINI	110	0	1	0	0	160	3	0	1	1
PESTO VINAIGRETTE	110	11	2	0	0	190	2	0	1	1

SCRATCH MADE DRESSING (CONTINUED)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
AVO RANCH	140	15	2	0	15	135	1	0	1	1
MANGO VINAIGRETTE	50	3	0	0	0	150	7	0	3	0
GARLIC FETA VINAIGRETTE	80	9	1	0	0	180	1	0	1	0

SAUCES & TOPPERS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
HARISSA	110	9	4	0	19	14	6	2	0	2
CHIPOTLE AIOLI	80	9	1	0	0	80	1	0	0	0
HERB AIOLI	120	0	0	0	0	10	1	0	0	0
SPICY AIOLI	5	0	0	0	0	60	1	0	1	0
CHIMICHURRI	76	8	1	0	0	130	1	0	0	0

PROTEINS	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
CHICKEN BREAST	230	5	1	0	119	104	0	0	0	43
HERB BEEF KABOB	195	15	5	0	80	490	8	0	0	15
HERB ORGANIC FALAFEL	175	10	1	0	0	190	15	0	0	15
EGG	85	6	1	0	190	66	1	0	1	8
THICK-CUT BACON	80	5	1	0	18	225	0	0	0	6
STEAK TENDER	150	6	2	0	66	50	0	0	0	22
ORGANIC TOFU	175	12	1	0	0	9	2	0	0	17

SMOOTHIES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
GREEN CURE	195	5	1	0	15	127	32	4	23	6
BERRY BLANCO	175	7	6	0	17	118	26	4	20	12
MANGO BUZZ	395	3	1	0	18	135	75	9	50	25

SMOOTHIES (CONTINUED)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
SWEET MANGO	275	14	4	0	19	105	42	8	23	5
VERY VERDE	270	8	1	0	15	118	32	5	16	12
THE CLASSIC	275	5	1	0	13	110	40	4	24	8
VELVET OREO	250	15	6	0	20	145	39	3	55	11
CHOCOLATE CRUSH	375	10	5	0	17	151	35	3	50	15

Nutritional information provided in this leaflet is based on Sweet Leaf uniform recipes, representative values provided by suppliers, analysis using industry standard software, which are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, including the fact that our menu items are handcrafted and may be customized, variations in serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional and seasonal differences.

ALLERGEN INFORMATION

DAIRY • EGG • FISH/SHELLFISH • PEANUTS • TREE NUTS • SESAME • SOY • GLUTEN • VEGAN

SALADS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
TOFU TANGO	X				X		X		
GREEK ROOTS	X								
SPICY AVOCADO	X								
CITRUS SESAME CHICKEN					X	X	X	X	
PESTO CHICKEN	X								
KALE KOB	X			X	X				
CHICKEN CAESAR	X	X						X	
STEAK TACO									

GRAIN BOWLS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
KABOBI	X							X	
FALAFEL TZATZIKI	X					X		X	
SABROSO	X	X						X	
CHIMICHURRI	X							X	

SANDWICHES (INCLUDES RECOMMENDED BREAD)	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
VEGGIE STACK	X								
SO CALI CLUB	X	X						X	
SAN REMO	X							X	
CAPRESE	X							X	
KOO KOO ROO	X							X	
STEAK + CHEDDAR	X							X	
CHICKEN CLUB	X							X	

X contains Allergen

BREAD AND WRAPS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
RUSTIC BAGUETTE								X	X
MULTI GRAIN WHEAT								X	X
FLOUR TORTILLA								X	X

BREAKFAST	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
HARVEST BOWL	X	X							
SUNRISE BURRITO	X	X						X	
FARMERS	X	X						X	
STANDARD	X	X						X	

TOAST	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
AVO TOAST		X						X	
ELOTE TOAST								X	
MEDITERRANEAN TOAST	X							X	

KIDS MENU	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
PB&J				X				X	X
AVO BLT								X	
GRILLED CHEESE	X							X	
QUESADILLA	X							X	
FRUIT CUP									X

X contains Allergen

SWEETS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
SHAKES	X								
SMOOTHIES	X								
FROZEN YOGURT	X								
COOKIES	X	X						X	
BROWNIES	X	X					X	X	
BLONDIE	X	X			X			X	

ICE CREAM	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
VANILLA	X								
CHOCOLATE	X								
STRAWBERRY	X								
COFFEE	X								
MINT CHOCOLATE CHIP	X								
COOKIES N' CREAM	X								
COOKIE DOUGH	X								

SCRATCH MADE DRESSING	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
ASIAN PLUM VINAIGRETTE							X		X
SPICY CILANTRO VINAIGRETTE									X
BALSAMIC VINAIGRETTE									X
JALAPENO CAESAR	X	X	X						
CAESAR	X	X	X						
CUCUMBER TZATZIKI	X					X			
GREEN TAHINI									
PESTO VINAIGRETTE	X								
AVO RANCH	X		X						

X contains Allergen

BREAD AND WRAPS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
MANGO VINAIGRETTE									
GARLIC FETA VINAIGRETTE	X								

SAUCES & TOPPERS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
HARISSA									X
CHIPOTLE AIOLI		X							
HERB AIOLI		X							
SPICY AIOLI		X							
LEMON SQUEEZE									X
LIME SQUEEZE									X
SPICE BLEND									X
MAYO	X	X							
MUSTARD									X
OLIVE OIL									X
RED WINE VINEGAR									X
CHIMICHURRI									X

PROTEINS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
CHICKEN BREAST									
HERB BEEF KABOB									
HERB ORGANIC FALAFEL									X
EGG		X							
THICK-CUT BACON									
STEAK TENDER									
TOFU							X		X

X contains Allergen

SMOOTHIES	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
GREEN CURE	X								
BERRY BLANCO	X								
MANGO BUZZ	X								
SWEET MANGO	X								
VERY VERDE	X								
THE CLASSIC	X								
VELVET OREO	X								
CHOCOLATE CRUSH	X								

Our store offers products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee it