



NUTRITION INFORMATION

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	551	23	9	0	20	423	68	11	15	19
GREEK ROOTS	608	41	9	0	25	1020	56	14	9	23
SPICY AVOCADO	635	38	7	0	80	680	44	14	6	33
CITRUS SESAME CHICKEN	455	26	2	0	85	400	21	7	9	35
PESTO CHICKEN	690	49	11	0	90	640	20	8	5	41
KALE KOBBL	620	46	11	0	150	950	14	7	5	41
CHICKEN CAESAR	565	36	8	0	95	780	22	7	4	42
STEAK TACO	663	44	15	0	105	782	39	14	6	35
BIG FIN	671	44	12	0	105	778	29	6.4	6	41
BRUSSEL + PEAR (SEASONAL)	643	39	10	0	50	836	53	9	17	24
BUTTERNUT + APPLE (SEASONAL)	660	29	7	0	110	339	54	9	26	47
CHICKEN CAPRI (SEASONAL)	834	60	12	0	150	640	21	9	7	53

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	995	49.5	20	0	160	1620	85	4	5	65
SO CALI CLUB	810	54	20	0	290	1400	40	6	3	50
SAN REMO	880	44	14	0	110	1200	60	8	4	55
CAPRESE	780	35	15	0	55	850	85	5	7	28
KOO KOO ROO	890	45	15	0	125	1250	70	6	5	53
STEAK + CHEDDAR	870	45	18	0	115	1200	65	4	3	48
VEGGIE STACK	220	16	4	0	15	400	18	6	6	8
TURKEY + APPLE	640	38	15	0	90	1200	40	3	5	38
CHEESESTEAK	900	48	18	0	40	1250	65	3	4	50
HAM N JAM (SEASONAL)	366	10	6	0	46	1130	44	2	12	20
TURKEY CRAN (SEASONAL)	710	40	15	0	153	1561	37	5	11	53

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)
SALMON WILD FARRO	586	24	4	0	65	338	58	9	14	33
FALAFEL TZATZIKI	782	39	10	0	25	1046	84	9	5	21
CHIMICHURRI	815	46	11	0	85	374	67	9	5	37
SABROSO	555	29	6	0	70	670	42	10	3	32

BREAKFAST (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)
HARVEST BOWL	530	45	6	0	185	400	19	8	2	15
FARMERS	560	38	14	0	235	950	26	2	5	23
STANDARD	490	36	13	0	230	980	26	1	5	20
MALIBU MELT	470	32	12	0	225	790	26	4	4	22
SUNRISE BURRITO	520	38	11	0	380	850	21	11	2	25
HAM N HEN	460	26	11	0	230	960	30	1	5	25

TOAST (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)
AVO TOAST	242	12	3	0	185	233	24	6	3	11
ELOTE TOAST	329	22	3	0	5	273	27	7	3	9
BERRY TOAST	330	20	4	0	0	130	32	6	12	10

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	474	14	6	0	40	227	73	4	56	16
BERRY HAZE	390	8	4	0	30	210	62	3	51	15
BERRY BLANCO	532	15	10	0	40	232	84	4	66	16
MANGO BUZZ	484	8	5	0	40	210	89	3	70	15
SWEET MANGO	522	8	5	0	30	270	99	2	85	15
VERY VERDE	472	14	6	0	40	227	73	3	56	16
THE CLASSIC	370	8	5	0	30	210	62	3	51	15
VELVET OREO	539	11	6	0	40	270	80	1	63	14
BLUE MAGIC (SEASONAL)	554	6	3	0	20	110	103	3	83	17
CHERRY BLOSSOM (SEASONAL)	662	6	1	0	25	174	131	3	106	18
STRAWBERRY MINT (SEASONAL)	452	3	1	0	20	150	84	1	71	16



NUTRITION INFORMATION

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	440	20	3	0	0	350	50	1	14	11
AVO BLT	480	32	8	0	40	800	28	4	4	15
GRILLED CHEESE	580	38	21	0	90	700	28	1	2	25
QUESADILLA	620	35	20	0	90	850	38	2	3	23

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	100	0	0	0	0	200	21	1	1	3
MULTIGRAIN	200	7	0	0	0	290	29	4	4	7
SOUSDOUGH	160	1	0	0	0	370	33	2	1	5
LEAF WRAP-COLLARD GREEN	11	0	0	0	0	0	2	2	0	1
FLOUR TORTILLA	190	5	2	0	0	520	32	3	3	6
BRIOCHE BUN	230	7	2	0	0	210	35	1	7	6

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
NORWEIGAN SALMON	230	14	2	0	60	50	0	0	0	25
ORGANIC FALAFEL	175	10	1	0	0	190	15	0	0	15
CAGE-FREE 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

SCRATCH MADE DRESSING Based on 2oz portion	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
PLUM VINAIGRETTE	150	10	1	0	0	300	14	0	12	0
SPICY CILANTRO VINAIGRETTE	160	16	2	0	5	200	3	0	1	0
BALSAMIC VINAIGRETTE	160	16	2	0	0	200	3	0	2	0
JALAPENO CAESAR	220	23	4	0	35	600	2	0	1	1
CAESAR	220	22	3	0	35	400	1	0	1	2
CUCUMBER TZATSIKI	40	1	0	0	5	250	2	0	1	3
GREEN TAHINI	180	17	2	0	0	200	5	2	1	4
PESTO VINAIGRETTE	240	25	4	0	10	400	2	1	0	5
AVO RANCH	220	23	3	0	15	300	1	0	1	1

SAUCES & TOPPERS Based on 2oz portion	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
CREAMY HONEY SRIRACHA	233	23	3	0	11	160	0	0	11	0
CHIPOTLE AIOLI	190	20	3	0	15	250	2	0	1	0
HERB AIOLI	298	33	5	0	16	155	1	0	0	0
CHIMICHURRI	220	24	2	0	0	350	1	1	0	0
CREAMY DIJON	326	35	5	0	32	372	0	0	0	0
SPICY AIOLI	5	0	0	0	0	60	1	0	1	0

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	180	9	4	0	15	105	2	1	16	2
OATMEAL RAISIN COOKIE	180	8	3	0	20	105	30	1	14	2
SUGAR COOKIE	180	9	5	0	15	105	6	1	17	2
CHOCOLATE BROWNIE	500	28	11	0	90	180	63	3	47	5
CHEESECAKE BROWNIE	480	27	9	0	90	190	59	2	44	5
BLONDIE WITH WALNUTS	540	34	10	0	35	360	60	4	35	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	190	10	6	0	40	60	22	0	27	3
CHOCOLATE	180	10	6	0	35	65	22	0	27	4
STRAWBERRY	180	9	6	0	35	60	23	0	29	3
COFFEE	190	10	6	0	35	60	22	0	27	3
MINT CHOCOLATE CHIP	200	11	7	0	35	60	24	0	28	3
COOKIES N' CREAM	200	10	6	0	35	80	25	0	29	3
COOKIE DOUGH	210	10	7	0	35	65	27	0	32	3

Nutritional information provided 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	✓				✓		✓		
GREEK ROOTS	✓								
SPICY AVOCADO	✓								
CITRUS SESAME CHICKEN					✓	✓			
PESTO CHICKEN	✓								
KALE KOB	✓			✓	✓				
CHICKEN CAESAR	✓	✓	✓					✓	
STEAK TACO	✓	✓	✓						
BIG FIN	✓	✓	✓						

SEASONAL SALADS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
BRUSSEL + PEAR	✓								
BUTTERNUT + APPLE	✓								
CHICKEN CAPRI	✓								

GRAIN BOWLS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
FALAFEL TZATZIKI	✓					✓		✓	
SABROSO	✓	✓	✓						
CHIMICHURRI									
SALMON WILD FARRO			✓					✓	

TOAST	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
AVO TOAST		✓						✓	
ELOTE TOAST								✓	
BERRY TOAST				✓				✓	

✓ contains Allergen

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

BREAD AND WRAPS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
RUSTIC BAGUETTE								✓	✓
MULTI GRAIN								✓	✓
FLOUR TORTILLA								✓	✓
SOURDOUGH								✓	✓
BRIOCHE BUN								✓	

BREAKFAST	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
HARVEST BOWL	✓	✓							
SUNRISE BURRITO	✓	✓						✓	
FARMERS	✓	✓						✓	
STANDARD	✓	✓						✓	
HAM N HEN	✓	✓						✓	
MALIBU MELT	✓	✓						✓	

✓ contains Allergen

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

SWEETS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
COOKIES	✓	✓						✓	
BROWNIES	✓	✓					✓	✓	
BLONDIE	✓	✓			✓			✓	

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

✓ contains Allergen

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

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

PROTEINS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
CHICKEN BREAST									
ORGANIC FALAFEL									✓
EGG		✓							
THICK-CUT BACON									
STEAK									
TOFU							✓		✓
SALMON			✓						

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

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