

# Sweet Leaf

ALL - DAY CAFE

## SEASONAL

### BLUE MAGIC (smoothie) — 7.49

mango + banana + coconut

### ITALIANO (sandwich)— 12.99

ham, pepperoni, salami, provolone, tomato, pepperoncini, pickled onion, arugula, pecorino romano cheese, mayo, homestyle italian oil/vin

### BRUSSEL + PEAR (salad) — 13.99

roasted butternut squash, local apples, organic quinoa, goat cheese, chicken, toasted almonds, organic baby spinach, romaine, maple-balsamic vinaigrette

## CRAFT

### SMOOTHIE — 7.49

Choose Any 3 Topping

### SALAD — 9.29

Choose Any: Base + Toppings + Crunch + Dressing  
Add On Premiums

### GRAIN BOWL — 9.29

Choose Any: Base + Toppings + Crunch + Dressing  
Add On Premiums

### SANDWICH — 9.29

Choose Any: Bread + Protein + Veggie + Dressing  
Add On Premiums

## SALADS

Available 10:30am - Close

### CHICKEN CAESAR — 13.49

chicken breast, tomato, parmesan, crumbled crouton, parm crisp, kale, romaine, caesar dressing

### SPICY AVOCADO — 13.99

chicken breast, avocado, roasted corn, black beans, pico-de-gallo, cilantro, cotija cheese, tortilla chips, organic mesclun, romaine, spicy cilantro-lime vinaigrette

### KALE KOBBER — 14.29

chicken breast, bacon, avocado, tomato, goat cheese, almonds, kale, romaine, balsamic vinaigrette

### PESTO CHICKEN — 13.99

chicken breast, avocado, sun-dried tomato, mozzarella, parm crisp, organic mesclun, romaine, pesto vinaigrette

### BIG FIN— 15.29

Norwegian salmon, tomato, roasted corn, parm crisp, organic arugula, romaine, lime, jalapeno caesar

### GREEK GARDEN — 13.99

chicken breast, cucumber, tomato, pickled onion, pepperoncini, feta, pita chips, lemon, mint, romaine, lemon vinaigrette

### CITRUS SESAME CHICKEN — 13.29

chicken breast, roasted carrots, cucumber, orange, sesame purple cabbage, cilantro, almonds, organic mesclun, romaine, plum vinaigrette

### STEAK TACO — 14.29

steak , roasted corn, red pepper, pico de gallo, cotija cheese, lime, tortilla chips, cilantro, romaine, jalapeno caesar

### TOFU TANGO— 12.99

organic tofu, roasted rosemary sweet potato, local apples, organic quinoa, goat cheese, roasted pepita seeds, kale, romaine, balsamic vinaigrette

## GRAIN BOWLS

Available 10:30am - Close

### SABROSO — 13.99

chicken breast, avocado, cherry tomato, black bean, cotija cheese, cilantro, organic arugula, turmeric rice, spice blend, tortilla chips, lime squeeze, jalapeno caesar

### HAVANA CHICKEN — 13.79

chicken breast, roasted corn, black beans, pickled onion, cherry tomato, purple cabbage, turmeric rice, green mojo

### CHIMICHURRI — 14.99

steak medallions, avocado, roasted corn, cherry tomato, cilantro, organic baby spinach, turmeric rice, lime squeeze, chimichurri

### SALMON SANTORINI — 15.99

Norwegian salmon, cucumber, cherry tomato, pickled onion, purple cabbage, mint, herb rice, lemon squeeze, tzatziki

### FALAFEL TZATZIKI — 13.29

organic falafel, cucumber, cherry tomato, pickled onion, purple cabbage, feta, mint, organic mesclun, turmeric rice, pita chips, cucumber tzatziki, green tahini

## SANDWICHES

Available 10:30am - Close

Choose from our artisanal breads: organic white rustic baguette, organic sourdough, organic multigrain, or a fresh collard green wrap.

### SO CALI CLUB — 12.99

turkey breast, avocado, thick-cut bacon, swiss, cage-free hard-boiled egg, tomato, alfalfa sprout, herb aioli on organic sourdough

### SAN REMO — 12.99

chicken breast, provolone, avocado, sun-dried tomato, homemade pesto on organic baguette

### KOO KOO ROO — 12.99

chicken breast, cheddar, avocado, roasted corn, red pepper, organic arugula, chipotle aioli on organic baguette

### TURKEY + APPLE — 12.59

turkey breast, local apples, bacon, cheddar, organic arugula, avo-ranch on organic sourdough

### STEAK + CHEDDAR— 14.29

steak medallions, cheddar, roasted shallots, organic arugula, chimichurri on organic baguette

### GOLDEN CLUB — 12.99

chicken breast, cheddar, bacon, avocado, tomato, pepperoncini, homemade honey mustard on organic sourdough

### CAPRESE — 11.99

fresh mozzarella, organic baby spinach, tomato, homemade pesto, balsamic glaze, fresh cracked pepper on organic baguette

### HAMWICH — 12.99

north country smokehouse ham, swiss, tomato, organic mesclun, parm crisp, creamy dijon-mayo on organic baguette

### CHICKEN CLUB — 12.59

chicken breast, thick-cut bacon, provolone, plum tomato, herb aioli on organic baguette

### VEGGIE STACK — 11.99

avocado, roasted squash, zucchini, cauliflower, red pepper, pickled red onion, purple cabbage, local feta, cucumber tzatziki in a leaf wrap (collard green – GF)



WINTER 2026

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ALL - DAY CAFE

## SMOOTHIES

All smoothies are made with fresh fruit, milk, and creamy chilled yogurt

**GREEN CURE — 7.49**   

strawberry + avocado + kale

**BERRY HAZE — 7.49**  

strawberry + blueberry + banana

**BERRY BLANCO — 7.49**  

blueberries + coconut + honey granola

**VERY VERDE — 7.49**  

cucumber + avocado + kale

**MANGO BUZZ — 7.49**  

mango + strawberry + banana

**THE CLASSIC — 7.49**  

strawberry + banana

**SWEET MANGO — 7.49**  

mango + orange + raw honey

**VELVET OREO — 7.49** 

strawberry + oreo

Organic Plant Based Protein - \$1.00

Organic Spirulina Superfood - \$1.00

Create your own smoothie - \$7.49

## KIDS

**AVO BLT —6.99**

bacon, chopped romaine, tomato, avo-ranch on multigrain, side of seasonal fruit

**QUESADILLA — 6.99** 

flour tortilla with melted cheddar cheese with a side of pico-de-gallo

**GRILLED CHEESE — 6.99** 

cheddar cheese melted between organic sourdough, side of seasonal fruit

**PB & J — 6.99** 

organic peanut butter and fig jelly on organic sourdough, side of seasonal fruit

## SOUP

Homemade soup served in a cup or a hearty bowl +\$1

**CHICKEN BARLEY — 4.95**

It's warm, nourishing, on a chilly day. This chicken barley soup was a family favorite growing up, bringing comfort with every spoonful!

**VEGETABLE LENTIL — 4.95** 

Our vegan lentil soup is packed with flavor, tons of organic veggies, spices, and herbs. This is the perfect soup for any day of the week!

## DRINKS

**ORANGE JUICE — 1.95**

**WATER — 2.29**

**LEMONADE — 2.75**

**SODA— 2.99**

**ICE TEA — 1.95**

**SAN PELLEGRINO — 2.75**

**GREEN TEA — 1.95**

**LOOSE LEAF TEA — 1.95**

**HALFSIES — 1.95**

**COFFEE (hot or iced) — 2.89**

SWING's locally roasted beans

## BREAKFAST / TOAST

Breakfast sandwiches are served on a warm, organic brioche bun

**MALIBU MELT — 7.59** 

cage-free egg, crispy bacon, ripe avocado, provolone cheese, on brioche

**HAM & HEN— 6.99**

cage-free egg, north country smokehouse ham, cheddar cheese, on brioche

**STANDARD — 6.99**

cage-free egg, crispy bacon, cheddar cheese, roasted shallots, spicy aioli on brioche

**FARMERS — 7.49**

cage-free egg, sausage, cheddar cheese, tomato, roasted shallots, spicy aioli on brioche

**SUNRISE BURRITO — 7.99** 

cage-free eggs, ripe avocado, sausage, cotija cheese, pico-de-gallo, spicy cilantro-lime dressing in a warm tortilla

**HARVEST BOWL — 9.99**  

cage free egg over a bed of quinoa and organic arugula, ripe avocado, local feta, home-made pesto vinaigrette and fresh cracked pepper

**AVO TOAST — 7.49** 

avocado, cage-free hard-boiled egg, chia/flax seeds, red pepper flakes, lemon on organic multigrain

**BERRY TOAST — 7.49** 

blueberries, strawberries, banana, coconut, peanut butter, chia + flax seeds, drizzle of honey, on organic multigrain

**ELOTE TOAST — 7.49** 

avocado, corn, cilantro, pepita seeds, red pepper flakes, lime squeeze, drizzle of chipotle aioli on organic multigrain

## SIDES

Make it a meal, add your favorite side to any bowl or sandwich for just \$2.99

**STREET CORN — 3.99**   

roasted corn, red pepper, cotija cheese, lime squeeze

**AVO MIX — 3.99**  

avocado, cherry tomato, cucumber, pickled onion, chai/flax seeds, lemon squeeze

**TZATZIKI + PITA — 3.99** 

cucumber tzatziki, pita chips

**CARROTS — 3.99**  

roasted carrots

**HARD-BOILED EGGS — 3.99**

(2) cage-free hard boiled eggs on a bed on organic baby spinach

**FRESH FRUIT— 3.99**  

strawberry, blueberry, mango, orange

**TOMATO + MOZZ — 3.99**  

cherry tomato, mozzarella, balsamic glaze

**SWEET POTATO — 3.99** 

roasted rosemary sweet potatoes

## SWEETS

**COOKIES — .99**

chocolate chunk, oatmeal raisin, sugar

**FROZEN YOGURT — 5.99** 

includes froyo and any three toppings

**BROWNIE — 1.99**

chocolate, cheesecake brownie, blondie

**ICE CREAM — 5.99**

cookies n cream, cookie dough, chocolate, mint chip, vanilla, strawberry, coffee

## SHAKES

**BIRTHDAY CAKE — 7.49**

**COOKIES N CREAM — 7.49**

**BLACK N WHITE — 7.49**

**COOKIE DOUGH — 7.49**

**DOUBLE CHOCOLATE — 7.49**

**MINT CHIP — 7.49**

**CHOCOLATE — 7.49**

**VANILLA — 7.49**

**STRAWBERRY — 7.49**

**COFFEE — 7.49**

 STAFF FAVORITE  VEGETARIAN  GLUTEN FREE

**Made fresh, crafted with love.** We make everything fresh in our kitchen using real ingredients, which means some items may contain or come into contact with nuts, wheat, soy, eggs, or dairy. Please let us know about any allergies so we can take extra care. Some dishes include raw or undercooked ingredients; enjoy them knowing we source responsibly and prepare with care.



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