

Sweet Leaf

ALL - DAY CAFE

SEASONAL

MOON BERRY (smoothie) —7.49



blueberry + mango + banana

TURKEY + CRAN (sandwich)— 13.29

roasted turkey, whole cranberry sauce,
thick-cut bacon, cheddar, alfalfa sprouts,
herb aioli on sourdough

BUTTERNUT + APPLE (salad) — 14.49

roasted butternut squash, local apples, organic quinoa,
goat cheese, chicken, 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 — 14.29



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

KALE KOBBL — 14.99



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

PESTO CHICKEN — 14.49



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

BIG FIN— 16.99



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

GREEK GARDEN — 13.89



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

CITRUS SESAME CHICKEN — 13.99



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

STEAK TACO — 15.29



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 — 14.59



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

HAVANA CHICKEN — 13.99



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

CHIMICHURRI — 15.99



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

SALMON SANTORINI — 16.99



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

FALAFEL TZATZIKI — 13.99



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 — 13.59



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

SAN REMO — 13.49

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

KOO KOO ROO — 13.49



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

TURKEY + APPLE — 12.99

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

STEAK + CHEDDAR— 14.99

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

GOLDEN CLUB — 13.49

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

CAPRESE — 12.49



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 — 12.99

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)



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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

NorCal Organic Pea Protein - \$1.50
Organic Spirulina Superfood - \$1.50
Vital Collagen Peptides - \$1.50
Naked Whey Protein - \$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 — 2.75

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 — 6.99 

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

MINT CHIP — 7.49

COOKIES N CREAM — 7.49

CHOCOLATE — 7.49

BLACK N WHITE — 7.49

VANILLA — 7.49

COOKIE DOUGH — 7.49

STRAWBERRY — 7.49

DOUBLE CHOCOLATE — 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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