

Soups

\$4

We offer 2 soups a day with the same level of quality taste and healthiness as our salads. We have a full range of flavors from hearty, meaty soups; flavorful vegetarian selections; and scrumptious vegan selections. Call us up to see what we've got today!!

Sprouts (For the Growing Ones)

\$4

Our kids need to eat right too. That's why we've created a special option for 'em. A combo of three of these:cheese, veggie, fruit, and/or protein, plus a piece of bread and a drink.

Drinks:

- Fountain Soda/Ice Tea \$1.75
- Hank's Gourmet Soda \$2.50
- Rainwater bottled water \$1.50
- Pellegrino/Panna \$2.50
- Seasonal Beverage \$2.00

Treats:

- Home Baked Goods \$1 - \$2.25

Fruits/Snacks:

We offer fresh fruits and other small healthy snacks that will change with the seasons. Please call and ask what we have to offer today. \$1 - \$3.50



The Place for a Great Salad!

Why Leaf?

Leaf is a healthy, quick, and fresh alternative to the Austin restaurant scene. We offer large, customized, made-to-order salads with fresh produce, premium ingredients and homemade dressings. You have the ability to create your own salad or choose from one of our pre-designed (but not pre-made) Big 12.

We do our best to bring you products from local vendors whenever possible. This commitment allows us to bring you the freshest ingredients while also supporting our local commerce.

We are committed to being environmentally responsible. All of our disposable items are biodegradable, compostable, and/or made from recycled products. We also have a recycle center in the restaurant.

Thanks for trying us out and please come back.

- Adam, Jon, and Jordan

-- 2nd Street District --
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512.474.LEAF [5323]
512.474.5324 Fax

www.leafsalad.com

The Big 12

All salads served with artisan bread

• West Campus

Romaine, cucumbers, artichoke hearts, feta cheese, red onion, kalamata olives, and croutons served with Greek Vinaigrette.

\$7.49

• Caesar Chavez

Romaine, hearts of palm, hardboiled egg, parmesan, and croutons with spicy Caesar Dressing. This is a true Caesar salad.... Austin style!

\$6.99

• Greenbelt

Spring mix, cherry tomatoes, cucumbers, carrots, red onion, celery, sunflower seeds, and croutons served with our sublimely, decadent Champagne Vinaigrette. Yes, there's real champagne in the dressing!

\$7.49

• Capitol City Cobb

Romaine, grilled chicken, hardboiled egg, crumbled blue cheese, roma tomatoes, black olives, bacon, avocado, with our Blue Cheese Dressing.

\$9.99

• Abbi's Asian Chicken

Cabbage mix, grilled chicken, edamame, carrots, green onions, mandarin oranges, toasted almonds, and crispy chow mein noodles, with Organic Sesame-Ginger Vinaigrette.

\$9.59

• Nicoise

Spring mix, tuna, hardboiled eggs, green beans, tomatoes, and black olives served with Red-Wine Vinaigrette.

\$9.59

• El Jefe

Romaine, grilled steak, tomatoes, roasted corn, black beans, green onions, red peppers, cilantro, cotija cheese, and fried onion straws served with a Spicy Ranch Dressing.

\$10.29

• Margherita on the Works

Works mix, fresh mozzarella, fresh basil, cherry tomatoes, black olives, and pine nuts served with Honey-Tangerine Vinaigrette.

\$7.49

• Avocado BLT

Romaine, grilled chicken, avocado, bacon, cheddar cheese, tomatoes, and cucumbers served with Ranch Dressing.

\$9.99

• Italian Chopped

Spring mix, salami, prosciutto, yellow teardrop tomatoes, artichoke hearts, red onion, hardboiled eggs, pepperoncini, fresh basil, provolone, and pine nuts served with a tangy Low-fat/Low-cal Italian Dressing.

\$9.99

• Strawberry Fields

Baby spinach, strawberries, goat cheese, bacon, red onion, sunflower seeds, and candied pecans served with Strawberry Balsamic Vinaigrette.

\$8.79

• Asiago Lemon Shrimp

Spring mix, grilled shrimp, artichoke hearts, tomatoes, carrots, and shaved asiago cheese with a light Lemon-Basil Vinaigrette.

\$10.99

Create Your Own Salad

\$7.79

Lettuce build it for you:

Step 1: Choose a lettuce base

Step 2: Add up to 6 ingredients

Step 3: Top it off with a home-made dressing

Step 4: Toss some protein in there:

Lettuce Bases:

Romaine, Spring Mix, Baby Spinach, Cabbage Mix, The Works Mix

Farmer's Market:

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|--------------------|---------------------|------------------------|------------------------|
| • Artichoke Hearts | • Cauliflower | • Green Beans | • Onions (red & green) |
| • Asparagus | • Celery | • Hardboiled Egg | • Raisins |
| • Bacon | • Chow-Mein Noodles | • Hearts of Palm | • Strawberries |
| • Black Beans | • Roasted Corn | • Mandarin Oranges | • Sugar Snap Peas |
| • Bell Pepper | • Cranberries | • Mushrooms | • Sundried Tomato |
| • Broccoli | • Cucumbers | • Olives - 2 varieties | • Cherry Tomato |
| • Carrot | • Edamame | • Garbanzo beans | • Roma Tomato |

Cheeses:

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|-----------|--------------|
| • Asiago | • Fresh Mozz |
| • Cotija | • Goat |
| • Cheddar | • Blue |
| • Feta | |

Nuts & Seeds:

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|--------------------|
| • Toasted Almonds |
| • Sunflower Seeds |
| • B&W Sesame Seeds |

Homemade Dressings:

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|-------------------------|----------------|---------------------------|---------------------|
| • Organic Sesame Ginger | • Caesar | • Lemon-Basil Vin | • Creamy Italian FF |
| • Ranch | • Spicy Caesar | • Honey-Tangerine Vin | • Lemon Herb Vin FF |
| • Spicy Ranch | • Greek Vin | • Strawberry-Balsamic Vin | • EVOO & Vin LF |
| • Blue Cheese | • Red-Wine Vin | • Champagne Vin | • EVOO & Lemon LF |

EVOO = Extra Virgin Olive Oil

LF = Low Fat

FF = Fat Free

Vin = Vinaigrette

Step 4: Toss some protein in there:

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| • Avocado | \$1.00 |
| • Grilled Chicken, Tofu, Albacore Tuna | \$2.75 |
| • Grilled Flank Steak, Shrimp, Italian Meats | \$3.50 |