



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) |
|-----------------------|-----------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|--------------------------|------------------|--------------------|
| 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 |
| BRUSSEL + PEAR | 725 | 27 | 8 | 0 | 75 | 950 | 28 | 6 | 5 | 27 |

| 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 | 475 | 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) |
|---|-----------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|--------------------------|------------------|--------------------|
| 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 | 810 | 50 | 17 | 0 | 120 | 1100 | 62 | 6 | 8 | 48 |
| TURKEY + APPLE | 485 | 32 | 12 | 0 | 90 | 1200 | 58 | 7 | 10 | 47 |

| 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) |
|----------------------------|-----------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|--------------------------|------------------|--------------------|
| SESAME BAGUETTE | 160 | 1 | 0 | 0 | 0 | 600 | 51 | 2 | 2 | 12 |
| FARMHOUSE WHEAT | 130 | 2 | 0 | 0 | 0 | 254 | 24 | 3 | 5 | 5 |
| LEAF WRAP (COLLARD GREENS) | 98 | 2 | 0 | 0 | 0 | 60 | 18 | 10 | 2 | 8 |
| 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 | 490 | 23 | 9 | 0 | 265 | 1225 | 45 | 5 | 5 | 29 |
| STANDARD | 470 | 26 | 13 | 0 | 330 | 790 | 33 | 1 | 6 | 27 |
| MALIBU MELT | 379 | 22 | 2 | 0 | 255 | 1330 | 60 | 21 | 2 | 28 |
| SUNRISE BURRITO | 394 | 25 | 8 | 0 | 225 | 1010 | 20 | 11 | 2 | 27 |

| 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 | 240 | 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 |

| SWEETS (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) |
|------------------------------|-----------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|--------------------------|------------------|--------------------|
| 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 | 20 | 0 | 0 | 0 | 0 | 170 | 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 |
| POMEGRANATE DRESSING | 89 | 8 | 1 | 0 | 0 | 47 | 3 | 0 | 2 | 1 |

| 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) |
|----------------------|-----------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|--------------------------|------------------|--------------------|
| ALL-NATURAL CHICKEN | 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 |

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

| SCRATCH MADE DRESSING (CONTINUED) | DAIRY | EGG | FISH / SHELLFISH | PEANUTS | TREE NUTS | SESAME | SOY | GLUTEN | VEGAN |
|--|--------------|------------|-------------------------|----------------|------------------|---------------|------------|---------------|--------------|
| AVO RANCH | X | | | | | | | | |

| SAUCES & TOPPERS | DAIRY | EGG | FISH / SHELLFISH | PEANUTS | TREE NUTS | SESAME | SOY | GLUTEN | VEGAN |
|-----------------------------|--------------|------------|-------------------------|----------------|------------------|---------------|------------|---------------|--------------|
| HARISSA | | | | | | | | | X |
| CHIPOTLE AIOLI | X | X | | | | | | | |
| HERB AIOLI | X | X | | | | | | | |
| SPICY AIOLI | | | | | | | | | |
| 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 |
|----------------------|--------------|------------|-------------------------|----------------|------------------|---------------|------------|---------------|--------------|
| ALL-NATURAL CHICKEN | | | | | | | | | |
| HERB BEEF KABOB | | | | | | | | | |
| HERB ORGANIC FALAFEL | | | | | | | | | X |
| EGG | | X | | | | | | | |
| THICK-CUT BACON | | | | | | | | | |
| STEAK TENDER | | | | | | | | | |

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