



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)
SANTA VERDE	520	27	9	0	35	430	55	11	12	57
ASIAN CHICKEN	415	14	2	0	0	930	41	9	14	42
GREEK ROOTS	590	37	10	0	35	1450	46	9	11	22
SAN REMO INSALATA	565	41	9	0	120	450	15	6	6	49
KALE KOB	550	14	2	0	190	385	10	1	9	44
ROASTED RANCHERO	490	35	22	0	45	490	32	7	7	52
CHICKEN CAESAR	475	33	20	0	40	450	30	7	7	43
TIKI THAI	495	27	8	0	122	535	14	1	2	15

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
MEZZI	625	31	8	0	90	1620	49	6	5	39
TOKI	390	7	1	0	75	340	44	9	6	43
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	20	8	7	30
SAN REMO	590	43	12	0	150	1370	18	8	6	44
CAPRESE	549	27	13	0	30	870	53	3	3	25
FALA-FULL	550	21	6	0	34	1450	90	12	17	21
FLAME KABOB	575	20	6	0	131	797	51	3	1	51
CIABATTA PICCATA	580	23	9	0	125	949	17	8	0	40
FRESH STACK	332	10	2	0	0	478	49	7	1	13
KOO KOO ROO	630	20	7	0	160	1130	70	6	7	42

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)
FRENCH BAGUETTE	160	1	0	0	0	600	51	2	2	12
MULTI GRAIN WHEAT	130	2	0	0	0	254	24	3	5	5
CIABATTA	190	1	0	0	0	310	37	2	1	8
LAVASH WRAP	200	1	0	0	0	300	40	2	2	7
LEAF WRAP (COLLARD GREENS)	98	2	0	0	0	60	18	10	2	8

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
MORNING GLORY (SAUSAGE)	490	23	9	0	265	1225	45	5	5	29
MORNING GLORY (BACON)	410	16	6	0	235	1070	45	5	1	24
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
BLT	379	15	5	0	26	110	39	2	3	13
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)
ROASTED GARLIC FETA VINAIGRETTE	140	15	1	0	5	200	0	0	0	0
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 DILL YOGURT	25	0	0	0	0	130	4	0	2	1
GREEN TAHINI	110	0	1	0	0	160	3	0	1	1
SPICY MISO	100	10	1	0	0	190	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)
RANCH	140	15	2	0	15	135	1	0	1	1
MANGO-GINGER	35	3	0	0	0	35	4	0	2	0

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
SRIRACHA	5	0	0	0	0	60	1	0	1	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
SPICY TOFU	94	6	1	0	0	13	3	1	0	10
EGG	85	6	1	0	190	66	1	0	1	8
THICK-CUT BACON	80	5	1	0	18	225	0	0	0	6

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

X denotes that the item contains the ingredient

SALADS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
SANTA VERDE	X								
ASIAN CHICKEN					X	X	X	X	
GREEK ROOTS	X							X	
SAN REMO INSALATA	X								
KALE KOBBL	X			X	X				
ROASTED RANCHERO	X	X						X	
CHICKEN CAESAR	X	X						X	
TIKI THAI					X				X

GRAIN BOWLS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
KABOBI	X							X	
MEZZI	X					X		X	
TOKI					X				
SABROSO	X	X						X	

SANDWICHES (INCLUDES RECOMMENDED BREAD)	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
SO CALI CLUB	X	X						X	
SAN REMO	X				X	X	X	X	
CAPRESE	X							X	
FALA-FULL	X							X	
FLAME KABOB	X			X	X			X	
CIABATTA PICCATA	X							X	
FRESH STACK (LEAF WRAP)	X								
KOO KOO ROO	X				X			X	

X denotes that the item contains the ingredient

BREAD AND WRAPS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
FRENCH BAGUETTE								X	X
MULTI GRAIN WHEAT								X	X
CIABATTA								X	X
LAVASH WRAP								X	X
LEAF WRAP (COLLARD GREENS)									X

BREAKFAST	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
HARVEST BOWL	X	X							
MORNING GLORY	X	X						X	
MALIBU MELT	X	X						X	
SUNRISE BURRITO	X	X						X	

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

SWEETS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
SHAKES	X								
SMOOTHIES	X								
FROZEN YOGURT	X								

X denotes that the item contains the ingredient

SWEETS (CONTINUED)	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
COOKIES	X	X						X	
BROWNIES	X	X			X			X	

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

SCRATCH MADE DRESSING	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
ROASTED GARLIC FETA VINAIGRETTE	X							X	
ASIAN PLUM VINAIGRETTE							X		
SPICY CILANTRO VINAIGRETTE									X
BALSAMIC VINAIGRETTE									X
JALAPENO CAESAR	X	X							
CAESAR	X	X							
CUCUMBER DILL YOGURT	X								
GREEN TAHINI									
SPICY MISO								X	
PESTO VINAIGRETTE	X								

X denotes that the item contains the ingredient

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

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

PROTEINS	DAIRY	EGG	FISH / SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN
ALL-NATURAL CHICKEN									
HERB BEEF KABOB									
HERB ORGANIC FALAFEL									X
SPICY TOFU							X		X
EGG		X							
THICK-CUT BACON									

X denotes that the item contains the ingredient

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