



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
ASIAN 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
MEZZI	625	31	8	0	90	1620	49	6	5	39
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	710	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