

LET'S PLAY MAKE BE LEAF!

Custom salads starting at \$8.10

the basics

Choose up to 2

spinach
arugula

romaine
quinoa

kale
mesclun

brown rice

WANT IT IN A WRAP? CHOOSE ONE.

spinach tortilla 🌿

whole wheat tortilla 🌿

the goods

Choose up to 4. Each additional is \$.50. All Goods are vegan.

slivered almonds
candied walnuts
mandarin oranges
tortilla chips
dried cranberries
caramelized onions

shredded carrots
chickpeas
cilantro
english cucumbers
black beans
jalapenos

kale chips
pickled red onions
red peppers
radishes
roasted corn
roasted garlic

sliced cherry tomatoes
broccoli
housemade multigrain
croutons
artichoke hearts
spicy pumpkin seeds

the works

All items are an additional \$1.25 unless marked otherwise.

bacon
tofu
chicken \$3.50
smoked salmon \$5.00
skirt steak \$5.00
hardboiled egg

parmesan crisp
white cheddar
crumbled feta
goat cheese
shaved parmesan
queso fresco

dates
avocado
beets
edamame
marinated cremini
mushrooms

roasted brussels
sprouts
sweet potato falafel
kalamata olives

the dressings

Pick 1. See list in-store. Let us know if you'd like it light, medium, or heavy.

be leaf

MENU

WWW.BELEAFSALAD.COM

312-877-5399

29 N. WACKER DR., CHICAGO, IL
60606

SIGNATURE SALADS

greek to me **\$11.25**
360 CAL

romaine & spinach, chicken, crumbled feta, kalamata olives, english cucumbers, chickpeas, sliced cherry tomatoes, pickled red onions, greek vinaigrette

fiesta fresca **\$13.50**
550 CAL

mesclun, skirt steak, avocado, queso fresco, black beans, roasted corn, sliced cherry tomatoes, pickled red onions, tortilla chips, jalapeños, avocado cucumber cilantro dressing, fresh lime squeeze

nom namaste **\$11.00**
331 CAL

mesclun, chicken, edamame, brown rice, marinated cremini mushrooms, red cabbage, slivered almonds, broccoli, mandarin oranges, yuzu miso dressing or ginger lemon sriracha dressing

falafel-osophy **\$11.50**
471 CAL

romaine & arugula, sweet potato falafel, crumbled feta, dates, quinoa, english cucumber pickled red onions, sliced cherry tomatoes, cilantro, lemon squeeze, chipotle date dressing

hail kale  **\$10.25**
(all hail caesar) 400 CAL

kale & romaine, chicken, parmesan crisps, shaved parmesan cheese, sliced cherry tomatoes, roasted garlic, caesar dressing

chi-cobb-o **\$12.00**
670 CAL

romaine, chicken, bacon, hard-boiled egg, avocado, kale chips, red peppers, bacon tahini dressing or maple yogurt dijon dressing

BE LEAF-A-BOWLS

bravocado **\$12.00**
690 CAL

quinoa, dates, avocado, queso fresco, scallions, sliced cherry tomatoes, kale chips, red peppers, jalapeños, sesame oil, fresh lime squeeze

bean rice knowing ya **\$13.00**
838 CAL

black beans, brown rice, avocado, skirt steak, white cheddar, caramelized onions, cilantro, cherry tomatoes, ginger lemon sriracha dressing

SANDWICHES

all sandwiches are made on toasted multigrain bread

blt + avocado  **\$9.99**

bacon, romaine, avocado, tomatoes, chipotle date dressing

guac star  **\$10.99**

grilled chicken, avocado, red peppers, red onions

chi-potle pesto  **\$10.99**

smoky bell pepper pesto, grilled chicken, white cheddar

high steaks  **\$11.99**

grilled skirt steak, caramelized onions, garlic aioli, arugula

make your own avocado toast  **\$6.50**

1. Start with toasted multigrain bread
2. Add half an avocado
3. Add a "good" (additional \$.50 each)
4. Add some olive oil, citrus, vinegar and/or salt and pepper
5. Add some more! (prices are per BYO salad pricing)

want it in a wrap?

Everything can be made into a Wrap.

CHOOSE ONE

spinach tortilla 

whole wheat tortilla 

FOR SEASONAL SALADS, CHECK THE MENU IN-STORE OR ONLINE

 VEGAN

 CONTAINS GLUTEN

Calories do not include dressings. Check online for additional nutrition information.