

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
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
spicy pumpkin seeds

the works

bacon \$1.75
tofu \$1.50
chicken \$3.50
smoked salmon \$5.00
skirt steak \$5.50
hardboiled egg \$1.75
sweet potato falafel \$1.75

parmesan crisp \$1.35
white cheddar \$1.35
crumbled feta \$1.35
goat cheese \$1.35
shaved parmesan \$1.35
queso fresco \$1.35

avocado \$1.75
beets \$1.25
edamame \$1.25
marinated cremini
mushrooms \$1.25
dates \$1.25

roasted brussels
sprouts \$1.25
kalamata olives \$1.25
slivered almonds \$1.25
candied walnuts \$1.25
artichoke hearts \$1.25

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

nom namaste **\$11.00**
331 CAL

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

fiesta fresca **\$13.75**
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

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

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

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

SANDWICHES

all sandwiches are made on toasted multigrain bread

blt + avocado  **\$9.99**

bacon, romaine, avocado, cherry tomatoes, chipotle date dressing

guac star  **\$10.99**

grilled chicken, avocado, red peppers, red onions, arugula

chi-potle pesto  **\$10.99**

smoky bell pepper pesto, romaine, grilled chicken, white cheddar

high steaks  **\$11.99**

grilled skirt steak, cherry tomatoes, 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



 **VEGAN**

 **CONTAINS GLUTEN**

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