

# 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.

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, sliced tomatoe, 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, tomato, arugula caramelized onions, garlic aioli

*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.