



LADLE & LEAF

breakfast • lunch • catering

SIGNATURE SOUPS

Grandma Mary's Chicken soup (LF) (DF)

A flavorful, soothing broth brimming with hand pulled chicken, parsnips, carrots, celery & egg noodles, with fresh dill – just like Grandma Mary used to make it

Mexican Chicken Tortilla (LF) (S) (DF) (GF)

A savory blend of grilled corn tortillas, oven-roasted tomatoes, red bell peppers, jalapeños, garlic, cilantro & basil with grilled chicken breast

New England Clam Chowder (GF)

A traditional recipe with North Atlantic clams, cream, red potatoes & celery



Turkey Chili (LF) (DF) (GF)

A hearty chili made with ground all-natural turkey, tomatoes, red bell peppers & kidney beans simmered with ancho chiles and garlic

Organic Smoky Split Pea (V) (LF) (DF) (GF)

A hearty vegetarian organic green split pea soup with chunks of carrots & tomatoes & a hint of smoke from chipotle chiles

Organic Tomato Bisque (V) (GF)

A luscious, silky, organic tomato sweet cream soup

Organic Southwestern Corn Chowder (V) (LF) (S) (DF) (GF)

A delectable blend of roasted corn, red bell peppers & red skinned potatoes simmered with ancho, New Mexico, and chipotle chiles

WHOLE SOME HALF SANDWICHES

Turkey Pesto

All-natural turkey, house-made basil pesto, romaine, tomato & mayo on ciabatta

Egg Salad (V) (DF)

Cage-free eggs blended with mayo & green onions served with romaine & tomato on rustic pain levain

Albacore Tuna Salad (DF)

Dolphin-safe, all-white albacore tuna blended with mayo and sweet relish, served with romaine, tomato & English cucumbers on rustic pain levain brushed with Meyer lemon vinaigrette

Avocado Pepper Jack (V)

Avocado, pepper jack, romaine, English cucumbers & tomatoes on ciabatta brushed with Meyer lemon vinaigrette

Hummus Lavash (V) (DF)

House-made hummus with roasted red bell peppers, English cucumbers, kalamata olives & whole garbanzos, with romaine, sprouts, carrots & tomato on lavash with Meyer lemon vinaigrette

Chipotle Chicken Avocado

Free-range chicken breast, avocado, creamy chipotle dressing, romaine & pepper jack on ciabatta

Turkey Bacon Avocado (DF)

All-natural turkey, uncured bacon, avocado, romaine & mayo on ciabatta

Roast Beef & Sharp Cheddar

All-natural roast beef, sharp cheddar, romaine, tomato, mayo & Dijon on ciabatta



Make it a Perfect Pairing

Customize your perfect meal with a selection of any two offerings.

Check online and in-store for

Seasonal Specials



(V) VEGETARIAN

(LF) LOW FAT

(S) SPICY

(DF) DAIRY FREE

(GF) GLUTEN FREE

CUSTOM TOSSED SALADS

Asian Chicken Or Tofu DF

Organic mixed greens, free-range chicken breast or organic tofu, edamame, carrots, cabbage & wonton strips with miso sesame vinaigrette

Brussels, Kale & Quinoa V GF

Massaged kale, roasted Brussels sprouts, tri-color quinoa, carrots, cabbage, Granny Smith apples, dried cranberries, feta & toasted pumpkin seeds with Meyer lemon vinaigrette

Grilled Chicken Caesar

Crisp romaine, free-range chicken breast, house-made focaccia croutons & aged Parmigiano-Reggiano with classic caesar dressing

Chicken Chipotle S GF

Organic mixed greens, free-range chicken breast, roasted corn, jicama, black beans, tomatoes, avocado, cheddar & tortilla chips with creamy chipotle dressing

Green Goddess DF GF

Organic mixed greens, free-range chicken breast, avocado, cauliflower rice, red bell peppers, toasted almonds & English cucumber with Green Goddess dressing

GRAIN BOWLS

Pico Kale V S DF GF

Tri-color quinoa, massaged kale, avocado, black beans, red bell peppers, cabbage, pickled red onions & tortilla chips with pico de gallo vinaigrette

Quinoa Feta Avocado

Tri-color quinoa, organic mixed greens, avocado, English cucumbers, red bell peppers & feta with green goddess dressing

Build Your Own Salad

Select your greens, then add 4 toppings

P.S. ONE SUBSTITUTION
ALLOWED PER SALAD OR BOWL

Greens Organic Mixed Greens, Crisp Romaine, Massaged Kale, Arugula Mix, Baby Spinach

Toppings

Hardboiled Cage-Free Eggs, House-Made Focaccia Croutons, Granny Smith Apple, Black Beans, Cabbage, Carrots, Edamame, English Cucumber, Jicama, Red Bell Peppers, Pickled Red Onions, Tomatoes, Roasted Beets, Roasted Corn, Toasted Almonds, Dried Cranberries, Cranberry Beet Relish, Peanuts, Pumpkin Seeds, Candied Walnuts, Brown Basmati Rice, Farro, Cauliflower Rice, Tortilla Chips, Tri-Color Quinoa, Wonton Strips, Cheddar Cheese, Feta Cheese, Point Reyes Blue Cheese, Aged Parmigiano Reggiano, Uncured Bacon, Avocado, Roasted Brussels Sprouts, Shaved Brussels Sprouts, Pesto, Artichoke Hummus, Olive Tapenade

Proteins

Free-Range Chicken Breast, Albacore Tuna Salad, Organic Tofu

House Made Dressings

Balsamic Vinaigrette, Cilantro Lime Vinaigrette, Ranch, Pomegranate Vinaigrette, Honey Dijon Vinaigrette, Thai Peanut, Green Goddess, Pico de Gallo Vinaigrette, Italian, Classic Caesar, Miso Sesame Vinaigrette, Creamy Chipotle, Meyer Lemon Vinaigrette, Champagne Vinaigrette

Chicken Bacon Kale

Massaged kale, free-range chicken breast, uncured bacon, toasted almonds, breadcrumbs & aged Parmigiano-Reggiano with honey Dijon Vinaigrette

Chicken Bacon Cobb GF

Crisp romaine, free-range chicken breast, uncured bacon, hard-boiled cage-free egg, avocado, tomatoes & Point Reyes blue cheese with balsamic vinaigrette

Cabo Chicken DF GF

Crisp romaine, free-range chicken breast, avocado, red bell peppers, roasted corn, cabbage, cilantro, tortilla chips & toasted pumpkin seeds with cilantro lime vinaigrette

Thai Peanut Chicken DF GF

Crisp romaine, free-range chicken breast, carrots, English cucumbers, tomatoes, red bell peppers, cabbage, cilantro, mint, green onions & peanuts with Thai peanut dressing

Rainbow Salad with Salmon GF

Crisp romaine, oak roasted Norwegian salmon, beets, candied walnuts, Pt. Reyes blue cheese, corn, shredded cabbage & carrots with Champagne vinaigrette

