



# 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, ed 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, sprouts, 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

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### 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

### 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



## GRAIN BOWLS

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### 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 (V) (GF)

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

### Italian Farro (V)

Farro, arugula mix, feta, tomatoes, English cucumbers, kalamata olive tapenade, toasted pumpkin seeds & pesto with Italian dressing

### Riced Cauliflower & Artichoke Hummus (V) (GF)

Cauliflower rice, tri-color quinoa, artichoke hummus, feta, arugula, shaved Brussels sprouts, cranberry beet relish & toasted pumpkin seeds with pomegranate vinaigrette

## 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



# Healthy Breakfast

(where available)



## CAGE FREE EGG SPECIALS

### Egg & Potato Frittatas <sup>GF</sup>

Select from Green Chile Smoked Cheddar, Ham & Swiss or Broccoli & Sharp Cheddar

### Egg & Sharp Cheddar Ciabatta

Scrambled eggs & sharp cheddar on ciabatta

### Egg & Pepper Jack Bagel

Scrambled eggs & pepper jack on a toasted bagel

(add uncured bacon or Aidells chicken chorizo)

## BREAKFAST BURRITOS

### Kick-Start Burrito

Scrambled cage-free eggs, sharp cheddar, ancho roasted potatoes, red bell pepper & Sriracha in a spinach tortilla

### Veggie Cheddar Burrito

Scrambled cage-free eggs, avocado, massaged kale, tomato, red bell pepper, sharp cheddar, ancho roasted potatoes & Sriracha in a spinach tortilla

### Bacon Cheddar Burrito

Scrambled cage-free eggs, uncured bacon, sharp cheddar, ancho roasted potatoes, red bell pepper & Sriracha in a spinach tortilla

### Chorizo Avocado Burrito

Scrambled cage-free eggs, Aidells chicken chorizo, avocado, sharp cheddar, ancho roasted potatoes, red bell pepper & Sriracha in a spinach tortilla

## CAGE FREE EGG BOWLS

### Quinoa Avocado

Quinoa, two fried eggs, avocado, carrots, English cucumber, red bell peppers & Meyer lemon vinaigrette served over organic mixed greens

### Kimchi Egg

Brown basmati rice, two fried eggs, avocado, carrots, red bell peppers, cucumber & kimchi vinaigrette served over organic mixed greens

### Chorizo Black Bean

Aidells chicken chorizo, two scrambled eggs, avocado, pepper jack, black beans & creamy chipotle dressing served over organic mixed greens

## ORGANIC STEEL CUT OATMEAL

### Traditional

with raisins, brown sugar, or granola

### Banana & Candied Walnuts

### Berries & House-Made Granola

with low-fat vanilla yogurt

## SAVORY AVOCADO TOAST

### Basic

Toasted pain levain, mashed avocado & cilantro

### Sunny Side

Fried cage-free egg, toasted pain levain, avocado & cilantro



## EQUATOR

COFFEES & TEAS



We are proud to serve coffee from Equator Coffees & Teas — a locally owned coffee company focused on quality, sustainability and social responsibility—roasted in Marin County since 1995.

ALL OF OUR ESPRESSO DRINKS  
ARE MADE WITH A *double shot*

### COFFEE:

Equator Blend or Ethiopia  
Sidama Ardi  
CAFÉ AU LAIT  
COLD BREW ICED COFFEE  
CAFÉ LATTE  
SOY OR ALMOND MILK LATTE  
CAPPUCCINO  
CAFÉ MOCHA  
VANILLA LATTE  
DOUBLE ESPRESSO  
AMERICANO

### MACCHIATO

CARAMEL MACCHIATO  
NUMI LOOSE LEAF TEA  
CHAI TEA LATTE  
HOT CHOCOLATE  
ICED CAFÉ LATTE  
ORANGE JUICE  
NUMI ORGANIC ICED TEA  
HOUSE-MADE ELIXIRS:  
Minted Lemonade  
Honey Ginger Green Tea  
Hibiscus & Citrus Tea