



LEAFLINE SALAD CO.

FREE DELIVERY + TAKE OUT

41 Greenwich Avenue • (203) 413-9900 • www.leaflinesalad.com

CHEF INSPIRED SALADS

MAKE ANY SALAD INTO A WRAP OR QUINOA BOWL

WRAPS - Add 320 cals * QUINOA BOWLS - Add 175 cals *

ANCIENT GREEK **GF** \$8.99 // 180 cal

Mesclun Mix with Grape Tomatoes, Cucumber, Red Onion, Kalamata Olives, and Crumbled Feta Cheese

-Add Grilled Chicken **GF** ... \$10.99 // 300 cal

~ We Suggest: Wild Oregano Vinaigrette or Cucumber Dill Tzatziki ~

EMPEROR'S FORBIDDEN CHICKEN **GF** \$9.99 // 460 cal

Baby Spinach with Grilled Chicken, Celery, Carrots, Golden Raisins, Cashews, and Wonton Strips

~ We Suggest: Forbidden Sesame or Dijon Orange ~

URBAN COWBOY **GF** \$10.99 // 435 cal

Romaine with BBQ Grilled Chicken, Crumbled Bacon, Grape Tomatoes, Corn, Red Onion, Black Beans, Sunflower Seeds, and Shredded Cheddar Cheese

~ We Suggest: Smoked Paprika BBQ ~

MAYAN RUINS **GF** \$8.99 // 405 cal

Romaine with Avocado, Cilantro, Black Beans, Grape Tomatoes, Red Onion, Tortilla Strips, and Grated Cotija Cheese

-Add BBQ Grilled Chicken **GF** \$10.99 // 505 cal

~ We Suggest: Cilantro Avocado ~

STEAK AND EGGS \$10.99 // 490 cal

Romaine with Grilled Flank Steak, Hard Boiled Eggs, Homestyle Croutons, Grape Tomatoes, Artichoke Hearts, and Crumbled Blue Cheese

~ We Suggest: Steakhouse Dijon ~

RAW AND GLOWING **GF** **VB** **DF** . \$8.99 // 305 cal

Kale with Avocado, Hemp Seeds, Corn, Granny Smith Apples, Grape Tomatoes, and Carrots

-Add Organic Teriyaki Tofu **VB** **DF** \$9.99 // 355 cal

~ We Suggest: Raw and Glowing Vinaigrette or Dijon Honey Mustard ~

FAR EAST VEGAN **VB** **DF** \$9.99 // 220 cal

Mesclun Mix with Organic Teriyaki Tofu, Quinoa, Celery, Corn, Grape Tomatoes, and Edamame

~ We Suggest: Miso Lemon or Dijon Shallot ~

21ST CENTURY WALDORF **GF** . \$10.99 // 425 cal

Mesclun Mix with All Natural Turkey, Granny Smith Apples, Walnuts, Celery, Red Grapes, Dried Cranberries, and Crumbled Goat Cheese

~ We Suggest: Drunken Dill Greek Yogurt or Basic Balsamic Vinaigrette ~

SWEET COBB **GF** **DF** \$8.99 // 360 cal

Romaine with Crumbled Bacon, Hard Boiled Eggs, Grape Tomatoes, Dried Cranberries, Granny Smith Apples, and Avocado

-Add Grilled Chicken..... \$10.99 // 480 cal **GF**

-Add All Natural Turkey .. \$10.99 // 410 cal **DF**

~ We Suggest: Seasoned Ranch ~

HEMP CAESAR \$8.99 // 245 cal

Romaine with Homestyle Croutons, Hearts of Palm, Hemp Seeds, and Shaved Parmesan Cheese

-Add Grilled Chicken \$10.99 // 365 cal

-Add Old Bay Shrimp \$10.99 // 295 cal

~ We Suggest: Hemp Seed Caesar ~

HOMEMADE DRESSINGS

[MADE IN SMALL BATCHES DAILY]

BUY A BOTTLE
TO GO
FOR \$5.99

COUNTRY FRESH VINAIGRETTES:

Wild Oregano	140 cal	} GF VB DF
Raw and Glowing	100 cal	
Berry Basil	130 cal	
Candied Lemon	130 cal	
Basic Balsamic	160 cal	

EVER SO LIGHTLY CREAMY:

Drunken Dill Greek Yogurt	70 cal	} GF
Seasoned Ranch	70 cal	
Cucumber Dill Tzatziki	10 cal	
Smoked Paprika BBQ	50 cal	
Hemp Seed Caesar	140 cal	} GF VB DF
Miso Lemon	25 cal	
Cilantro Avocado	90 cal	
Forbidden Sesame	110 cal	

DELECTABLE DIJONS:

Dijon Orange	15 cal	} GF VB DF
Dijon Shallot	150 cal	
Dijon Honey Mustard ..	60 cal	
Steakhouse Dijon	110 cal	

SIMPLE STAPLES:

Red Wine Vinegar	5 cal	} GF VB DF
Balsamic Vinegar	25 cal	
Extra Virgin Olive Oil ..	250 cal	
Fresh Squeezed Lemon Juice	5 cal	

KID'S PICK
SALAD. WRAP. OR BOWL

INCLUDES 1 PREMIUM
+
2 BASIC PICKS
\$5.49

SEASONAL
SALADS
+
SOUPS

Contact your local
Leafline Salad Co.

NUTRITIONAL KEY



GLUTEN FREE



VEGAN



DAIRY FREE

\$7.49

CUSTOMER CREATED SALADS, WRAPS, + QUINOA BOWLS

WRAPS - Add 320 cals *-

1. CHOOSE YOUR BASE

Romaine	30 cal
Mesclun Mix	15 cal
Baby Spinach	35 cal
Kale	60 cal
Quinoa	210 cal

2. ADD BASIC PICKS

[UP TO 4 + \$.59 FOR EACH OVER 4]

VEGETABLES:

Red Peppers	10 cal
Carrots	5 cal
Celery	0 cal
Grape Tomatoes	10 cal
Beets	20 cal
Cucumber	5 cal
Corn	35 cal
Red Onion	10 cal
Black Beans	45 cal
Cilantro	5 cal
Chickpeas	60 cal
Jalapeños	10 cal
Broccoli	10 cal

FRUITS:

Red Grapes	30 cal
Granny Smith Apples	15 cal
Golden Raisins	45 cal

NUTS + GRAINS:

Sunflower Seeds	45 cal
Homestyle Croutons	90 cal
Tortilla Strips	95 cal
Wonton Strips	95 cal

3. ADD PREMIUM PICKS

VEGETABLES:

Artichoke Hearts	+\$1.49 // 40 cal
Avocado	+\$1.49 // 120 cal
Hearts of Palm	+\$1.49 // 5 cal
Kalamata Olives	+\$1.25 // 70 cal
Edamame	+\$.99 // 40 cal

FRUITS:

Dried Cranberries	+\$.99 // 45 ca
Strawberries	+\$1.49 // 35 cal

NUTS + GRAINS:

[NUTS SERVED ON THE SIDE]

Cashews	+\$.99 // 160 cal
Hemp Seeds	+\$1.49 // 60 cal
Quinoa	+\$1.49 // 70 cal
Walnuts	+\$.99 // 190 cal

CHEESES:

Shredded Cheddar	+\$.99 // 90 cal
Crumbled Feta	+\$1.25 // 70 cal
Shaved Parmesan	+\$1.25 // 60 cal
Grated Cotija	+\$1.25 // 90 cal
Crumbled Blue	+\$1.49 // 100 cal
Crumbled Goat	+\$1.49 // 80 cal

PROTEINS:

Grilled Chicken	+\$2.99 // 120 cal
BBQ Grilled Chicken	+\$2.99 // 100 cal
All Natural Turkey	+\$2.99 // 50 cal
Crumbled Bacon	+\$1.49 // 70 cal
Grilled Flank Steak	+\$3.99 // 150 cal
Old Bay Shrimp	+\$3.99 // 50 cal
Organic Teriyaki Tofu	+\$1.99 // 50 cal
Hard Boiled Eggs	+\$.99 // 70 cal
Egg Whites	+\$1.25 // 20 cal

4. CHOOSE A DRESSING

[SEE OTHER PAGE]

HOMEMADE JUICES

GF VG DF

SMALL
\$4.99

LARGE
\$8.99

FIELD OF GREENS Kale, Celery, Cucumber, Apple, Lemon, Ginger ... Sm. 65 cal // Lg. 130 cal

RED ROOTS Beet, Carrot, Apple, Lemon, Ginger Sm. 95 cal // Lg. 190 cal

ORANGE GROVE Orange, Lemon, Ginger Sm. 95 cal // Lg. 190 cal

REFRESHING BEVERAGES

POLAND SPRING WATER \$1.49

BOYLAN BOTTLING CO.

HAND CRAFTED SODAS \$2.49

- ~ Cane Cola
- ~ Diet Cane Cola
- ~ Ginger Ale
- ~ Orange
- ~ Pure Seltzer

SWEET LEAF

ORGANIC TEAS + LEMONADES \$2.49

- ~ Sweet Tea
- ~ Diet Sweet Tea
- ~ Lemonade
- ~ Half & Half Lemonade Tea
- ~ Lemon & Lime Unsweet Tea
- ~ Mint & Honey Green Tea

VITA COCO

ALL NATURAL COCONUT WATER \$2.99

THE SAVORY STUFF:

STACY'S PITA CHIPS \$1.99

FOOD SHOULD TASTE GOOD

TORTILLA CHIPS \$1.99

- ~ Multigrain
- ~ Sweet Potato

MADHOUSE MUNCHIES

KETTLE COOKED CHIPS .. \$1.99

- ~ Sea Salted
- ~ Fire Sweet Mesquite BBQ

ALL
NATURAL
SNACKS

THE PROTEIN BAKERY

SOFT BAKED GOODS \$3.99

- ~ Peanut Butter Cookies
- ~ Chocolate Chip Brownie
- ~ Coconut Walnut Dark Chocolate Chip Blondie

HAIL MERRY GLUTEN FREE

VEGAN MACAROONS \$3.99

- ~ Choco
- ~ Blond

NUTRITIONAL KEY

GF GLUTEN FREE

VG VEGAN

DF DAIRY FREE