

COCKTAILS \$14

Our mixology team created an array of healthy cocktails using freshly picked seasonal ingredients and carefully curated fermented alcohols to help you eat well. drink well. live well.

Spicy Paloma

grapefruit, lime, jalapeño, agave

Pacific Standard

cucumber lemongrass martini

Greenleaf Signature Skinny Margarita

skinny: lime juice, agave

spicy: muddled jalapeños, chili salt.

House Bloody Mary

spicy organic tomato base with
candied bacon, blue cheese olives,
homemade pickle

Sunset Beach Gimlet

lime, muddled basil, agave

Malibu Martini

pineapple, lime, jalapeño, agave

WINE glass | bottle

Rosé

Rosé, Sparkling, Amelia Brute, France 12 | 32

Rosé, Chateau Gonzollo 2017, Santa Barbara 12 | 29

Rosé, Chateau Bertrands, Éléance, 2018, France 10 | 26

Rosé, Domaines OTT 'BY.OTT, Cotes de Provence 14 | 36

White

Champagne, Pol Clement Blanc de Blanc, France 9 | 24

Pinot Grigio, Palmina 2016, Santa Barbara 10 | 26

Sauvignon Blanc, Matanzas Creek Winery 2018, Sonoma 10 | 26

Sauvignon Blanc, Decoy 2016, Sonoma 12 | 29

Albariño, Lagar da Condesa 2018, Rias Baixas 10 | 26

Chardonnay, House Pour 2017, Santa Barbara 9 | 24

Chardonnay, Chateau Gonzollo 2017, Santa Barbara 12 | 29

Chardonnay, Duckhorn 2014, Napa Valley 15 | 40

Red

Merlot, House Pour 2016, Santa Barbara 9 | 24

Syrah, Chateau Gonzollo 2014, Santa Barbara 12 | 29

Pinot Noir, La Crema 2017, Monterey 10 | 26

Cabernet Sauvignon, Murphy Goode 2016, Sonoma 10 | 26

Pinot Noir, Chateau Gonzollo 2015, Quinta Del Mar 12 | 31

Cabernet Sauvignon, Chateau Gonzollo 2014, Santa Ynez 12 | 31

Cabernet Sauvignon, Arrowood 2016, Sonoma 16 | 42

COCKTAIL KITS TO-GO

Frozé Kit \$45

Chateau Gonzollo Rosé,
fresh strawberries
& agave syrup

Mimosa Kit \$48

Pol Clement Sparkling Brut
with juice of choice &
fresh strawberries

**Wine Flights 20% off
3 bottles or more**

BEER

Greenleaf Blonde 8

Greenleaf IPA 8

ORGANIC COFFEE & TEAS

organic creamer, non-fat milk, oat & soy milk free of charge, almond milk 0.59 flavor syrups 0.49

Groundwork, organic coffee 3

locally roasted: regular and decaf

Groundwork Cold Brew 6

Turmeric Latte 5.50

fresh turmeric, oat milk, wild honey & cinnamon

Zen Wellness Tonic (calming) 5

lavender, honey, chamomile

Fresh Mint & Lemon Tonic (wellness) 5

wild honey with hint of cayenne

Lemon Ginger & Honey (cleanser) 5

wild honey, fresh ginger, squeezed lemon

Traveler's Tonic (prevention) 5

turmeric, mint, lemon, orange, carrot, coconut water

Specialty Hot Teas 3

orchard oolong, french lemon ginger, english breakfast, earl grey
crème, egyptian chamomile, pacific coast mint

COLD PRESS JUICES 8.50

Clover: kale, cucumber, celery, spinach, pear, cilantro, mint, lime

Gingersnap: fuji apple, green apple, ginger, lemon

Sunrise: orange, carrot, coconut water, lemon, turmeric

Quench: watermelon, jicama, strawberry, mint, lime

Coconut Water 5 Kombucha 5.50

Freshly Squeezed Juice orange, grapefruit, celery 6.50

STARTERS

Fries

baked garlic fries 3.95 ✓
sugar-free ketchup

baked sweet potato fries 3.95 ✓ (P)
vegan chipotle ranch

Charred Buffalo Cauliflower

all-natural buffalo sauce, cauliflower, green onions, served with vegan ranch dressing, celery & carrot sticks 9.5 (GF) 🌱 ✓

Paleo Chicken Fingers

baked almond crusted chicken
with avocado pesto & nacho aioli 10 🌱 (GF) (P)

Guacamole and Chips

hand-smashed avocado with gluten-free corn chips and fresh pico de gallo 9.95 (GF) ✓

Healthy Hummus 6.95

spinach, arugula, chickpeas, garlic, evoo, lemon, himalayan salt & house made pita
gluten-free chips available

Soup 6

chicken tortilla | tomato ✓

Smashed Avocado Toast

tomatoes, california organic evoo, himalayan salt 9 ✓
chef recommends local pasture-raised egg & nitrate-free bacon

Street Tacos 3.95 each (GF)

East Side: shredded chicken tinga with ranchero salsa and pickled watermelon radish

West Side: citrus-brased carnitas with tomatillo sauce and grilled pineapple salsa

SALADS

Baja Kale Caesar

kale, romaine, almond crusted chicken, quinoa parmesan crisps, sliced avocado, queso fresco, hard boiled egg, pico de gallo, black beans, pickled watermelon radish, roasted corn with chipotle caesar dressing reg 10.95 | large 13.95 🌱

Chopshop Chicken

romaine, salami, mozzarella, tomatoes, cucumber, garbanzos, pepperoncini, shallots & croutons with nonna's basil pesto vinaigrette reg 10.95 | large 13.95

Lemongrass Chicken

mixed greens, mango, pineapple, jicama, daikon sprouts, toasted coconut, roasted cashews & thai chili with lemongrass lychee vinaigrette reg 10.95 | large 13.95 🌱

Antioxidant Orchard

mixed greens, grapes, celery, walnuts, dried berries, apples, mint, shallots, cucumber & fresh berries with pomegranate vinaigrette reg 9.5 | large 11.95 ✓ 🌱
chef recommends blue cheese & grilled salmon

Kitchen Sink Cobb

romaine, tomatoes, hard boiled egg, sliced avocado, carrots, garbanzos, nitrate-free bacon, turkey, basil & blue cheese with charo's balsamic vinaigrette reg 10.95 | large 13.95

Zorra The Greek

romaine, arugula, tomatoes, cucumber, vegan feta olives, shallots, artichokes, healthy hummus, garlic herb vinaigrette, reg 9.5 | large 11.95 ✓
chef recommends house made pita & grilled chicken

BOWLS

Paleo Chicken Fajita Bowl

shredded picante chicken, mixed with peppers and shallots, paleo rice, kale tossed in zesty lemon, pickled watermelon radish & vegan nacho aioli 13.75 (P)

West Coast Bowl

ground turkey, farro, brown rice, quinoa, arugula, kale, cabbage, vegan feta, cucumber, tomatoes & radish sprouts with garlic herb vinaigrette 13.75

Hollywood Bowl

chicken, organic quinoa, roasted baby beets, cranberries, almonds, herbed goat cheese, kale, arugula with charo's balsamic vinaigrette 13.75 🌱

LA LA Bowl

organic quinoa or farro with charo's balsamic vinaigrette, smashed avocado, black beans, tomatoes, corn, kale, vegan ranch & vegan nacho aioli 12.50 ✓
chef recommends grilled lemon salmon

Keto Carnitas Bowl

citrus braised carnitas, queso fresco, avocado, cilantro lime greek yogurt, romaine, pico de gallo, cilantro, pickled watermelon radish, chipotle caesar dressing 14.95
gluten free tortilla available

SANDWICHES

CLT Panini

sliced roasted cauliflower, basil, veganaise, roma tomatoes, butter lettuce 9.99

Chipotle Chicken Panini

almond crusted chicken, cheddar, tomatos, lettuce, pickled jalapeños with nacho aioli 9.99

Pesto Chicken Panini

avocado pesto, tomatoes, arugula , cheddar & basil pesto vinaigrette 9.99

Turkey Melt on Pretzel Roll

all-natural turkey, smoked gouda, spinach, onion & whole grain mustard aioli 9.99

Greenplate Special

Combine any 1/2 panini w/ side salad or soup 9.99

Add baked sweet potato fries or garlic fries for \$3.95

Can be served on a lettuce wrap or gluten free bun

BURGERS & FRIES

Grass Fed Angus Burger

aged white cheddar, garlic aioli, butter lettuce, tomato, red onion & housemade pickle 10.99

Turkey Burger

organic turkey, smashed avocado, smoked gouda, tomato, caramelized onions, butter lettuce & garlic aioli 10.99

Spicy Avocado Vegan Burger

Lightlife vegan patty, vegan tomato cayenne chao cheese, smashed avocado, tomato, arugula, garlic aioli & pickled jalapeños on a vegan bun 11.99

Add baked sweet potato fries or garlic fries for \$3.95

Can be served on a lettuce wrap or gluten free bun

chef recommends

vegan feta

ENTREÉS

Stir Fry

bell peppers, red onion, carrots, organic broccoli, celery, agave, roasted cashews, brown rice & cilantro 11.5

chef recommends

grilled citrus chicken

Roasted Spaghetti Squash

stuffed with house-made organic turkey meatballs and local mozzarella 14.95

Salmon Pomodoro

togarashi crusted salmon filet on a bed of zucchini & spaghetti squash noodles 18.95

Seared Cauliflower Steak

served with sautéed power greens, local evoo, and fresh herbs 13.95

Build Your Own Entree

one protein & choice of one side | two sides

grilled citrus chicken

10 | 15.5

almond crusted chicken

11.5 | 17

marinated citrus tofu

9 | 14.5

cauliflower steak

10 | 15.5

salmon filet

14.5 | 20

SIDES

paleo rice 6

tuscan kale 5

organic garlicky broccoli 6

sweet potato fries 3.95

garlic fries 3.95

simple salad 6

sautéed power greens 5

BYO SALAD

11

1

Choose Your Organic Greens Or Grains

organic greens:

baby mixed, romaine, arugula, kale

2

Select Up To 4 Toppings

.75 each addition

vegetables:

artichokes, roasted baby beets, carrots, celery, thai chili, corn, cucumber, jicama, olives, red onion, pepperoncini, watermelon radish, bell peppers, shallots

cheese:

blue crumbles, mozzarella pearls, herbed goat cheese, aged white cheddar, queso fresco, vegan feta, smoked gouda

legume:

black beans, garbanzos, healthy hummus

herbs:

basil, cilantro, mint, greek herb mix

fruit:

apples, berries, cranberries, grapes, mango, grilled pineapple, cherry tomatoes

nuts:

almonds, roasted cashews, agave-roasted walnuts, toasted coconut, sunflower seeds

breads:

croutons, flatbread, tortilla chips

3

Proteins & Premium Toppers

sliced avocado 2

turkey bacon 3

nitrate-free bacon 2.5

citrus tofu 4

grilled citrus chicken 5

almond crusted chicken 5.5

uncured dry salami 3

shredded picante chicken 4

citrus braised carnitas 4

salmon filet mkt. price

4

Choose One Dressing

all dressings are free of: dairy, sugar, gluten, soy, lactose, nuts, preservatives

charo's classic balsamic

nonna's basil pesto

caesar

ranch

chipotle ranch

sugar-free zesty lemon

jon's citrus basil

joey's roasted garlic herb

lemongrass lychee

vegan nacho aioli

pomegranate whole grain mustard

balsamic vinegar

lemon juice

california organic evoo

16oz dressings available for \$8.50

OR

organic ancient grains:

brown rice, quinoa, farro

FAMILY MEALS

40

serves 4

Family Meal

choice of one protein, one side, one salad

Taco Bar

choice of one protein and all the gourmet ingredients needed for an awesome Taco Tuesday every day!

contains nuts

vegan

vegetarian

lowest calorie options

gluten free

paleo

brunch

WEEKENDS UNTIL 3PM

BRUNCH COCKTAILS

BLOODY MARY 10

MIMOSA 8

MIMOSA CARAFE 20

750 ml champagne and fresh juice

BUBBLES BUCKET

champagne Pol Clemente, fresh juice 36
sparkling Rosé Amelia, fresh juice 46

CHAMPAGNE 9

SPARKLING ROSÉ 12

ANTIOXIDANT ELIXIR 7

pomegranate juice, lemongrass
muddled mint & soda

FRESH SEASONAL TONIC 7

ORGANIC COFFEE & TEAS

* organic creamer, non-fat milk, oat & soy milk free of charge, almond milk 0.59 flavor syrups 0.49

Groundwork, organic coffee 3

locally roasted: regular and decaf

Groundwork Cold Brew 6

Turmeric Latte 5.50

fresh turmeric, almond milk, agave & cinnamon

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orchard oolong, french lemon ginger, english
breakfast, egyptian chamomile, pacific coast
mint, earl grey crème

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wild honey with hint of cayenne

Lemon Ginger & Honey (cleanser) 5

wild honey, fresh ginger, squeezed lemon

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turmeric, mint, lemon, orange, carrot,
coconut water

Zen Wellness Tonic 5

lavender, honey, chamomile

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Sunrise: orange, carrot, coconut water, lemon, turmeric

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Quench: watermelon, jicama, strawberry, mint, lime, watermelon

Coconut Water 5

Kombucha 5.50

Freshly Squeezed Juice

orange, grapefruit, celery 6.50

because green is good™

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LOCAL FAVORITES

Smashed Avocado Toast

marinated cherry tomatoes, california organic evoo &
pink himalayan salt 9 ✓

chef recommends local pasture-raised egg & nitrate-free bacon

Breakfast Sandwich

local pasture-raised egg, nitrate-free bacon, avocado pesto, arugula
& garlic aioli on a brioche bun 9.75

Breakfast Burrito

local pasture-raised egg whites, turkey sausage, black bean pico,
avocado pesto & pickled peppers in a vegan whole grain tortilla 7.75

Cheap n' Easy

egg whites, turkey bacon & aged white cheddar on a
honey whole wheat english muffin 4.95

GREENLEAF CLASSICS

Cali Grain Bowl

two local pasture-raised eggs over easy, organic farro & quinoa,
spinach, sliced avocado, sunflower seeds, tossed in jon's citrus
basil dressing 🥕 12

Eggs Benedict

local pasture-raised egg, all natural turkey, truffled spinach,
caramelized onions & smoked gouda with mustard hollandaise
on pretzel bread single 10 | double 15

Breakfast Quesadilla

scrambled eggs, nitrate-free bacon, cheddar, lime cilantro yogurt
and avocado pesto 12

Seasonal Quiche *served with a simple salad*

caramelized onion & bacon quiche 10

classic veggie quiche 🥕 10

Paleo Power Bowl

citrus braised carnitas, local pasture-raised eggs,
paleo rice, bell peppers & red onions with tomatillo salsa 12

Huevos Rancheros

local pasture-raised egg, smashed avocado, black beans, queso fresco,
ranchero sauce, pico de gallo, pickled jalapeños, tomatillo salsa,
served on a vegan whole grain tortilla 12 🥕

Sunrise Burger

grass fed angus beef, local pasture-raised egg, nitrate-free bacon, garlic
aioli, aged white cheddar, butter lettuce, tomato, red onion & house-
made pickle 12.95

SIDES

nitrate-free bacon, turkey bacon 5

two local pasture-raised eggs,
any style 5

seasonal fruit salad served with
mint & toasted coconut 6 ✓🥕

roasted breakfast potatoes 5 ✓

eet well. live well.