

## 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

### Guacamole and Chips

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

### Smashed Avocado Toast

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

### Charred Buffalo Cauliflower

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

### Healthy Hummus

spinach, arugula, chickpeas, garlic, evoo, lemon, himalayan salt & house made pita  
*gluten-free chips available* 6.95 ✓ (GF)

### Street Tacos 3.95 each (GF)

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

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

### Paleo Chicken Fingers

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

**Soup** chicken tortilla | tomato ✓ 6

## 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 🌱

### Chop Shop 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, red onion, artichokes, healthy hummus, garlic herb vinaigrette, reg 9.5 | large 11.95 ✓  
*chef recommends house made pita & grilled chicken*

## BOWLS

### Summer 2020 Better For You Bowl - Paleo Chicken Fajita

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

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

Can be served on a lettuce wrap or gluten free bun

- CLT Panini

sliced roasted cauliflower, basil, veganise, 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, truffled spinach, onion & whole grain mustard aioli 9.99
- Greenplate Special

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

# BURGERS & FRIES

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

Can be served on a lettuce wrap or gluten free bun

- 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

locally made Abbot's Butcher 100% plant based patty, smashed avocado, tomato, arugula, nacho aioli and pickled jalapeños on a vegan bun 10.99

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 avocado summer salad, sautéed power greens, local evoo, and fresh herbs 14.95

# 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

1

Choose Your Organic Greens Or Grains

organic greens:

organic ancient grains:

2

Select Up To 4 Toppings

vegetables:

cheese:

legume:

herbs:

fruit:

nuts:

breads:

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 \$9.95-\$12.95

- FAMILY MEALS

serves 4

40
- 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!

# 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

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breakfast, egyptian chamomile, pacific coast  
mint, earl grey crème

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**Coconut Water** 5

**Kombucha** 5.50

**Freshly Squeezed Juice**

orange, grapefruit, celery **6.50**

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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.**

