



# cold pressed juices

12oz juices crafted with flavor & function  
made with fresh fruits and vegetables

## greenhouse effect

cucumber, jicama, celery,  
kale, lemon, ginger, cilantro

## el corazón

carrot, celery, apple, lemon,  
beet, ginger

## walkin' on sunshine

carrot, pineapple, orange,  
lemon, turmeric, ginger,  
black pepper

## media naranja

jicama, orange, pineapple,  
ginger

## golden girl

pineapple, apple, mint,  
chia

## sana sana

orange, lemon, turmeric,  
ginger, honey, water,  
cayenne, black pepper,  
vanilla



# coffee drinks

proudly brewing Back of the Yards Coffee  
12 or 16oz

## classic drip

just coffee

## cold-brewed coffee

lower acidity, higher  
caffeine content

## drip de olla

drip coffee infused with  
spices and citrus

## el naranjito

cold-brewed coffee + lime,  
orange, maple and  
sparkling water



# iced teas

cold-brewed teas for when you want to slow down,  
speed up or just sip and enjoy  
– ask for sweetener [maple, honey, splenda]

## tranquilo

cold-brewed  
chamomile tea

## ándale

cold-brewed  
citrus green tea





## plant mylk

**Little Leaf's own special recipe of hemp and pepita seeds – perfectly spiced, and packed with up to 27g protein per 12oz bottle**

### little leaf mylk

hemp seeds, pepitas, maple, spices

### beet latte

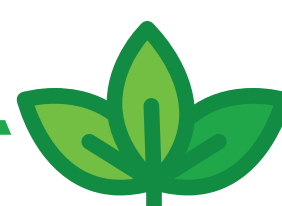
hemp seeds, pepitas, maple, spices + beet

### luna mylk

hemp seeds, pepitas, maple, spices + butterfly pea flower tea

### quetzal mocha

coffee, hemp seeds, pepitas, maple, orange, cacao, spices, lion's mane mushroom extract, chaga mushroom powder



## smoothies

**100% food smoothies – made with a full bottle of our our fresh juice as the base, blended with frozen fruits and veggies. 20oz of smooth, juiciness. no fluff**

### el verde

greenhouse effect  
⊕ frozen kale, apple, avocado and banana

### blunanas

luna mylk  
⊕ frozen banana and blueberries

### la remolacha

el corazón  
⊕ frozen banana and cherries

### cafe helado

quetzal mocha  
⊕ frozen banana and cherries

### orange julian

media naranja  
⊕ frozen banana and mango

### el clasico

little leaf mylk  
⊕ frozen banana

### sunset hour

walkin on sunshine  
⊕ frozen banana, mango and cherries







# food

**Little Leaf is proud to serve a full menu of plant-based goodness—deceptively delicious, comfortingly familiar, and made to keep you fueled all day long.**  
— available in bulk sizes, ask for details —

## frontera salad

chickpea, black bean, corn and bell pepper salad with jalapeño, cilantro, lime and spices // served with spring mix and mexican pesto

## open sesame salad

chickpea salad with jicama, celery, sumac, lime, cilantro and spices // served with spring mix and tahini ginger dressing

## salpicon salad

chipotle-marinated, shredded land lovers™ [plant-based] beef salad with tomatoes, red onion and cilantro // served with spring mix and chipotle crema

## herb'n chick shaker

a shakeable salad with chickpea, broccoli, carrot, celery and fresh herbs // served with cilantro-lime quinoa, micro greens and creamy sumac ranch dressing



# hummus

**tasty dippers to hold you over until mealtime**  
**also available in bulk sizes, ask for details**

## classic hummus

a traditional chickpea hummus served with carrots and celery

## double dipper hummus

classic hummus + fri-hummus [black bean and jalapeño] served with carrots and celery



# sweets

**satisfy your sweet tooth without the junk**

## overnight oats

oats, hemp and chia soaked overnight in our homemade little leaf mylk, layered with chia pudding and fruit // flavors vary weekly

## cookie d'oh energy truffles

energy truffles made with repurposed little leaf mylk pulp, tahini, dates, chocolate and coconut

## puddin' cup

a party in a cup! layered pudding made with dates, chickpeas, avocado, tahini, hemp, coconut milk, chocolate, orange and topped with all-natural birthday sprinkles!