



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

luna mylk

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

beet latte

hemp seeds, pepitas, maple, spices + beet

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

la remolacha

el corazón
+ frozen banana and cherries

orange julian

media naranja
+ frozen banana and mango

sunset hour

walkin on sunshine
+ frozen banana, mango and cherries

blunanas

luna mylk
+ frozen banana and blueberries

cafe helado

quetzal mocha
+ frozen banana and cherries

el clasico

little leaf mylk
+ frozen banana





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

salpicon salad

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

open sesame salad

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

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!