

WE GUARANTEE SATISFACTION.

OUR APPROACH

-  **WE'RE SMALL AND LOCAL, SO WE CARE ABOUT EVERY SINGLE ORDER.**
-  **DELICIOUS, FEEL-GOOD FOOD THAT'LL MAKE THE OFFICE HAPPY.** We use really high-quality ingredients and make pretty much everything from scratch.
-  **ON TIME AND ACCURATE.**
-  **VARIETY.** Hearty options like our Club Sandwich or Alamo grain bowl. Lighter options like the Caesar salad. Our menu changes seasonally to keep things fresh & interesting.

CUSTOMER TESTIMONIALS

"Incredible food! Best lunch & learn food we've had."

"We are completely satisfied with every order we've placed. I know several of our employees order from you individually on a daily basis. Keep up the good work!"

"Fast response times, order accuracy and quality - I find it very easy to order from L&G while also being able to check the healthy (but not boring) box."

"Our team loves the quality of your product and the options are different, plus everything tastes great."

"No one I've found has the same delicious and easy-to-navigate options for a catered lunch. Props for the great service and experience! Look forward to working with you again."

"My experience with L&G has always been great. We don't cater often; however, when we did order from you guys, you were early, which allowed me to be on time for serving the team. You were extremely nice and professional, and the presentation and utensils were packaged nicely."

"Easy to order online and via email. Excellent customer service."

"Love your quality and freshness of products."



CATERING MENU LEAF & GRAIN

VOTED BEST HEALTHY RESTAURANT
IN THE HOUSTON CHRONICLE,
3 YEARS IN A ROW!



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Email us at
catering@eatLG.com
or call 713-829-9844



INDIVIDUALIZED OPTIONS

When you know what everybody wants

SANDWICH BOXED LUNCHES - \$14.60

Sandwich, chips, and a fresh-baked chocolate chip cookie



High-Quality Meats! Our meats are nitrate-free and cage-free!

FAIRWAY – Roasted turkey, provolone cheese, lettuce, tomato, pickles, mustard, mayo on whole wheat bread

CLUB (updated) – Roasted turkey, bacon, lettuce, tomato, mayo, and tomato aioli on whole wheat

SOUTHWEST TURKEY – Roasted turkey, pepper jack cheese, pickled onion, corn, lettuce, house chipotle ranch on ciabatta

CHICKEN PESTO (updated) – Roasted chicken, fresh mozzarella, lettuce, tomato, pesto, honey-balsamic vinegar on ciabatta

LEAF & GRAIN'S FAMOUS TEXAS-STYLE CHICKEN SALAD – Homemade chicken salad with candied jalapenos (mild; just a little zip), lettuce, tomato on whole wheat

New **CAPRESE (VEGETARIAN)** – Fresh mozzarella, lettuce, tomato, pesto, honey-balsamic vinegar on ciabatta

INDIVIDUAL SALADS & BOWLS

New option Pick from the options below at their listed prices, or order as a Salad Boxed Lunch (Salad, pita chips & chocolate chip cookie) for an **additional \$2.50**

GOOD GREEK! - 12⁴⁸ – Brown rice, spinach, romaine, Persian cucumber, tomatoes, diced red onion, feta, cage-free chicken, house-made pita chips | Yia Yia's Greek Vinaigrette

COMMON TABLE -12⁴⁸ – Kale, brown rice, arugula, roasted Brussels sprouts, almonds, apples, goat cheese, cage-free chicken | Honey-White Balsamic Vinaigrette

ALAMO - 13⁴⁸ – Brown rice, kale, avocado, shredded cheese, tomatoes, black beans, red onion, cage-free chicken, tortilla chips | Chipotle-Lime Vinaigrette

SUPREME - 17⁹⁸ – Same but double chicken, double cheese, and Cilantro-Jalapeño in addition to the Chipotle-Lime

SESAME CHICKEN CRUNCH - 13⁴⁸ – Brown rice, spinach, romaine, carrots, cured cucumbers, cabbage, green beans, cilantro, roasted chicken thigh, cashews, wonton strips | Sesame-Cashew Dressing



L&G CAESAR - 11⁴⁸ – Romaine, shredded kale, shaved parmesan, roasted cage-free chicken, house-made croutons, parmesan crisps | L&G Caesar Dressing

New **THE CLASSIC 2.0** - 13⁹⁸ – Arugula, spinach, roasted Brussels sprouts, apples, parmesan, chicken breast, golden raisins, pepitas, croutons | Citrus Vinaigrette

VEGGIE BOOST - 9⁹⁸ – Kale, roasted cauliflower, roasted Brussels sprouts, roasted sweet potato, pickled onions, goat cheese, roasted pepitas, golden raisins | Avocado Vinaigrette

POLLO LAREDO - 13⁴⁸ – Romaine, avocado, cherry tomatoes, corn, shredded cheese, roasted cage-free chicken, tortilla chips | Cilantro-Jalapeño Dressing

VEGETARIAN LAREDO - 9⁹⁸ – Black beans instead of chicken

vegan **VEGAN ALAMO** - 9⁹⁸ – Alamo but tofu instead of chicken, pepitas instead of cheese

★ We can make almost any item vegan upon request!

GROUP VARIETY PACKAGES

When you want a mix of options for a group

HOW PACKAGES WORK:

1. Pick the package size you need
2. Choose from the sandwiches listed to the left
3. Choose your group-size salads/bowls below



Package:	Small 5-8 people \$100 ⁰⁰	Medium 9-15 people \$196 ⁰⁰	Large 16-22 people \$290 ⁰⁰
Group-size Bowls: (5-8 side servings)	1 Group-size bowl	2 Group-size bowls	3 Group-size bowls
Sandwich halves:	10 halves	20 halves	30 halves

YOU CAN ORDER GROUP-SIZE BOWLS WITHOUT SANDWICHES FOR \$40.

ADD CHICKEN OR TOFU TO ANY BOWL FOR \$10.

SALADS (GROUP SIZE)

L&G CAESAR - **{No meat}** Kale, romaine, shaved parmesan, house-made croutons, parm crisps | L&G Caesar Dressing

LAREDO - **{No meat}** Romaine, avocado, cherry tomatoes, fresh corn, shredded cheese, black beans, tortilla strips | Cilantro-Jalapeño Dressing

THE CLASSIC - **{No meat}** Spinach, arugula, roasted Brussels sprouts, apples, parmesan cheese, golden raisins, pepitas | Citrus Vinaigrette

MFH VEGGIE BOOST - **{No meat}** Kale, roasted cauliflower, Brussels sprouts & sweet potato, pickled onions, goat cheese, roasted pepitas, golden raisins | Avocado Vinaigrette

GRAIN BOWLS (GROUP SIZE)

GOOD GREEK! - **{No meat}** Brown rice, romaine, spinach, cherry tomatoes, cucumber, feta cheese, red onions, pita chips | Yia Yia's Greek Vinaigrette

COMMON TABLE - **{No meat}** Brown rice, kale, arugula, roasted Brussels sprouts, apples, goat cheese, almonds | Honey-White Balsamic Vinaigrette

THE ALAMO - **{No meat}** Brown rice, kale, avocado, TX cheese blend, cherry tomatoes, diced red onion, black beans, tortilla strips | Chipotle-Lime Vinaigrette

SESAME CHICKEN CRUNCH - 13⁴⁸ **{No meat}** Brown rice, spinach, romaine, carrots, cured cucumbers, cabbage, green beans, cilantro, cashews, wonton strips | Sesame-Cashew Dressing

ADD-ONS ICED TEA / LEMONADE / CUCUMBER AGUA FRESCA: \$15/gallon

ASSORTED DESSERT PLATTER:

Small (10 pcs): \$20 | Med. (20 pcs): \$40 | Lg. (30 pcs): \$60
Chocolate chip cookies, cayenne brownies, oatmeal chocolate chip cookies, rosemary shortbread. Baked fresh!

BAG OF CHIPS: \$2⁵⁰

SODAS, WATERS, CANNED SPARKLING WATERS: \$2⁵⁰

