

LEAF & GRAIN

We are a small, local business focused on making healthy food that tastes great.

Note: We can accommodate all dietary preferences with a variety of substitutions.

GRAIN BOWLS

The Alamo | 13.48

Brown rice, shredded kale, avocado, house TX cheese blend, cherry tomatoes, black beans, diced red onion, tortilla chips, roasted cage-free chicken thigh | Chipotle-Lime Vinaigrette + Lime Squeeze
Without chicken: 9.98

Good Greek! | 12.48

Brown rice, chopped romaine, spinach, roasted cage-free chicken breast, Persian cucumbers, cherry tomatoes, diced red onion, creamy feta, house-made pita chips | Yia Yia's Vinaigrette

Common Table | 12.48

Brown rice, shredded kale, roasted Brussels sprouts, apples, goat cheese, roasted almonds, roasted cage-free chicken breast | Honey-White Balsamic Vinaigrette

Sesame Chicken Crunch | 13.48

Brown rice, romaine, spinach, carrots, cilantro, cured napa cabbage, chili-cured cucumbers, sesame green beans, roasted cage-free chicken thigh, roasted cashews, wonton strips | Creamy Cashew Dressing

SALADS

MFH Veggie Boost 2.0 | 9.98

Shredded kale, roasted Brussels sprouts, pickled onions, roasted curry cauliflower, roasted sweet potatoes, goat cheese, golden raisins, roasted pepitas | Avocado Vinaigrette

Pollo Laredo | 13.48

Chopped romaine, fresh corn, cherry tomatoes, avocado, house TX cheese blend, tortilla chips, roasted cage-free chicken breast | Cilantro-Jalapeño Dressing

L&G Caesar | 11.48

Chopped romaine, shredded kale, shaved parmesan, roasted cage-free chicken breast, homemade croutons, Southern-style parmesan crisps | L&G Caesar Dressing

KIDS MENU

"Pick 4" Bento Box | 6.50

Pick any 4 ingredients. It's like a custom Lunchable except higher quality.

Kids Sandwiches | 5.00

Your choice of a classic grilled cheese, or an almond butter & marshmallow fluff.

PLATES

Lemon-Caper Salmon | 15.98

Green beans, roasted sweet potatoes, Norwegian salmon, crispy shallots, arugula, quinoa, brown rice | Lemon-Caper Yogurt Sauce, squeeze of lemon

French Country Dinner | 12.48

Lentils du puy, brown rice, roasted carrots, roasted green beans, shaved parmesan, roasted cage-free chicken thigh, arugula | Citrus Vinaigrette

SANDWICHES

Chicken Pesto | 13.48

Made-from-scratch ciabatta, roasted cage-free chicken breast, mozzarella, arugula, tomato, pesto, honey-balsamic vinegar | MAKE IT A CAPRESE (NO CHICKEN) (v): 9.98

Southwest Turkey | 12.48

Made-from-scratch ciabatta, nitrate-free turkey breast, pepper jack cheese, pickled onions, fresh corn, shredded lettuce, chipotle ranch

Texas-Style Chicken Salad | 10.98

Made-from-scratch sourdough, L&G chicken salad (contains candied jalapeños), shredded lettuce, tomato

Fairway | 12.48

Slow Dough sourdough bread, nitrate-free turkey breast, provolone cheese, lettuce, tomato, bread & butter pickles, mayo, honey-mustard

Homestyle Chicken | 13.48

Made-from-scratch ciabatta, roasted cage-free chicken breast, remoulade-style sauce, bread & butter pickles, hot honey, potato chips, shredded lettuce, tomato

SOUPS

Tomato Soup | 5.00

Homemade tomato soup topped with made-from-scratch croutons

Tortilla Soup | 5.00

Cage-free chicken breast, black beans, avocado, shredded cheese, tortilla chips

SMOOTHIES | 7.15

Berry Boost, Chunky Monkey, Health Kick, Leaf & Green, Mango Deck, Strawberry Banana

DESSERTS | 1.50

Leaf & Grain healthy-ish Cookie, Rosemary Shortbread, Cayenne Brownie