

Prices subject to change!

LEAF & GRAIN

order.eatLG.com | @theleafandgrain

5525 Wesleyan St, Houston, TX 77005 | 713-492-0704

GRAIN BOWLS

The Alamo 13.48
Brown rice, kale, roasted cage-free chicken, avocado, house TX Cheese blend, cherry tomatoes, diced red onion, black beans, tortilla chips | Chipotle-Lime Vinaigrette + lime squeeze
Remove chicken: 9.98

Alamo Supreme: 17.98
Double chicken, double cheese, Chipotle-Lime Vinaigrette & Cilantro-Jalapeno Dressing (both dressings)

Good Greek! 12.48
Brown rice, spinach, chopped romaine, roasted cage-free chicken, Persian cucumber, cherry tomato, diced red onion, creamy feta, pita chips | Yia Yia's Vinaigrette

Common Table 12.48
Brown rice, shredded kale, roasted Brussels sprouts, apples, goat cheese, shaved almonds, cage-free chicken | Honey-White Balsamic Vinaigrette

Sesame Chicken Crunch 13.48
Brown rice, spinach, chopped romaine, shredded carrots, chili-marinated cucumbers, cured napa cabbage, sesame green beans, fresh cilantro, roasted cage-free chicken thigh, cashews, wonton strips | Sesame-Cashew Dressing

SALADS

MFH Veggie Boost 2.0 9.98
Shredded kale, roasted sweet potatoes, roasted Brussels sprouts, curry cauliflower, pickled red onions goat cheese, roasted pepitas, golden raisins | Avocado Vinaigrette
Add avocado: +2.00
Add cage-free chicken: +4.00

Pollo Laredo 13.48
Chopped romaine, avocado, tomatoes, corn, TX Cheese Blend, tortilla strips, cage-free chicken | Cilantro-Jalapeno Dressing
Sub black beans in for chicken: 9.98

L&G Caesar 11.48
Shredded kale, chopped romaine, roasted cage-free chicken, shaved parmesan, croutons, parmesan crisps | L&G Caesar Dressing

The Classic 12.48
Spinach, arugula, roasted cage-free chicken, roasted Brussels sprouts, apples, walnuts, golden raisins, blue cheese | Citrus Vinaigrette

PLATES

Lemon-Caper Salmon **NEW!** 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 cage-free chicken thigh, arugula | Citrus Vinaigrette

SOUPS

Tomato Soup 4.50
Homemade tomato soup topped with made-from-scratch croutons

Chicken Tortilla Soup 5.00
Cage-free chicken breast, black beans, avocado, shredded cheese, tortilla chips

DESSERTS

Rosemary Shortbread 1.50

Leaf & Grain Cookie 1.50

Cayenne Brownie 1.50

Chocolate Chip available for catering

We have a separate catering menu, which includes quality sandwiches and desserts. See menu bar on eatLG.com.

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KIDS MENU

“Pick 4” Bento Box 6.50
Choose any 4 items (excluding meatballs) for the kids menu. Comes in a 3-compartment snack box with a lid for easy pack-and-go.

Kids’ Grilled Cheese 5.00
Served with a side of apples

Almond Butter Marshmallow Fluff Sandwich 5.00
Served with a side of apples

VEGAN OPTIONS

Vegan MFH Veggie Boost
Shredded kale, roasted sweet potatoes, roasted Brussels sprouts, roasted cauliflower, roasted non-GMO tofu, roasted pepitas, dried cranberries | Citrus Vinaigrette

Technicolor Dream Bowl
Brown rice, chopped romaine, tomatoes, corn, black beans, diced red onion, roasted sweet potatoes, avocado, roasted non-GMO tofu, tortilla chips | Avocado Vinaigrette + lime squeeze
Online only

Vegan Alamo
Brown rice, kale, roasted non-GMO tofu, avocado, cherry tomatoes, diced red onion, black beans, tortilla chips, pepitas | Chipotle-Lime Vinaigrette + lime squeeze

CUSTOM BOWLS

Your choice of greens and/or grain + 4 standard ingredients - \$8.50

Additional standard ingredients \$0.50 and premium ingredients, such as chicken, avocado, Brussels, and cheese, are priced by item, with that pricing available on the order.eatLG.com menu and on in-store menu boards.

SMOOTHIES

Berry Boost! - Blueberries, strawberries, raspberries, banana, oat milk, agave

Mango Deck - Mango, strawberries, banana, agave, coconut milk

Strawberry Banana - Strawberries, banana, Greek yogurt, almond butter, agave

Leaf & Green - Spinach, kale, banana, mango, pineapple

Chunky Monkey - Banana, almond butter, oat milk, low-fat Greek yogurt, agave, 100% dark cocoa powder

Health “Kick” Coffee Smoothie - Banana, date, coffee, almond butter, 100% dark cocoa powder, cinnamon, turmeric, oat milk, Himalayan sea salt

DRESSINGS

Avocado Vinaigrette
Balsamic Vinaigrette
Balsamic Vinegar
Chipotle-Lime Vinaigrette
Cilantro-Jalapeno Dressing
Citrus Vinaigrette
Extra Virgin Olive Oil
Honey-White Balsamic Vinaigrette
L&G Caesar
Lemon-Caper Yogurt Sauce
Yia Yia’s Vinaigrette
Lime Squeeze

About Leaf & Grain

Leaf & Grain is a local company, started in 2016 by a native Houstonian.

We strive to offer the highest-quality, best-tasting food, and we do that by focusing on:

- Consistent, fresh ingredients and how they interact with each other. This is why we make everything from scratch. To control quality, but also to optimize compatibility.
- The best, made-from-scratch dressings.
- Protein quality. So important. Even for a salad :)

We won Best Healthy Restaurant in the *Houston Chronicle* 2021, 2022, and 2023, and we work hard to keep improving every day.