

# Green Leaf Cafe

Salads — Soups — Sandwiches — Smoothies

Monday - Saturday  
9am-1:30pm  
Monday - Thursday  
5pm-7pm

1400 W. Northwest Highway  
Palatine, IL 60067  
Located inside Buehler YMCA  
P. 847.934.5922  
www.thegreenleafcafe.com

## Breakfast/Sweets

Bacon, Egg & Cheese Muffin / \$2.75  
Turkey Sausage, Egg & Cheese Muffin / \$2.75  
Ham, Egg & Cheese Muffin / \$2.75  
Egg & Cheese Muffin / \$2.25  
Breakfast Quesadilla / \$4.95  
Ham, Egg & Cheese / Bacon, Egg & Cheese  
Add Spinach or Avocado to any Breakfast / \$.75  
Assorted Muffins / \$2.00  
Fresh Made Granola Bars / \$2.00  
Fresh Baked Cookies / 2 for \$.75

## Quesadillas & More

Served with choice of 1...salsa, sour cream or ranch.  
\$.50 for additional dipping sauce.

Cheese Quesadilla / \$3.25  
Chicken & Cheese Quesadilla / \$4.95  
Chicken, Spinach & Cheese Quesadilla / \$5.95  
Spinach, Avocado & Cheese Quesadilla / \$5.95  
Bacon, Avocado & Cheese Quesadilla / \$5.95  
Buffalo Chicken & Cheese Quesadilla / \$4.95  
BBQ Chicken & Cheese Quesadilla / \$4.95  
Mac & Cheese Bites w/chips / \$4.95  
Chicken Tenders w/chips / \$4.95

## Salads

 served with fresh bread.

### Green Leaf Salad / \$6.95

Leaf lettuce with apples, Gorgonzola cheese, candied pecans, red onions and diced avocado. Served with honey mustard dressing.

### Chef Salad / \$7.50

Romaine lettuce topped with ham and turkey, cheddar and provolone cheeses, cucumbers, tomatoes and seasoned croutons. Served with your choice of dressing.

### Chopped Salad / \$7.95

Lettuce, diced chicken, bacon, Gorgonzola cheese, red onion, diced tomatoes and ditalini pasta. Served with sweet Vidalia onion dressing.

### Crispy Chicken BLT Salad / \$7.95

Mixed lettuce, crispy chicken strips, bacon, diced tomatoes, shredded cheddar cheese blend and croutons. Served with your choice of dressing.

### BBQ Chicken Salad / \$7.95

Leaf lettuce with diced chicken, black beans and corn, shredded cheddar cheese blend, diced tomatoes & tortilla strips. Drizzled with BBQ sauce & served with buttermilk ranch dressing.

### Quinoa Garden Salad / \$6.50

### w/Grilled Chicken / \$8.50

Mixed greens, pecorino romano cheese, diced tomatoes, diced cucumbers and quinoa. Served with balsamic vinaigrette.

### Caesar Salad / \$6.25

### w/Grilled Chicken / \$7.50

Romaine lettuce, pecorino Romano cheese, croutons. Served with Caesar dressing.

### Any 1/2 Salad / \$5.50

### Dressings

Buttermilk Ranch, Honey Mustard, Vidalia Onion, Balsamic Vinaigrette, Creamy Caesar

### Add avocado to any salad / \$1.00

### Add chicken breast to any salad / \$2.00

## Soups

Served November through March.

Cup of soup / \$3.00

Bowl of soup / \$3.50

# Sandwiches

Served with choice of 1...kettle chips, fruit or cookies.

## Asian Chicken Wrap / \$7.95

Mixed greens tossed with diced chicken, shredded carrots and crispy wonton strips in a sesame Asian dressing.

## Chicken Pesto Panini / \$7.95

Sliced chicken, fresh mozzarella cheese, roasted red pepper and pesto sauces pressed in a French baguette until hot and melted.

## California Club / \$7.95

Ham, turkey, bacon, cheddar cheese, avocado and pesto mayo served on toasted whole grain bread.

## Classic B.L.T. / \$4.95

Bacon, lettuce & tomato and mayo served on toasted white bread.

## Ham or Turkey & Cheese Panini / \$6.00

Classic ham or turkey and American cheese, melted to perfection. Grilled on white bread.

## Grilled Cheese / \$4.95

Layers of American and cheddar cheeses melted between slices of country white bread.

## Roast Beef and Provolone / \$6.75

Roast beef melted with smoked provolone cheese, red onions and Bistro sauce grilled on a baguette.

## Caprese Sandwich / \$6.50

Sliced tomatoes, fresh mozzarella cheese and pesto sauce on a French baguette.

## Turkey Avocado Wrap / \$7.95

Turkey, provolone cheese, avocado, lettuce, tomato, cucumber with chipotle mayo served in a giant 14 inch wrap.

## Southwest Wrap / \$7.95

Diced chicken, shredded cheddar & Monterey jack cheeses, lettuce, diced tomatoes, corn & beans and tortilla strips tossed in ranch dressing and salsa.

## Chicken Caesar Wrap / \$7.95

Diced chicken, pecorino Romano cheese, chopped romaine lettuce tossed in creamy Caesar dressing.

## Add Avocado to any sandwich / \$1.00

# Deli Sandwiches / \$6.75

## Choice of Bread

White / Whole Grain

## Choice of Meat / Choose 1-2

Turkey / Ham / Roast Beef

## Choice of Cheese / Choose 1

American / Cheddar / Pepper Jack / Provolone

## Choice of Veggies

Lettuce / Red Onion / Tomato / Cucumber / Spinach

## Choice of Side

Kettle Chips / Fruit / Cookies

# Kids Meals / \$5

**Choose 1...**Chips / Banana / Gogurt

**Choose 1...**Capri Sun / Milk / Chocolate Milk / Water

**Choose 1...**Fresh Baked Cookie / Airhead

## Chicken Strips

Mini Turkey Corn Dogs

Peanut Butter & Jelly

Deli Sandwich (ham or turkey & cheese)

Flatbread Cheese Pizza

Kraft Macaroni & Cheese

Grilled Cheese

# Smoothies

**Real Whole Fruit 12 oz. \$3 / 16 oz. \$3.75**

**Strawberry Mixed Berry Mango**

Add banana to any smoothie free of charge.

# Premium Smoothies

**Peanut Butter Banana** - PB powder, Muscle Milk protein powder, banana, 1% milk, ice.

**12 oz. \$4 / 16 oz. \$4.75**

**Detox** - Peaches, pineapple, banana, spinach, water.

**12 oz. \$4 / 16 oz. \$4.75**

**Sunrise** - Peaches, pineapple, banana, splash mango puree, water. **12 oz. \$4 / 16 oz. \$4.75**

**Antioxidant** - Strawberries, blueberries, banana, water. **12 oz. \$4 / 16 oz. \$4.75**

**Metabolism Booster** - Strawberries, blueberries, honey, rolled oats, almond milk.

**12 oz. \$5 / 16 oz. \$6**

**Chunky Monkey** - PB powder, banana, rolled oats, Hershey's Natural syrup, 1% milk.

**12 oz. \$5 / 16 oz. \$6**