

Green Leaf Cafe

Salads — Soups — Sandwiches — Smoothies

Monday - Friday
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 / \$3.95
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
Chicken Tenders w/chips / \$4.95

Salads

 served with fresh bread.

Green Leaf Salad / \$7.95

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.

Caesar Salad / \$6.25

w/Grilled Chicken / \$7.50

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

Spinach Salad / \$6.95

Leafy spinach with bacon, gorgonzola cheese, red onions and dried cranberries. Served with balsamic vinaigrette dressing.

Any 1/2 Salad / \$5.50

Dressings

Buttermilk Ranch, Honey Mustard, Fat Free 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.
Add avocado or bacon to any sandwich / \$1

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.

Chicken Parmesan Sandwich / \$7.95

Crispy chicken tenders smothered in marinara sauce and three cheeses served on a toasted baguette.

Classic B.L.T. / \$5.95

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.

Caprese Sandwich / \$6.95

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.

Deli Sandwiches / \$6.75

Choice of Bread

White / Whole Grain

Choice of Meat / Choose 1-2

Turkey / Ham

Choice of Cheese / Choose 1

American / Cheddar / Provolone

Choice of Veggies

Lettuce / Red Onion / Tomato / Cucumber / Spinach

Choice of Side

Kettle Chips / Fruit / Cookies

Kids Meals / \$5.50

Choose 1...Chips / Banana / Gogurt

Choose 1...Capri Sun / Juice Box / Milk / Chocolate Milk / Water

Choose 1...Fresh Baked Cookie / Airhead

Chicken Strips

Mini Turkey Corn Dogs

Deli Sandwich (ham or turkey & cheese)

Flatbread Cheese Pizza

Kraft Macaroni & Cheese

Grilled Cheese

Smoothies

Real Whole Fruit 12 oz. \$3.50 / 16 oz. \$4

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, raspberries, blackberries, banana, water. **12 oz.**

\$4 / 16 oz. \$4.75

Metabolism Booster - Strawberries, blueberries, raspberries, blackberries, banana, 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