

THE LEAFY STOP

BOWLS & CUPS

LEAFY'S SOUP OF THE MOMENT | GF

BOWL \$13 | CUP \$8

Vegetables | Legumes | Herbs | Spices | Smooth

Dipping suggestions

Toast. Sourdough/ Rye / Gluten Free. One \$2.5 | Two for \$4

Polenta Dippers GF \$4.5 (four) or Double portion \$8 (eight)

Hash Brown Dippers GF \$4 (four) or Double portion \$7 (eight)

MUSHROOM STROGANOFF | GF | S

BOWL \$20 | CUP \$13

Mushrooms | Dijon Mustard | Paprika | Puy lentils | Creamy sauce

Great with Polenta Dippers GF \$4.5 (four) or Double portion \$8 (eight)

Add Toast to dunk. Sourdough/ Rye / Gluten Free. One \$2.5 | Two for \$4

LEAFY'S LEMONY LEEKS & BUTTERY BEANS | GF

BOWL \$19 | CUP \$12

Leeks | Fennel | Butter Beans | Thyme | Lemony gravy.

Add Toast? Sourdough/ Rye / Gluten Free. One \$2.5 | Two for \$4

Hash Brown Dippers GF \$4 (four) or Double portion \$7 (eight)

Polenta Dippers GF \$4.5 (four) or Double portion \$8 (eight)

GEORGIE'S DISH OF THE MOMENT

PRICE ON THE BOARD

Depending on the weather & Georgie's whimsy.

It could be a Salad or a hot Bowl - maybe a Sub. Always Nourishing.

LEAFY'S FAMOUS FILLINGS

SOURDOUGH SUB OR TOAST OF YOUR CHOICE

Add Breakfast "Sausage" or "Bacon" G \$4

vEGG MAYO™ | GFO | S

\$15.5

The renowned vEgg™ Mayo.

Silken Tofu | Mayonnaise | Secret spices | Pink onions | Lettuce

CHUNA MAYO™ | GFO

\$14.5

Chickpea | Mayonnaise | Gherkins | Capers | Lettuce | Pink onion

SPRING PEA SMASH GFO | S

\$15

Pesto | Peas | Mint | Lemon | Seeds | Beet Chutney or Pink Onion

ADD - ONS

TOAST: SOURDOUGH / RYE / GLUTEN FREE

ONE FOR \$2.5 | TWO FOR \$4

BREAKFAST "SAUSAGE" | G ONE FOR \$4 | TWO FOR \$7

HASH BROWN DIPPERS | GF \$4 DOUBLE PORTION \$7

CHORIZO "SAUSAGE" | GF | S ONE FOR \$4 | TWO FOR \$7

POLENTA DIPPERS | GF \$4.5 DOUBLE PORTION | GF \$8

CORN CHIPS | GF \$2

PAUSE.
NOURISH.
CONNECT

GF GLUTEN FREE | GFO GLUTEN FREE OPTION | S CONTAINS SOY | G CONTAINS GLUTEN - ALL ITEMS ARE VEGAN
INFORM US OF ALL ALLEGIES AND DISLIKES. WE ARE HAPPY TO ACCOMODATE YOU.

35 ONEPU ROAD, KILBIRNIE, WELLINGTON. PH: 0204341481 WEB:THELEAFYSTOP.CO.NZ

PAUSE

AT THE LEAFY STOP, WE BELIEVE A PAUSE IS ESSENTIAL.
IN THE MIDDLE OF BUSY DAYS WITH FULL MINDS, WE ALL NEED A PLACE WHERE YOU CAN PAUSE,
BREATHE, AND LET THE RUSH FALL AWAY.
WE CREATED A SPACE TO FEEL LIKE AN EXTENSION OF YOUR FRONT ROOM.
CALMING DECOR, BEAUTIFUL PLANTS & COMFORTABLE SEATING.
GEORGIE AND PETER (THAT'S US!), WELCOMING YOU IN WHILE YOU RELAX AND ENJOY.

NOURISH

MEALS CREATED TO LEAVE YOU WELL FED AND NOURISHED.
WE COOK WITH WHOLE, PLANT BASED INGREDIENTS AND WITH INTENTION.
EVERY INGREDIENT HAS ITS PURPOSE, A REASON, TO ADD FLAVOUR & NOURISHMENT.
WE BUILD DISHES THAT TRULY SUSTAIN YOU. FIBRE, PROTEIN, COLOUR AND COMFORT.

CONNECT

FOOD IS ONLY PART OF YOUR VISIT. CONNECTION MATTERS DEEPLY TO US.
CONVERSATIONS AT THE COUNTER. FAMILIAR FACES RETURNING.
SMALL MOMENTS OF KINDNESS AND BONDING THAT ARE CARRIED INTO OUR DAY.
THE LEAFY STOP IS MORE THAN A LUNCHROOM.
IT IS A LEAFY LITTLE PLACE TO...

PAUSE.
NOURISH.
CONNECT.

SCAN THIS QR CODE TO
'LEAF' US A REVIEW

REVIEWS HELP PEOPLE
FIND US & GROW.

MANY THANKS



THE LEAFY STOP