

THE LEAFY STOP

BOWLS & CUPS

LEAFY'S SOUP OF THE MOMENT |GF

\$8 FOR A CUP OR GRAB A BOWL \$13

Soup made The Leafy Stop way - with Love, Vegetables & Legumes. Gently Spiced or Herbed and always made to be Nutrient dense.

Add Toast. Sourdough / Rye / Gluten Free. 1 slice \$2.5 or 2 for \$4

MAPLE SYRUP SLOW-BRAISED BEANS |GF

\$11 FOR A CUP OR GRAB A BOWL \$18

Our Famous Baked Beans. Creamy Cannellini Beans simmered with sweet Maple Syrup Onions in a rich Tomato sauce,

Add Toast. Sourdough / Rye / Gluten Free. 1 slice \$2.5 or 2 for \$4

Add Plan*t Chorizo Sausage 1 for \$4 or 2 for \$7

CREAMY GARLIC MUSHROOMS WITH TENDER LENTILS |GF

\$13 FOR A CUP OR GRAB A BOWL \$20

Plump mushrooms and lentils simmered in a thick garlic and fresh thyme cream sauce.

Topped with our crunchy sunflower seed & lemon parsley pesto.

Add Toast. Sourdough / Rye / Gluten Free. 1 slice \$2.5 or 2 for \$4

KŪMARA CHILI - LEAFY STYLE |GF

\$13 FOR A CUP OR GRAB A BOWL \$20

Aotearoa Kūmara and mixed Beans simmered in a mild, aromatic spiced Tomato sauce with Cocoa and a splash of Coffee. Topped with fresh Coriander & Toasted seeds

Add Toast. Sourdough / Rye / Gluten Free. 1 slice \$2.5 or 2 for \$4

Add Plan*t Chorizo Sausage 1 for \$4 or 2 for \$7

SOURDOUGH SAMMIES

SERVED IN A SUB OR ON TOAST

CHUNA MAYO GFO

\$14.5

Smashed Chickpea & Mayonnaise filling with Lemon juice, Dill & Nori for a Sea breeze taste.

Topped with sliced gherkins and Pink Pickled Onions.

VEGG MAYO S |GFO

\$15.5

Silken Tofu blended with Chives, Mayonnaise and Secret spices for an unmistakable 'Eggy' flavour. Topped with leaves and Pink Pickled Onions.

ADD - ONS

TOASTED BREAD CHOOSE FROM:

SOURDOUGH/RYE/ GLUTEN FREE.
1 SLICE \$2.5 OR 2 FOR \$4

VEGG MAYO SIDE (100G) \$12

CHUNA MAYO SIDE (100G) \$11

GLUTEN FREE CORN CHIPS \$2

CHORIZO PLAN*T SAUSAGE | S
ONE FOR \$4 OR TWO FOR \$7

PAUSE.
NOURISH.
CONNECT

GF GLUTEN FREE | GFO GLUTEN FREE OPTION | N CONTAINS NUTS | S CONTAINS SOY.
INFORM US OF ALL ALLEGIES AND DISLIKES. WE ARE HAPPY TO ACCOMODATE YOU.

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