

# THE LEAFY STOP

## BOWLS

### LEAFY'S SOUP OF THE MOMENT GF CUP \$8/ BOWL ADD \$5

Soup made The Leafy Stop way, with Vegetables and Legumes, gently Spiced or Herbed & always Nutrient dense.

### MAPLE SYRUP SLOW-BRAISED BEANS GFO | N CUP \$11/ BOWL ADD \$7

Our Nourishing Baked Beans. Creamy Cannellini Beans Slowly simmered & topped with fresh Coriander, and a Salty Cashew Feta crumble.

### MUSHROOM BOURGUIGNON GF CUP \$11/BOWL ADD \$7

Stew of torn meaty Mushrooms and Agria potatoes simmered in a rich, dark Balsamic and Puy lentil gravy. Slow-cooked with aromatic Thyme and roasted Garlic. Finished with a 'pop' of Whole Grain Mustard.

### WHOLE HEARTED SQUASH DAHL GF CUP \$10/ BOWL ADD \$6

A blend of Smoky Red Lentils and soft Butternut Squash. Prepared entirely fat, oil, and sugar-free. With a Slow-roasted Tomato, a Citrus wedge, and Coriander

## ADD - ONS

A SLICE OF 'VUTTERED' TOAST.  
SOURDOUGH/ RYE / GLUTEN  
FREE \$2.5

GLUTEN FREE CORN CHIPS \$2

SESAME GINGER TOFU - ADD  
\$6

CASHEW FETA CRUMBLE \$5

TOASTED PUMPKIN SEEDS \$3

GEORGIE'S BEETROOT  
CHUTNEY \$4

## SOURDOUGH SUBS

### CHUNA MAYO GFO

Smashed Chickpea & Mayonnaise filling with Lemon juice, Dill & Nori for a Sea breeze taste. Topped with Cucumber, Pink Pickled Onions & baby Capers.

\$14.5

### VEGG MAYO S | GFO

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

\$15.5

## MORE NOURISHMENT

### ROASTED PUMPKIN & SAGE BAKE GF|S

Pumpkin roasted in Sage-infused 'Vutter' and aromatic Pimenta spice. Then Baked in a rich, creamy Soy and Chickpea batter with a thick, crunchy toasted Sunflower and Pumpkin seed crust. Packed with 20g of plant-based protein.

\$18

### GINGER TOFU & GLASS NOODLE NOURISH BOWL GF|PN|S BOWL \$16/ HEARTY BOWL ADD \$6

A Vibrant salad bowl of Sesame-Ginger Tofu, Glass noodles, fresh baby leaves and Coriander. Finished with a roasted nut crunch and our Peanut-Coriander-Lime-Maple vinaigrette. A light yet high-protein lunch.

PAUSE.  
NOURISH.  
CONNECT

GF = GLUTEN FREE | GFO = GLUTEN FREE OPTION; PLEASE ASK | PN CONTAINS PEANUTS| N CONTAINS NUTS| S CONTAINS SOY

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