

We have a different, larger catering menu on eatLG.com under "Catering"

LEAF & GRAIN

Houston Center: 1200 McKinney St, Ste 479 (4th floor), Houston, TX, 77010

Allen Center: 500 Dallas St, Ste T-07, Houston, TX, 77002

GRAIN BOWLS

The Alamo 13.48
Brown rice, kale, roasted cage-free chicken, avocado, house TX Cheese blend, cherry tomatoes, diced red onion, black beans, tortilla chips | Chipotle-Lime Vinaigrette + lime squeeze
Remove chicken: 9.98

Alamo Supreme: 17.98
Double chicken, double cheese, Chipotle-Lime Vinaigrette & Cilantro-Jalapeno Dressing (both dressings)

Good Greek! 12.48
Brown rice, spinach, chopped romaine, roasted cage-free chicken, Persian cucumber, cherry tomato, diced red onion, creamy feta, pita chips | Yia Yia's Vinaigrette

Common Table 12.48
Brown rice, shredded kale, roasted Brussels sprouts, apples, goat cheese, shaved almonds, cage-free chicken | Honey-White Balsamic Vinaigrette

Sesame Chicken Crunch 13.48
Brown rice, spinach, chopped romaine, shredded carrots, chili-marinated cucumbers, cured napa cabbage, sesame green beans, fresh cilantro, roasted cage-free chicken thigh, cashews, wonton strips | Sesame-Cashew Dressing

SOUP

Tomato Basil 4.50
Not available currently.

SALADS

MFH Veggie Boost 2.0 9.98
Shredded kale, roasted Brussels sprouts, curry cauliflower, pickled red onions, goat cheese, roasted pepitas, golden raisins | Avocado Vinaigrette
Add avocado: +2.00
Add cage-free chicken: +4.00

Pollo Laredo 13.48
Chopped romaine, avocado, tomatoes, corn, TX Cheese Blend, tortilla strips, cage-free chicken | Cilantro-Jalapeno Dressing
Sub black beans in for chicken: 9.98

L&G Caesar 11.48
Shredded kale, chopped romaine, roasted cage-free chicken, shaved parmesan, croutons, parmesan crisps | L&G Caesar Dressing

The Classic 12.48
Spinach, arugula, roasted cage-free chicken, roasted Brussels sprouts, apples, walnuts, golden raisins, blue cheese | Citrus Vinaigrette

We have a separate catering menu, which includes quality sandwiches and desserts. See menu bar on eatLG.com.

PLATES

French Country Dinner 12.48
Lentils du puy, brown rice, roasted carrots, roasted cage-free chicken thigh, arugula | Citrus Vinaigrette

About Leaf & Grain

Leaf & Grain is a local company started in 2016 by a native Houstonian.

We strive to offer the highest-quality, best-tasting food, and we do that by focusing on:

- Consistently fresh ingredients and how they interact with each other. This is why we make everything from scratch. To control quality, but also to optimize compatibility.
- The best, made-from-scratch dressings.
- Protein quality. So important. Even for a salad restaurant :)

We won Best Healthy Restaurant in the *Houston Chronicle* 2021-2022, and we work hard to keep improving every day.

@theleafandgrain | order.eatLG.com