



Signature Salads

GL Classic Caesar- Romaine, Parmesan, and House-made Croutons \$7.95
Suggested Dressing- **Caesar**

GL Cobb on Cary- The Good Leaf Blend, Egg, Avocado, House-roasted Chicken, Tomatoes, Blue Cheese, and Bacon \$9.95
Suggested Dressing- **Your Choice**

GL Lime-Coconut-Curry Chicken- Mesclun, Curry Chicken Salad, Raisins, Toasted Walnuts, Red Onions, Green Peppers, and Roasted Sweet Potatoes \$9.95
Suggested Dressing- **Lime Coconut Curry**

GL Bonzo Garbanzo- Choice of Greens, Chickpeas, Feta Cheese, Sundried Tomatoes, Cucumbers, Red Onions, Black Olives, and Pita Chips \$7.95
Suggested Dressing- **Citrus Tahini**

GL South of the Border- The Good Leaf Blend, House-roasted Chicken, Black Bean Corn Salsa, Avocado, and Tortilla Strips \$9.95
Suggested Dressing- **Agave Lime Vinaigrette**

GL Poached Pear & Goat Cheese- The Good Leaf Blend, Poached Pears, Cranberries, Caramelized Walnuts, and Goat Cheese \$9.95
Suggested Dressing- **Pear Vinaigrette**

GL Black & Blue Shrimp- The Good Leaf Blend, Bacon, Red Onions, Grape Tomatoes, and Blackened Shrimp \$10.95
Suggested Dressing- **Blue Cheese**

GL Caprese- Heirloom Tomatoes, Fresh Basil, and House-made Mozzarella \$10.95
Suggested Dressing- **Balsamic Reduction with EVOO**

GL Soba Seaweed Salad- Soba Noodles, Marinated Seaweed, Roasted Red Peppers, Sesame Seeds, Green Onions, and Kale \$8.95
Suggested Dressing- **Chin Chow**

GL Quinoa with Grapes & Feta- Quinoa, Red Onions, Grapes, Cucumbers, Roasted Red Peppers, Fresh Basil, and Feta \$8.95
Suggested Dressing- **Red Wine Vinegar and EVOO**

GL Green Grain & Ham- Wheat Berries, Country Ham, Kale, Grape Tomatoes, and Red and Green Onions \$7.95
Suggested Dressing- **Brown Sugar-Bacon Vinaigrette**

Create Your Own \$6.95 Leaf & Stem

Select up to 2 Ingredients
Romaine
The Good Leaf Blend
Spinach
Arugula
Kale
Mesclun

Liven it Up
Select up to 4 Ingredients
\$.55 for each additional

Grape Tomatoes
Shredded Carrots
Roasted Red Peppers
Green Peppers
Broccoli Florets
Apple
Beets
Diced Cucumbers
Mushrooms
Roasted Corn
Black Olives
Sundried Tomatoes
Fresh Basil

Cranberries
Red Onions
Raisins
Sprouts
Poached Pears
Green Onions
Roasted Asparagus
Roasted Sweet Potatoes
Jalapeños
Banana Peppers
Cilantro
Grapes
Black Beans
Chickpeas

Add Crunch +\$.55
Sesame Seeds
Caramelized Walnuts (+\$1)
Toasted Walnuts
Pita Chips
Tortilla Strips
House-made Croutons

Add Grains + \$.55
Quinoa
Barley
Couscous
Wheat Berries
Bamboo Rice

Add Cheese +\$1.25
House-made mozzarella
Blue Cheese
Goat Cheese
Herb Parmesan Crisp
Shaved Parmesan
Feta
Extra Sharp Cheddar
Vegan Cheese **V**

Plant-based Proteins +\$1.25
Edamame
Black Bean Corn Salsa
Avocado
Hummus
Tofu
Soba-Seaweed

Meat-based Proteins
Boiled Egg +\$.55
Bacon +\$1
Country Ham +1
House-roasted Chicken +2
Blackened Shrimp +3.50
Curry Chicken Salad +3.50

Vegan Gluten Free

House-Made Vinaigrettes & Dressings

Caesar **GF**
Curry Coconut Lime **V/GF**
Citrus Tahini **V**
Agave Lime Vinaigrette **GF**
Pear Vinaigrette **V/GF**
Blue Cheese **GF**
Balsamic Vinaigrette **V/GF**
Chin Chow **V**
Brown Sugar-Bacon Vinaigrette **GF**
Ranch **GF**
Red Wine Vinegar
EVOO
Lime Squeeze
Lemon Squeeze

From the Kettle

Seasonal Soup
Cup \$3.95 Bowl \$4.95
Add cup to any salad \$2

Wet Your Whistle

Bubbler Drinks/Iced Tea \$3.00
Bottled/Infused Water \$2.75
Beer \$4
Wine \$5

Sweets and Treats

Ask about our daily dessert options