

Smoothies

BANANA ALMOND 9

almond butter, almond milk, banana, butterfly pea powder, and dates

BERRY BLEND 9

coconut water, raspberries, pitaya powder, and strawberries

CACAO 9

almond milk, banana, cacao powder, and cacao nibs

TROPICAL 9

banana, coconut water, mango, and pineapple

ENLIGHTENED GREEN 9

coconut water, cucumber, green grapes, matcha powder, parsley, pineapple, avocado and spinach

Beverages

coffee 2

hot tea 2

blue sky soda 2

honest tea 2

liquid death

water 2

boochy mama

kombucha 4.25



MEET OUR LOCAL VENDORS:

Angry Irishman Hot Sauce

Boochy Mama Kombucha

Flying Rhino Coffee

Pantless Jams

419 Maple

One Selfless Love Tea

Seed Of Life Farms

Yeah, I'm From Toledo

Allergen Notice

PEANUT OIL USED FOR FRYING
ALL MENU ITEMS MAY COME INTO
CONTACT WITH WHEAT, SOY, NUTS
NEVER ANY MEAT, DAIRY OR HONEY

N- Nuts

S- Soy

W- Wheat

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Toledo, Ohio
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theleafandseed.com



*locally sourced, handcrafted
with compassion and 100%
plant-based*

Hours

Monday - Tuesday Closed

Wednesday - Thursday 10-2

Friday - Saturday

10am - 8pm

Sunday Brunch

10am - 2pm

Breakfast

BREAKFAST BURRITO 12 (WNS)

Sautéed peppers and onion, cheddar shreds, home fries, sausage, tofu scramble with onions and spinach, cashew queso wrapped in a flour tortilla, topped with guacamole and pico de gallo

BELGIAN WAFFLE 10 (W)

served with local syrup and seasonal fruit

STUFFED BURRITO 12 (WS)

black beans, tofu scramble, roasted root vegetables, guacamole, chipotle ranch

SCRAMBLE PLATE 12 (WS)

home fries, tofu scramble with onions and spinach, two sausage patties, and toast served with local jam

BREAKFAST SANDWICH 10 (WS)

sausage patties, smoked provolone and tofu scramble with onions and spinach served on toasted whole grain bread. served with homefries on the side

BISCUIT BOWL 13 (WSN)

open-faced biscuit topped with homefries, tofu scramble with onions and spinach, white pepper sausage gravy, topped with cheddar shreds and green onion

SAUSAGE MUFFIN SANDWICH 8 (WS)

english muffin, sausage, smoked provolone served with homefries on the side

FRUIT & YOGURT PARFAIT (GF) 8

alternating layers of fresh fruit, granola, and plant-based yogurt

Shareables

BRUSSEL SPROUTS 10

flash-fried brussel sprouts topped with coconut bacon, feta, sriracha and balsamic glaze

NACHOS 12 (N)

tortilla chips topped with black beans, cashew queso, shredded lettuce, pico de gallo, and cashew sour cream

ADD SOY CHORIZO 2 (S)

ADD GUACAMOLE 2

ADD CANDIED JALAPEÑO 1

LOADED FRIES 10 (SN)

hand cut french fries topped with soy chorizo, cashew queso, cashew sour cream and green onion

ARTICHOKE CAKES 10 (W)

flash fried artichoke cakes topped with a roasted red pepper aioli

Handhelds

served with homemade potato chips

ARTICHOKE CAKE PO'BOY 12 (W)

artichoke cakes. mixed greens, sliced tomato topped with a roasted red pepper aioli and served on a toasted hoagie roll

HAWAIIAN BURGER 12 (WS)

chickpea and sweet potato patty topped with grilled pineapple, jalapeno coleslaw, teriyaki sauce, sriracha aioli, and served on a whole wheat bun

REUBEN 14 (W)

corned beef seitan with caramelized onions and sauerkraut, smoked provolone, and russian dressing served on grilled rye bread

PHILLY CHEESESTEAK 14 (W)

seitan with sautéed onions and peppers, violife smoked provolone cheese, garlic aioli, served on a toasted hoagie roll

NASHVILLE HOT CHIKN SANDWICH 13 (W)

Dr..Praegers chikn hand breaded and deep fried, nashville hot sauce, mixed greens, bread and butter pickles, served on a whole wheat bun

CRISPY CHIKN SANDWICH 13 (W)

Dr. Praegers chikn hand breaded and deep fried, topped with coleslaw and sriracha aioli served on a whole wheat bun

BUFFALO CHICKPEA WRAP 12 (WS)

smashed chickpeas in a buffalo sauce with diced celery, mixed greens, shredded cabbage and carrots, dressed with dill ranch, and wrapped in a flour tortilla (can be made gf)

MEDITERRANEAN WRAP 12 (W)

cucumber and mint salad, roasted red pepper hummus, mixed greens, shredded cabbage and carrots, kalamata olives, and pickled red onion, dressed with tahini dressing, and wrapped in a flour tortilla (can be made gf)

SOUTHWEST WRAP 12 (WS)

soy chorizo, mixed greens, black bean and corn salsa, cheddar shreds, crispy tortilla strips, chipotle ranch, wrapped in a flour tortilla

Salads

TACO SALAD (GF)(S) 12

mixed greens with chorizo, crispy tortilla strips, fire-roasted corn and black bean salsa, green onion, shredded red cabbage and carrots, and pico de gallo - served with chipotle ranch dressing on the side

MEDITERRANEAN SALAD (GF) 12

mixed greens with cucumber tomato and mint salad, roasted red pepper hummus, feta cheese, kalamata olives, shredded red cabbage and carrots, and pickled red onion - served with tahini dressing on the side

MARKET SALAD (GF) 10

mixed greens with bell pepper, shredded red cabbage and carrots, onions, tomato, crispy tortilla strips - served with ranch dressing on the side

ROASTED ROOT VEGETABLE (GF) 12

mixed greens with herb roasted carrots, sweet potato and parsnips, toasted walnuts, feta cheese - served with apple cider vinaigrette on the side

Kids Menu 6

Nachos

Peanut Butter and Jelly with homemade potato chips
Almond Butter and Jelly with homemade potato chips
Grilled Cheese with house made potato chips

Sides

TOFU SCRAMBLE 3
HOMEFRIES 4
FRUIT CUP 5
TOAST 2
SAUSAGE PATTIES 4
BRUSSELS 6
FRENCH FRIES 4
GARDEN SALAD 5
ROASTED ROOT VEGETABLES 4

Extras for All

SOY CHORIZO 2
CANDIED JALAPENOS 1
GUACAMOLE 2
PICKLED RED ONION 1
VIOLIFE FETA 2
VIOLIFE SMOKED PROVOLONE 2
VIOLIFE CHEDDAR SHREDS 2
CASHEW SOUR CREAM 2
CASHEW QUESO 3
DRESSING OR SAUCE 50