

Smoothies

BANANA ALMOND 9

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

BERRY BLEND 9

coconut water, raspberries, blackberries, blueberries, pitaya powder, and strawberries

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 3

blue sky soda 2

honest tea 2

liquid death

water 2

boochy mama

kombucha 4.25

* TRY ONE OF
OUR HOUSE

BLEND TEAS

OR

LEMONADES



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

116 10th St
Toledo, Ohio
(419) 407-5333

theleafandseed.com



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

*we offer catering, boxed lunches and
custom bakery orders*

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 sautéed onions, cashew queso wrapped in a flour tortilla, topped with guacamole and pico de gallo

SCRAMBLE PLATE 12 (WS)

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

BISCUIT BOWL 13 (WSN)

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

ARTICHOKE CAKE BENEDICT 13 (WSN)

Open faced English muffin, mixed greens, tomato, artichoke cake, hollandaise sauce

IRISH HASH BOWL 13 (WS)

open faced biscuit, home fries, pepper and onion, seitan, tofu scramble with sautéed onions, hollandaise sauce

SAUSAGE MUFFIN SANDWICH 8 (WS)

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

FRUIT & YOGURT PARFAIT 8 (GF)

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

Shareables

BRUSSEL SPROUTS 10 (S)

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 11 (SN)

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

ARTICHOKE CAKES 11 (W)

flash fried artichoke cakes topped with a roasted red pepper aioli

Handhelds

served with homemade potato chips

HAWAIIAN BURGER 13 (WS)

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

REUBEN 14 (W)

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

BUFFALO CHICKPEA WRAP 12 (WS)

smashed chickpeas in 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)

SOUTHWEST WRAP 12 (WS)

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

CHIKN BACON RANCH WRAP 13 (WS)

hand breaded chikn, coconut bacon, mixed greens, tomato, dill ranch wrapped in a flour tortilla

Chikn Chunks and Sammies

BBQ CHIKN CHUNKS AND FRIES 14 (WSN)

hand cut fries, bbq chikn chunks, cashew queso, candied jalapenos, coconut bacon

NASHVILLE HOT CHIKN CHUNKS 13 (WS)

coleslaw, nashville hot chikn chunks, sweet relish

SWEET CHILI CHIKN CHUNKS 13 (WS)

sesame slaw, sweet chili chikn chunks

NASHVILLE HOT CHIKN SANDWICH 13 (WS)

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

CRISPY CHIKN SANDWICH 13 (WS)

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

SWEET CHILI CHIKN SANDWICH 13 (WS)

hand breaded and deep fried chikn sweet red chili sauce, sesame slaw served on a toasted whole wheat

Salads and Bowls

TACO SALAD 13 (GF)(S)

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

MARKET SALAD 10 (GF)

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

THAI QUINOA BOWL 13 (N)

quinoa, power greens, red onion, roasted chickpeas, red bell pepper, chopped peanuts, fresh cilantro, ginger peanut dressing

SWEET POTATO QUINOA BOWL 13 (GF)

quinoa, power greens, red onion, roasted chickpeas, red bell peppers, roasted sweet potatoes, fresh parsley, maple tahini dressing

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

Extras for All

SOY CHORIZO 2

CANDIED JALAPENOS 1

GUACAMOLE 2

VIOLIFE FETA 2

VIOLIFE SMOKED PROVOLONE 2

VIOLIFE CHEDDAR SHREDS 2

CASHEW SOUR CREAM 2

CASHEW QUESO 3

DRESSING OR SAUCE 50