



FUELING a HEALTHY LIFESTYLE

Delicious, small batch, health coach
created to provide nutritious food with
high quality ingredients.



STORE HOURS

MON - FRI **8AM - 4PM**
SATURDAY **8AM - 1PM**
CLOSED SUNDAY

order online 24/7 at chialeah.com

follow us on instagram @chialeah

3217 Lake Ave, Unit 4C
Wilmette, IL 60091

847.728.0053
www.chialeah.com

CLEAN EATS PRODUCT MENU

HEALTH COACH CREATED VEGAN & GLUTEN FREE

Every ingredient has been chosen to promote health and create delicious energizing recipes.

BREAKFAST COOKIES

ORIGINAL* | SEASONAL SPECIAL

Potassium rich bananas and heart healthy oats make these the perfect morning meal or midday snack.

SUPER FOOD DARK CHOCOLATE BARK

ORIGINAL⁺ | NUT FREE | PEPPERMINT⁺

Made with super food nuts & seeds, this 70% cacao dark chocolate bark provides plant based protein & fiber as well as a delicious treat to satisfy your sweet tooth.

CLEAN BITES

BROWNIE⁺ | COOKIE DOUGH^{**} | PB & J^{**} | LEMON + ROSEMARY⁺

Raw energy bites for quick fuel, protein and fiber filled, these are ideal for pre and post workouts or anytime snacks for all ages.

CLEAN CRACKERS

GARLIC & ONION⁺ | ROSEMARY BOOST⁺

Simply seeds and a little spice & salt to flavor these crackers that are full of antioxidants, protein, fiber & healthy fats to fuel your body.

SPRINKLE & GRANOLA

MAPLE & OLIVE OIL QUINOA SPRINKLE | SWEET & SPICY GRANOLA

Sweet & savory and offering a boost of fiber & protein, use as a topping for yogurt, soup and salad. These are also great for travel to allow you to add in nutrition anywhere!

IN-STORE WEEKLY SPECIALS

PIE BOWLS, HUMMUS, SALADS & MORE

Each week Chia Leah will have specials like the Healthy Pie Bowls, Hummus, Salads and more. Only available in-store.

*contain known allergens: *peanuts, †tree nuts, or †sesame
all products made in a facility that processes peanuts, tree nuts and sesame.*

NO PRESERVATIVES

Refrigerate or freeze for maximum freshness.