



BOWL APPÉTIT

## SALADS

### COBB SALAD 14.95 (GF)

avocado, bacon, feta cheese, cucumber, hard boiled egg, little gem, red leaf lettuce, cherry tomato, carrot

*add baked sesame tofu 1.25 (vegan, gf)*

*add roasted chicken breast 2 (gf)*

*add seared shrimp 3.95 (gf)*

*add Beyond burger 4 (vegan, gf)*

### GREEN GODDESS 14.50 (GF, VEGAN)

spinach, little gem, avocado, roasted broccoli, raw pumpkin seeds, apple, cucumber, carrot

*add baked sesame tofu 1.25 (vegan, gf)*

*add roasted chicken breast 2 (gf)*

*add seared shrimp 3.95 (gf)*

*add Beyond burger 4 (vegan, gf)*

### THAI MANGO MUNCH 14.50 (VEGAN) - contains seeds, gluten

mango, mixed greens, little gem, cabbage, cilantro, mint, cucumber, cherry tomato, carrot, sunflower seeds, crunchy noodles

*add baked sesame tofu 1.25 (vegan, gf)*

*add roasted chicken breast 2 (gf)*

*add seared shrimp 3.95 (gf)*

*add Beyond burger 4 (vegan, gf)*

#### Salad Dressing Options:

*Asian Sesame (vegan) - contains sesame, soy*

*Green Goddess (vegetarian, gf) - contains dairy*

*Poppysseed (vegetarian, gf)*

*Raspberry Walnut Vinaigrette (vegan, gf)*

*Honey Mustard (vegan, gf)*

*Homemade Ranch (vegetarian, gf) - contains dairy*

### SUNNY NOODLE SALAD 14.50 - (GF, VEGAN) contains peanut, onion

sweet potato noodles boiled with curly kale, edamame, carrot, cabbage, spring mix, roasted broccoli, sweet and tangy peanut beet sauce

*add baked sesame tofu 1.25 (vegan, gf)*

*add roasted chicken breast 2 (gf)*

*add seared shrimp 3.95 (gf)*

*add Beyond burger 4 (vegan, gf)*

#### ADD-ONS:

Avocado: 2.50 Boiled Egg: 1.95 Apple: .95 Mango: 1.50 Spring Mix: .50 Little Gem: .50 Baby Spinach: .50

Cucumber: .50 Carrots: .50 Red Onion: .50 Feta Cheese: .75 Boiled Beets: 1.00 Dried Cranberries: .75

Chickpeas: .75 Raw Pumpkin Seeds: .50 Crunchy Noodles: .50 Roasted Brussel Sprouts: 1.75

Roasted Sweet Potatoes: 1.75 Edamame: 1.00

## WARM BOWLS

### BUTTERNUT SQUASH CURRY BOWL 14.50 (VEGAN, GF) - contains nuts, onion

butternut squash, broccoli, garbanzo beans, onion, Thai curry spices, coconut milk, sliced almonds, crispy garlic, and a choice of spinach rice or forbidden red japonica rice

*add baked sesame tofu 1.25 (vegan, gf) - contains soy, sesame*

*add roasted chicken breast 2 (gf)*

*add seared shrimp 3.95 (gf)*

*add Beyond burger 4 (vegan, gf) - contains soy*

### FORBIDDEN RICE VEGGIE BOWL 14.50 (VEGAN) - contains onion, sesame, wheat, soy

forbidden rice, red japonica, curly kale, edamame, broccoli, carrot, cabbage, toasted sesame, red chili hoisin

*add baked sesame tofu 1.25 (vegan, gf) - contains soy, sesame*

*add roasted chicken breast 2 (gf)*

*add seared shrimp 3.95 (gf)*

*add Beyond burger 4 (vegan, gf) - contains soy*

### HAWAIIAN TERIYAKI AVOCADO BOWL 15.95 (VEGAN, GF) - contains soy, sesame

(protein selection required) roasted fresh pineapple, fresh spinach, edamame, avocado, cherry tomato, toasted sesame, and a choice of spinach rice or forbidden red japonica rice

*baked sesame tofu 0.00 (vegan, gf) - contains soy, sesame*

*roasted chicken breast 2 (gf)*

*seared shrimp 3.95 (gf)*

*Beyond burger 4 (vegan, gf) - contains soy*

#### ADD-ONS:

Avocado: 2.50 Roasted Brussel Sprouts: 1.75 Roasted Sweet Potatoes: 1.75 Roasted Asparagus: 1.95

Roasted Broccoli: 1.25 Boiled Egg: 1.95 Chickpeas: .75 Edamame: 1.00

#### EXTRA PROTEIN:

*add baked sesame tofu 1.25 (vegan, gf) - contains soy, sesame*

*add roasted chicken breast 2 (gf)*

*add seared shrimp 3.95 (gf)*

*add Impossible burger 4 (vegan, gf) - contains soy*

## BEVERAGES

Itoen Jasmine Green Tea 3.25

Vita Coco (coconut water) 4.00

Izze Sparkling: (flavors: blackberry, clementine, apple) 2.50

Perrier Sparkling Water 3.00

Smart Water 2.95