

GREENS & GRAINS BOWL MENU

— \$17.95 —

Choose and create a healthy, energy packed, make-your-own greens or grain bowl bar

GREENS / GRAINS

— CHOOSE 1 —

Chopped Romaine | Spring Mix | Arugula | Baby Kale | Spinach
White Rice | Brown Rice | Wild Rice | Quinoa | Farro | Barley | Red Lentils

MEAT / PROTEIN

— CHOOSE 1 —

Diced Greek Chicken | Diced Jerk Chicken | Diced Bourbon Chicken | Diced Shawarma Chicken
Diced Ginger Glazed Chicken | Diced Citrus Chicken | Chipotle Spiced Tofu | Grilled Herbed Tofu
Curry Chickpeas | Roasted Shawarma Chickpeas | Pan Seared Herbed Portabellas | Falafel | Taco Beef
| Soyrizo (vegan Chorizo) | Vegan Taco Beef | Curried Shrimp (+\$1.75) | BBQ Spiced Shrimp (+
\$1.75) | Lemon Garlic Shrimp (+\$1.75)

VEGGIES / FRUITS

— CHOOSE 2 —

Roasted Cauliflower | Steamed Lemon Broccoli | Sautéed Tri-Color Peppers | Grape Tomato
Shredded Carrots | Caramelized Onion | Diced Tomato-Cucumber | Roasted Sweet Potatoes
Pickled Red Onion | Roasted Carrots | Shredded Red Cabbage | Black Beans | Chickpeas
Edamame Beans | Pineapple | Mandarin Oranges | Chinese Cucumber Salad w/ Sesame Oil

TOPPINGS

— CHOOSE 1 —

Chopped Eggs | Shredded Parmesan | Cubed Feta Cheese | Cilantro Leaves
Lime Wedges | Shredded Cheddar

DIPS / SPREADS

— CHOOSE 1 —

Salsa | Guacamole | Hummus | Roasted Pepper Hummus | Baba Ganoush | Pinto Bean Dip

DRESSINGS

— CHOOSE 2 —

Balsamic Vinaigrette | Caesar Dressing | Asian Sesame Dressing | Honey-Lime Chipotle Vinaigrette
Ranch Dressing | Lemon Herb Tahini | Sriracha Yogurt Dressing | Tzatziki

Extras may be ordered a-la-carte in increments of 15

Grains / Greens - \$2.95pp, Meat / Protein \$5.95pp, Vegetables \$2.95pp, Toppings / Dips \$2.95pp

Signature Selections:

GREEK

Chopped Romaine
Diced Greek Chicken
Diced Tomato-Cucumber
Pickled Red Onion
Feta Cheese
Hummus
Caesar Dressing
Balsamic Vinaigrette

CALIFORNIA VEGGIE

Baby Spinach
Pan Seared Portabellas
Roasted Carrots
Grape Tomatoes
Chopped Eggs
Guacamole
Sriracha Yogurt Dressing
Balsamic Vinaigrette

LEBANESE

Chopped Romaine
Falafel
Roasted Cauliflower
Diced Tomato-Cucumber
Cubed Feta Cheese
Hummus
Lemon Herb Tahini
Balsamic Vinaigrette

JAMAICAN

Wild Rice
Diced Jerk Chicken
Roasted Sweet Potato
Black Beans
Shredded Cheddar
Guacamole
Honey-Lime
Chipotle Vinaigrette
Balsamic Vinaigrette

TERIYAKI

Brown Rice
Ginger Glazed Chicken
Pineapple
Shredded Carrots
Edamame
Steamed Broccoli
Asian Sesame Dressing
Honey-Lime
Chipotle Vinaigrette

FAJITA

Brown Rice
Diced Citrus Chicken
Sautéed Tricolored Peppers
Black Beans
Shredded Cheddar Cheese
Guacamole
Ranch Dressing
Honey-Lime
Chipotle Vinaigrette

