

### PICK A PROTEIN...

### 4 TOPPINGS BOWL...

### 6 TOPPINGS BOWL...

Grilled or BBQ Chicken Breast  
Marinated Beef  
Tofu

CAL  
110  
580  
440

\$11.99  
\$12.49  
\$11.99

\$13.99  
\$14.49  
\$13.99

### PICK A GRAIN (1 CUP)

### SCOOP OF FLAVOR (1 SCOOP)

Beluga Lentils  
Brown Rice  
Quinoa  
Toasted Barley  
Chickpeas

CAL  
280  
240  
110  
160  
200

VG  
VG  
VG  
VG  
VG

Avocado Mash  
Creamy Feta Spread  
Kale Pesto Tomatoes  
Hummus

CAL  
30  
70  
40  
70

VG  
V  
V  
VG

### PICK A GREEN

### ENHANCE YOUR BOWLFUL

Baby Kale  
Baby Arugula  
Mixed Greens

CAL  
10  
10  
30














VG  
VG  
VG

Marinated Flank Steak  
Grilled Salmon  
Shrimp




CAL  
380  
580  
440

\$6.99  
\$6.99  
\$6.99

### TOP WITH 3 VEGGIES (¼ CUP)

	CAL				CAL		
Roasted Broccoli Rabe	15			Roasted Beets	20		
Charred Carrots	30			Roasted Butternut Squash	20		
Roasted Mushrooms	5			Roasted Sweet Potatoes	20		
Roasted Cauliflower	30			Roasted Red Peppers	45		


### FINISH WITH A DRESSING (2 OZ)


	CAL	
White Balsamic Shallot Vinaigrette	260	
Champagne Vinaigrette	330	
Honey Mustard Dressing	280	


### A PICKLE FOR TANG (1 TBSP)

	CAL		
Pickled Red Onions	5		
Pico De Gallo	10		
Pickled Cucumber Slices	10		

 Mindful

 Vegetarian

 Vegan

 Plant based

2000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutrition information available upon request.