

# Bowls from around the world!

Weekly Specials Available for \$9.69 with a beverage and chips! See staff for details.

## Entrees

	Value	Cals
Shrimp Lo Mein	\$6.99	310
Szechuan Chicken	\$6.99	569
Mexican Beef Burrito Bowl	\$5.29	300
Vietnamese Hainanese Chicken Bowl	\$6.99	480
Peruvian Arroz Tapado Bowl	\$6.99	321
West African Jollof Bowl	\$6.79	683
Mediterranean Chicken Bowl	\$6.99	770
Mexican Beef Burrito Bowl	\$6.99	782
Build Your Own Stir Fry	\$6.99	770

## Additional Items

	Value	Cals
Muffin	\$2.49	412
Otis Cookie	\$2.19	600
Scone	\$2.69	410
Poptart	\$1.99	220
Cinnamon Roll	\$2.69	420
Brownie	\$2.49	220
Donut	\$2.99	400
Chocolate Bar	\$2.09	220
Chips	\$1.89	160
Bagel	\$2.99	300
Nutrigrain Bar	\$2.49	180
Milk	\$1.29	298
Cereal	\$1.49	120
Beef Jerky	\$8.99	90

## Sides

	Value	Cals
Vegetable Egg Rolls	\$2.19	140
Pork Egg Rolls	\$2.99	200
Pork Potstickers	\$2.99	180
Edamame Potstickers	\$2.99	100
Chicken Potstickers	\$2.99	160

2,000 Calories a day is used for general nutrition advice. However, calorie needs may vary. Additional nutritional information available upon request.

## Fountain Drinks

	Value	Size
Pepsi; Diet Pepsi; Wild Cherry Pepsi	\$1.99	16 oz
Mountain Dew; Diet Dew	\$2.09	20 oz
Orange Crush		
Starry		
Ginger Ale		
Pink Lemonade		
Dr Pepper		
Ice Water	0.69	20 oz



# Bottle Drinks

8.5 oz Red Bull \$3.59 Cals

Regular 110  
Sugar Free 10

12 oz Red Bull \$3.79 Cals

Blueberry 160  
Tropical 160  
Watermelon 160

Gatorade \$2.59 Cals

Fruit Punch 190  
Cool Blue 190  
Lemon Lime 190

Naked Juice \$6.19 Cals

Red Machine 270  
Green Machine 250  
Mango 290

Juice \$2.69 Cals

Apple 160  
Orange 170  
Grape 220



ALL drinks: buy 6 get 10% off!

# simply to go



Live. Eat. Go.



Entree Value Cals

Texas Toast Peanut Butter and \$4.09 580  
Turkey Sub \$4.89 330  
Chicken Caesar Wrap \$4.49 580

Salads and Cups Value Cals

Garden Salad \$4.09 160  
Fruit Cup \$3.89 110  
Cheese and Grapes Cup \$4.19 460  
Strawberry Cup \$3.89 50

Desserts Value Cals

Parfait \$3.69 350  
Yoplait Yogurt \$1.89 130  
Pudding Cup \$2.69 190~220

Additional Items Value Cals

Sabra Avacado \$4.99 190  
Sabra Hummus \$4.99 200  
Hard Boiled Eggs \$1.99 150  
Pepperoni and Cheese \$3.89 510

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# THE KINDRED BOWL **Specials**

## August

### Tandoori Chicken

Starting Monday the 25<sup>th</sup>

and ending Friday the 29<sup>th</sup>

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# THE KINDRED BOWL Specials

## September

### Mie Goreng Fried Noodles

Starting Monday the 1<sup>st</sup>

and ending Friday the 5<sup>th</sup>

### Beef Fried Rice

Starting Monday the 8<sup>th</sup>

and ending Friday the 12<sup>th</sup>

### Chicken Pad Thai

Starting Monday the 15<sup>th</sup>

and ending Friday the 19<sup>th</sup>

### Beef and Kimchi Rice

Starting Monday the 22<sup>nd</sup>

and ending Friday the 26<sup>th</sup>

### Jollof Rice

Starting Monday the 29<sup>th</sup>

and ending Friday the 3<sup>rd</sup>

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# THE KINDRED BOWL Specials

## October

### Jerk Chicken

Starting Monday the 6<sup>th</sup>  
and ending Friday the 10<sup>th</sup>

### Garlic Shrimp Ramen

Starting Monday the 13<sup>th</sup>  
and ending Friday the 17<sup>th</sup>

### Chickpea Curry

Starting Monday the 20<sup>th</sup>  
and ending Friday the 24<sup>th</sup>

### Pho

Starting Monday the 27<sup>th</sup>  
and ending Friday the 31<sup>st</sup>

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