

CHOOSE WHAT WORKS FOR YOU

Choose one of the chef selected TRADITIONAL BOWLS or SUMMER BOWLS or build your own!

DESIGN YOUR OWN BOWL: 12.95

1. START HERE: CHOOSE TWO

Local Field Greens

Shredded Kale & Spinach

Pea Tendrils & Sprouts

Quinoa Salad

Classic Brown Rice (served hot)

Mediterranean Cous Cous

DRESS YOUR GREENS

Sriracha Lime Chili

Creamy Balsamic

Avocado Crema

Basil Pesto

Lemon Coconut Oil

Asian BBQ

Sweet Thai Chili

Fresh Lemon or Lime

Green Goddess

2. ADD ONE PROTEIN

add an additional protein to your bowl 3.00

Herb Roasted Amish Chicken Thigh

Faroe Island Salmon

Black Tiger Shrimp

Marinated Tofu (served cold)

Amish Chicken Meatballs

Smoked Organic Pork

3. CHOOSE TWO SIDES

add an additional side to your bowl 2.50

Roasted Beets

orange, red cabbage, mint

Black Beans

roasted shishito peppers, red onion, lime

Blistered Spring Onions & Asparagus

EVOO, garlic, sea salt

Broccoli

pecorino, red chili flake, lemon zest

Citrus & Herb Soba Noodles

EVOO, citrus juice & zest, fresh herbs

Sweet Corn Elote

Cotija cheese, paprika, cilantro, lime

Grilled Peaches

honey, sea salt

Tajín Cucumber

grape tomato, lime, Tajín

Grilled Balsamic Portabellas (served hot)

EVOO, garlic, salt

Roasted Sweet Potato

maple syrup, thyme, honey

Organic Summer Vegetable Noodles

seasonal selection, lemon vinaigrette, kosher salt

Curried Cauliflower

spring peas, baby radish, shaved carrots

EXTRAS

ADD MORE TO LOVE

Avocado **HEALTHY FATS**

+0.75

Candied Walnuts

+0.75

Hard Boiled Egg **MORE PROTEIN**

+0.75

A la carte Protein

4.50

Candied Fennel Bacon

+0.75

A la carte Side or Base

3.50

Persian Feta

+0.75

Kids Bowl (one protein + one side)

5.95