

CHOOSE WHAT WORKS FOR YOU

CHOOSE A CHEF SELECTED SEASONAL BOWL OR DESIGN YOUR OWN FROM THE CHOICES BELOW.
ALL BOWLS 12.95

1. START HERE: CHOOSE TWO

Local Field Greens

Shredded Kale & Spinach

Pea Tendrils & Sprouts

Quinoa Salad

Classic Brown Rice (served hot)

Three Bean Salad

DRESS YOUR GREENS

Sriracha Lime Chili

Creamy Balsamic

Cranberry Vinaigrette

Apple Cider Vinaigrette

Green Goddess

Lemon Coconut
Vinaigrette

Sweet Thai Chili

Fresh Lemon

Fresh Lime

2. ADD PROTEIN

add an additional protein to your bowl for 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 for 2.00

Roasted Beets

orange, red cabbage, mint

Black Beans

roasted shishito peppers, red onion, lime

Snow Peas

carrot, sesame seeds, ginger, gluten-free soy

Broccoli

pecorino, red chili flake, lemon zest

Quick Pickled Apples

red onion, tart cherries, apple cider vinegar

Tajín Cucumber

grape tomato, lime, Tajín

Grilled Balsamic Portabellas (served hot)

EVOO, garlic, salt

Roasted Sweet Potato

maple syrup, thyme, honey

Vegetable Noodles

seasonal selection, lemon vinaigrette, kosher salt

Baked Cauliflower Gratin (served hot)

white cheddar, cream

Charred Brussels Sprouts (served hot)

sherry vinegar, sea salt

Citrus & Herb Soba Noodles

EVOO, citrus juice & zest, fresh herbs

EXTRAS

ADD MORE TO LOVE

Avocado **HEALTHY FATS**

+0.75

Candied Nuts

+0.75

Hard Boiled Egg **MORE PROTEIN**

+0.75

A la Carte Side/Base

2.50

Candied Fennel Bacon

+0.75

A la Carte Protein

4.00

Persian Feta or Goat Cheese

+0.75

Kids Bowl

5.95