



SEASONAL BOWLS

NEW! HOT BOWLS

Warm up with our favorite seasonal flavors.
\$9.95 each



Sweet & Smoky Pork

Charred Brussels sprouts,
quick pickled apples,
cauliflower gratin

Ginger & Sesame Chicken Meatballs

Snow pea salad, brown rice,
pea tendrils & shoots, balsamic
mushrooms, scallions



LIGHT & SATISFYING

Delicious as they are, or add protein for more punch.
\$9.95 each | Add Protein: + \$3.00



Green Goddess

Pea tendrils & sprouts, vegetable
noodles, asparagus & blistered
onions, avocado, marinated feta,
hard boiled egg, green goddess
dressing

Beets

Local field greens, roasted
beets, cabbage, goat cheese,
mint, citrus, candied walnuts,
creamy balsamic dressing



Ask about our daily soup selection!

FEELING INSPIRED? BUILD YOUR OWN BOWL

Pick your favorites from the build your own bowl menu and
BUILD WHAT WORKS FOR YOU

847-234-8802

670 N. Bank Ln. Lake Forest, IL 60045
EatMHK.com | Instagram: @eatmhk