

WELCOME

FEATURED

- NEW

CHICKEN CHOPPED SALAD — \$13.25

romaine, cucumber, red onion, tomato, garbanzo beans, kalamata olives, pepperocinis with roasted chicken, blue cheese and italian dressing GF
- MEDITERRANEAN WRAP — \$14.25

roasted chicken, romaine, muhammara, pickled red onion, cucumber, tomatoes, golden raisins, feta, pita crumbles, cilantro and red wine vinaigrette in a 14" flour tortilla

GRAIN BOWLS

- POWER BOWL — \$10.00

organic black rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess VG V GF
- FIESTA BOWL — \$10.50

organic black rice, southwest salsa, poblano cabbage slaw, mild cheddar, black bean dip, cilantro, crumbled tortilla strips, salsa roja V GF
- THAI BOWL — \$10.25

organic black rice, roasted sweet potatoes, roasted broccoli, carrots, sweet potato curry, cilantro, thai basil pesto VG V GF
- TUNA POKE BOWL* — \$15.25

organic black rice, line caught sashimi tuna in a sesame-tamari vinaigrette, cucumber salad, pickled onions, avocado, radish, topped with green onion and pickled ginger mayo (dairy-free) GF
- ASIAN BBQ BOWL — \$14.50

organic black rice, poblano cabbage slaw, roasted sweet potato, broccoli, poke dressing, beef meatballs with house-made tamarind BBQ topped with crispy fried onions and green onion

NEW

GREENS & GRAINS

- CASHEW BOWL — \$12.00

organic black rice, mixed greens, roasted broccoli and cauliflower, cucumber salad, toasted cashews, cilantro, green onion, sesame seeds, thai cashew vinaigrette V GF
- CLUB MED BOWL — \$12.00

oven roasted falafel with arugula, quinoa, muhammara, med salad (cucumber, tomato, red onion, mint), golden raisins, feta cheese, kalamata olives, cilantro, crumbled pita chips and red wine vinaigrette. CONTAINS WALNUTS V
- AVOCADO CRUNCH — \$14.00

organic black rice, romaine, poblano cabbage slaw, guacamole, crumbled tortilla strips, pickled red onions, smoked salmon, avocado green goddess GF



SALADS

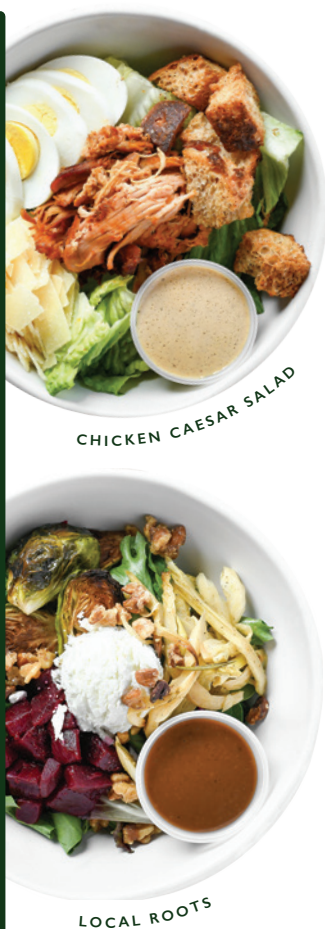
- CULTURED COBB — \$15.00

romaine, sweet corn, tomatoes, avocado, bacon, hard boiled egg, blue cheese, roasted chicken, green onion, red wine vinaigrette GF
- CHICKEN CAESAR — \$13.25

romaine, sourdough croutons, shaved parmesan, hard boiled egg, roasted chicken, caesar
- LOCAL ROOTS — \$11.00

kale, mixed greens, beets, roasted brussels sprouts, citrus roasted fennel, candied walnuts, goat cheese, maple balsamic V GF
- SOUTHWEST RANCH — \$14.00

roasted chicken, romaine, southwest salsa (corn, black beans, pico de gallo, cilantro & salsa roja), pickled red onion, cheddar, crumbled tortilla strips, spicy ranch GF



WRAPS

- CHICKEN BACON CAESAR WRAP — \$14.25

romaine, roasted chicken, shaved parmesan, bacon, everything-bagel sourdough crouton crumble and caesar in a 14" flour tortilla (omissions OK)
- SANTA FE WRAP — \$14.25

roasted chicken, organic black rice, southwest salsa (corn, black beans, pico de gallo, cilantro & salsa roja), poblano cabbage slaw, mild cheddar, cilantro, crumbled tortilla strips, spicy ranch and salsa roja in a 14" flour tortilla (omissions OK)

PROTEINS

ROASTED PULLED CHICKEN GF	\$3.50	HARD BOILED EGG	\$2.00
ROASTED DICED CHICKEN GF	\$3.50	BEEF MEATBALLS (2)	\$5.00
ROASTED TOFU VG V GF	\$3.50	SMOKED SALMON GF	\$7.00
FALAFEL (4) VG V GF	\$3.50	TUNA POKE* GF	\$7.00

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodbourne illness, especially if you have certain medical conditions

BASES

ORGANIC BLACK RICE • ORGANIC QUINOA • CAULIFLOWER RICE • ROMAINE MIXED GREENS • KALE • ARUGULA • SPINACH

PRODUCE FRESH FROM
FLYNN CREEK FARM
IN VERONA



VG VEGAN V VEGETARIAN GF GLUTEN-FREE

BEVERAGES

- OLIPOP — \$3.75

cola, lemon lime, strawberry vanilla
- SPINDRIFT — \$3.75

lemon, raspberry lime
- YERBA MADRE — \$5.00

enlighten mint, bravo mango
- NORDSKOV ICE COLD COFFEE — \$5.00

locally brewed in Milton, WI
- BOTTLED WATER — \$4.00

VALUE MENU

- SMALL POWER BOWL — \$7.25

no substitutions, omissions are OK, protein addition is OK VG V GF
- SMALL THAI BOWL — \$7.25

no substitutions, omissions are OK, protein addition is OK VG V GF
- SMALL CULTURED COBB — \$9.75

no substitutions, omissions are OK GF
- MAKE YOUR OWN BOWL — \$7.25

regular-sized bowl includes your choice of two bases, three standard ingredients, and your choice of dressing (additional ingredients available for additional charges)

KIDS MENU

- KIDS MAKE YOUR OWN BOWL — \$5.25

includes your choice of any four ingredients we offer (limit one protein) + \$3.50 for tuna poke* or smoked salmon
- KIDS POWER BOWL — \$5.25

organic black rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess VG V GF

SCAN HERE FOR
NUTRITIONAL INFO

