

FRESH KITCHEN

BUILD YOUR BOWL

THREE BOWL : 1 BASE / 1 VEGGIE / 1 PROTEIN / 1 SAUCE	\$9.50
FOUR BOWL : 2 BASES / 1 VEGGIE / 1 PROTEIN / 1 SAUCE	\$11.50
SIX BOWL : 2 BASES / 2 VEGGIES / 2 PROTEINS / 1 SAUCE	\$14.50

BASES

CHILLED SWEET POTATO NOODLES DF/GF/SF/V

CHEESY MASH GF/SF

BROWN RICE DF/GF/SF/V

FIESTA POWER RICE DF/GF/SF/V

CREAMY CAESAR GREENS (DF/GF/SF/V) (N)

CITRUS MARKET GREENS (DF/GF/SF/V)

EXTRA BASE \$3.25

VEGGIES

GARDEN MINT CARROTS DF/GF/SF/V

CRUNCHY BRUSSELS MIX DF/GF/SF/V (N)

BASIL MUSHROOMS DF/GF/SF/V

LEMON GARLIC BROCCOLI DF/GF/SF/V

BLISTERED GREEN BEANS DF/GF/SF/V

MAPLE SWEET POTATOES DF/GF/SF/V

EXTRA VEGGIE \$3.25

PROTEINS

GRILLED BBQ CHICKEN DF/GF/SF

GRILLED ROSEMARY CHICKEN DF/GF/SF

BAKED ALMOND CHICKEN DF/GF (N)

TERIYAKI SALMON DF/GF/SF +\$4

GRILLED HERB STEAK DF/GF/SF +\$4

EXTRA PROTEIN \$3.75/\$5

SAUCES

COCONUT SRIRACHA DF/GF/SF/V

CREAMY WHITE GINGER DF/GF/SF/V

GREEN GOODNESS DF/GF/SF/V

BUFFALO SAUCE DF/GF/SF/V

ADD-ONS

CITRUS AVOCADO DF/GF/SF/V +\$2.25

KALE PESTO TOMATOES DF/GF/SF/V (N) +\$1.50

FOOD ETHOS

OUR ENTIRE MENU IS 100% GLUTEN FREE.

WE COOK IN 100% OLIVE OIL.

SEED-OIL FREE.

FRESH CUT VEGGIES AND ALL SAUCES ARE
MADE IN HOUSE.

ALL MEATS ARE HORMONE AND
ANTIBIOTIC FREE.

OUR SEAFOOD IS SUSTAINABLY SOURCED.

DIETARY PREFERENCES

		VEGETARIAN	VEGAN	DAIRY FREE	NUT FREE	PROCESSED SUGAR FREE	SOY FREE	SEED OIL FREE
BASES	CHILLED SWEET POTATO NOODLES	●	●	●	●	●	●	●
	CHEESY MASH	●			●	●	●	●
	BROWN RICE	●	●	●	●	●	●	●
	FIESTA POWER RICE	●	●	●	●	●	●	●
	CREAMY CAESAR GREENS	●	●	●		●	●	●
	CITRUS MARKET GREENS	●	●	●	●	●	●	●
VEGGIES	GARDEN MINT CARROTS	●	●	●	●	●	●	●
	CRUNCHY BRUSSELS MIX	●	●	●		●	●	●
	BASIL MUSHROOMS	●	●	●	●	●	●	●
	LEMON GARLIC BROCCOLI	●	●	●	●	●	●	●
	BLISTERED GREEN BEANS	●	●	●	●		●	●
	MAPLE SWEET POTATOES	●	●	●	●	●	●	●
PROTEINS	TERIYAKI SALMON			●	●	●		●
	GRILLED BBQ CHICKEN			●	●	●	●	●
	GRILLED ROSEMARY CHICKEN			●	●	●	●	●
	GRILLED HERB STEAK			●	●	●	●	●
	BAKED ALMOND CHICKEN			●			●	●
SAUCES	COCONUT SRIRACHA	●	●	●	●	●		●
	CREAMY WHITE GINGER	●	●	●	●	●		●
	GREEN GOODNESS	●	●	●	●	●	●	●
	BUFFALO SAUCE	●	●	●	●	●	●	●
ADD-ONS	CITRUS AVOCADO	●	●	●	●	●	●	●
	KALE PESTO TOMATOES	●	●	●		●	●	●

