

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

COCONUT GINGER RICE DF/GF/SF/V

KALE PARM CAESAR GF/SF (N)

ARUGULA + SPINACH SALAD DF/GF/SF/V

EXTRA BASE \$3.25

VEGGIES

GOLDEN SPICE CHICKPEAS DF/GF/SF/V

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

LEMON OLIVE OIL CHICKEN DF/GF/SF

BAKED ALMOND CHICKEN DF/GF (N)

TERIYAKI SALMON DF/GF/SF +\$4

SEARED CHIMICHURRI FLANK 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

CITRUS VINAIGRETTE DF/GF/SF/V

ADD-ONS

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

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

MISO AVOCADO SALAD DF/GF/SF/VF +\$2.25

ROASTED CORN SALAD GF/SF +\$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	●	●	●	●	●	●	●
	COCONUT GINGER RICE	●	●	●	●	●	●	●
	FIESTA POWER RICE	●	●	●	●	●	●	●
	KALE PARM CAESAR	●				●	●	●
	ARUGULA + SPINACH SALAD	●	●	●	●	●	●	●
VEGGIES	GOLDEN SPICE CHICKPEAS	●	●	●	●	●	●	●
	BASIL MUSHROOMS	●	●	●	●	●	●	●
	LEMON GARLIC BROCCOLI	●	●	●	●	●	●	●
	BLISTERED GREEN BEANS	●	●	●	●		●	●
	MAPLE SWEET POTATOES	●	●	●	●	●	●	●
PROTEINS	TERIYAKI SALMON			●	●	●		●
	GRILLED BBQ CHICKEN			●	●	●	●	●
	LEMON OLIVE OIL CHICKEN			●	●	●	●	●
	SEARED CHIMICHURRI FLANK STEAK			●	●	●	●	●
	BAKED ALMOND CHICKEN			●			●	●
SAUCES	COCONUT SRIRACHA	●	●	●	●	●		●
	CREAMY WHITE GINGER	●	●	●	●	●		●
	GREEN GOODNESS	●	●	●	●	●	●	●
	BUFFALO SAUCE	●	●	●	●	●	●	●
	CITRUS VINAIGRETTE	●	●	●	●	●	●	●
ADD-ONS	CITRUS AVOCADO	●	●	●	●	●	●	●
	KALE PESTO TOMATOES	●	●	●		●	●	●
	MISO AVOCADO SALAD	●	●	●	●	●		●
	ROASTED CORN SALAD	●			●	●	●	●

