



## BOWLS & BOXES

Grab & Go Breakfast and Lunch ideas when a bagel, sandwich or salad won't do!

Bowls & Boxes are served a la carte. For a complete meal please visit our Anytime Add-ons, Freshly Baked Goods or Sweet Treats menus for additional offerings.

**FEEL GOOD BOWLS** that inspire healthy habits

**\$15.25 each - order minimum 6 each**

**A LA CARTE ADD-ONS, BEVERAGES & DESSERTS PRICED INDIVIDUALLY**

### FARMERS BREAKFAST BOWL

Roasted red potatoes, onions & black beans with hard boiled egg, avocado, cheddar cheese, green onion & cherry tomatoes

**Add 2 pieces of Thick Smokehouse Bacon or 2 Chicken Apple Sausage Links for \$4.25**

### SOUTHWEST BREAKFAST BOWL

Roasted red potato, onion & pepper hash, fresh spinach, hard boiled egg, avocado & spicy chipotle sauce

### SUPER FOOD BOWL WITH POWER GREENS

Red quinoa, sauteed kale, shredded red cabbage & carrot, white beans, avocado, golden raisins & toasted pumpkin seeds with lemon vinaigrette

### MEDITERRANEAN CHICKEN POWER BOWL

Arugula, grilled chicken, cucumber, tomato, crispy spiced chickpeas, crumbled blue cheese & toasted walnuts with lemon-garlic vinaigrette

### GRILLED SALMON BUDDHA BOWL

Mixed greens & red cabbage, avocado, edamame, shredded carrots, shaved radishes & green onions with creamy miso-sesame dressing

### GREEK FARRO BUDDHA BOWL GRILLED CHICKEN OR SPICED TOFU\*

Farro, baby spinach, cucumber, tomatoes, chickpeas, feta, red onion & kalamata olives with lemon vinaigrette \*VEGAN - SPICED TOFU, OMIT CHEESE

**Boxed Meals** - your choice of entree and starch\*, accompanied by fresh seasonal vegetables.

\* Pastas are accompanied by seasonal vegetables only

**\$15.25 - \$16.25 each - order minimum 10 each**

**A LA CARTE ADD-ONS, BEVERAGES & DESSERTS PRICED INDIVIDUALLY**

**\$15.25 each**

**TIKKA MASALA** Chicken or Tofu-Cauliflower

**THAI COCONUT RED CURRY CHICKEN**

**EGGPLANT PARMESAN\***

**PENNE BOLOGNESE**

**LASAGNA** (Meat or Vegetarian)\*

**\*10-SERVING INCREMENTS ONLY**

### STARCH

Select one of the following:

**STEAMED RICE**

**ROASTED ROSEMARY POTATOES**

**\$16.25 each**

**FIRE-ROASTED COD** with romesco sauce

**ROASTED LEMON-HERB SALMON**

**CHICKEN PARMESAN**

**CHICKEN DIJON**

**CHICKEN WITH MEYER LEMON SAUCE**

**RICE PILAF** seasoned rice with sauteed vegetables

**GARLIC LINGUINE**