



## BOWLS & BOXES

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

**FEEL GOOD BOWLS** that inspire healthy habits  
order minimum 6 each

**FARMERS BREAKFAST BOWL \$12.50**

Roasted red potatoes, onions & black beans with scrambled eggs, avocado, cheddar cheese, green onion & cherry tomatoes

Add 2 pieces of Thick Smokehouse Bacon or 2 Chicken Apple Sausage Links for \$3.50

**SOUTHWEST BREAKFAST BOWL \$12.50**

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

**QUINOA HARVEST BOWL \$12.50** 

Red quinoa, roasted butternut squash, sauteed kale, shredded carrot, avocado & toasted pumpkin seeds with orange-ginger dressing

**MEDITERRANEAN CHICKEN POWER BOWL \$12.50**

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

**GRILLED SALMON BUDDHA BOWL \$12.50**

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\* \$12.50** 

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

**BOXED HOT MEALS** individually packed and budget friendly  
order minimum 10 each

**THAI CHICKEN COCONUT-RED CURRY \$12.50**

Steamed rice & sauteed bok choy

**TIKKA MASALA CHICKEN OR TOFU-CAULIFLOWER \$12.50**

Basmati rice

**LASAGNA MEAT OR ROASTED VEGETABLE \$12.50**

Roasted seasonal vegetables

**EGGPLANT PARMESAN \$12.50**

Roasted seasonal vegetables

**GRILLED CHICKEN WITH MEYER LEMON SAUCE \$13.50 each**

Ancient grain pilaf & seasonal vegetables

**FIRE ROASTED COD WITH RED PEPPER ROMESCO SAUCE \$13.50 each**

Couscous-quinoa pilaf & green beans

**ROASTED LEMON-HERB SALMON \$13.50 each**

Rice pilaf & seasonal vegetables

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

VEGAN 

