



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

\$14.50 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 \$4.00

SOUTHWEST BREAKFAST BOWL

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

QUINOA HARVEST BOWL

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

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-tahini vinaigrette *VEGAN - SPICED TOFU, OMIT CHEESE

BOXED HOT MEALS individually packed and budget friendly

order minimum 10 each

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

THAI CHICKEN COCONUT-RED CURRY \$14.50

Steamed rice & sauteed vegetables

TIKKA MASALA CHICKEN OR TOFU-CAULIFLOWER \$14.50

Basmati rice

LASAGNA MEAT OR ROASTED VEGETABLE \$14.50

Roasted seasonal vegetables

EGGPLANT PARMESAN \$14.50

Roasted seasonal vegetables

GRILLED CHICKEN WITH MEYER LEMON SAUCE \$15.50

Rice pilaf & seasonal vegetables

FIRE ROASTED COD WITH RED PEPPER ROMESCO SAUCE \$15.50

Rice pilaf & green beans

ROASTED LEMON-HERB SALMON \$15.50

Rice pilaf & seasonal vegetables

VEGAN 

