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