

# SALADS & BOWLS

---

MENU





---

# ALLERGEN

# POLICY

---

While we strive to accommodate your allergy and dietary restriction requests, we cannot assure an entirely allergen-free environment. Some of our products are manufactured using shared equipment with dairy, eggs, nuts, wheat, and soy products.

Please note, that for severe allergies such as peanuts, we are not a nut-free facility and therefore cannot guarantee there won't be cross contamination.

Additional charges may apply to cover extra labor, specific ingredients, and personalized labeling.



VEGAN



VEGETARIAN



DAIRY FREE



NUT FREE



GLUTEN FREE

## ENTRÉE POWER BOWLS

SEA  
FOOD  
MEAT  
VEGETARIAN

### HAWAIIAN BOWL | MIN. 6

\$28.00

Teriyaki grilled chicken breast, coconut flavoured jasmine rice, charred pineapple, cucumber, carrot, red peppers & onion ringlets, crispy wontons

### THAI CHICKEN BOWL | MIN. 4



\$28.00

Green curry chicken breast, jasmine rice, cucumber, sweet peppers, carrot, red cabbage, bean sprouts, basil, mint, cilantro, toasted peanut dressing

### POTLUCK COBB BOWL | MIN. 4

\$28.00

Grilled chicken breast, bacon, 7-minute egg, kale, romaine, gem tomatoes, cucumber, croutons, grated parmesan, ranch dressing

### ANCIENT GRAIN & STEAK BOWL | MIN. 4



\$28.00

Grilled spiced beef striploin, farro, roasted cauliflower & carrot, tomato, romaine, dried apricot, cucumber, apple cider vinegar & nutritional yeast vinaigrette

### BAJA BOWL | MIN. 6

\$28.00

Grilled shrimp, spiced rice with black beans, roasted corn & cilantro, white onion, garlic, romaine chiffonade, grape tomatoes, red pepper, chipotle lime dressing

### FALAFEL BOWL | MIN. 4



\$24.00

Falafels, romaine, tomato, cucumber, sweet pepper, onion, kalamata olives, mint, feta, tzatziki dressing

### QUINOA BOWL | MIN. 4



\$24.00

Chickpeas, grilled broccoli, kale, carrot, raisins, dried cranberry, pumpkin seeds, citrus dressing, cilantro

## SPECIALTY SALADS

### CREAMY NEW POTATO SALAD \$7.00

Celery, carrot, radish, green onion, egg, mayo

### TOMATO & BOCCONCINI \$7.00

Gem & Roma tomatoes, bocconcini, pesto, herb croutons

### BLACK BEAN & CORN SALAD \$7.00

Roasted corn niblets, sweet pepper, cucumber, gem tomatoes, chipotle dressing

### TOASTED QUINOA \$7.00

Grilled broccoli, kale, cilantro, carrot, raisins, sundried cranberries, pumpkin seeds, spiced citrus vinaigrette

### PESTO PASTA SALAD \$7.00

Penne, red peppers, spinach, pesto, parmesan cheese, mayo, grape tomatoes

### THAI NOODLE SALAD \$7.00

Rice noodles, peppers, cucumber, carrots, green onion with a Thai garlic cilantro vinaigrette

### COCONUT CHICKPEA SALAD \$7.00

Chickpeas, green onions, cilantro, red peppers with a coconut dressing

## FRESH GREEN SALADS

### KALE CAESAR SALAD \$7.00

Bacon bits, herb croutons, parmesan, garlic dressing

### ASSORTED GREENS \$7.00

Crisp vegetable garnish, sunflower seeds, balsamic vinaigrette

### ARUGULA SALAD \$7.00

Romaine, strawberries, spiced nut mix, crumbled goat cheese, citrus vinaigrette

### VEGAN CAESAR SALAD \$7.00

Romaine, house made tahini & chickpea dressing, croutons, served with lemon wedges