

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

MEAT

HAWAIIAN BOWL | MIN. 6

\$28.00

Teriyaki grilled chicken breast, coconut flavoured jasmine rice, charred pineapple, 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, pepper corn dressing

ANCIENT GRAIN & STEAK BOWL | MIN. 4



\$28.00

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

SEA FOOD

BAJA BOWL | MIN. 6

\$28.00

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

VEGETARIAN

FALAFEL BOWL | MIN. 4



\$24.00

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

QUINOA BOWL | MIN. 4



\$24.00

Roasted cumin scented chickpeas, grilled broccoli, kale, carrot, raisins, dried cranberry, pumpkin seeds, citrus dressing

SPECIALTY SALADS

CREAMY NEW POTATO SALAD



\$7.00

Celery, carrot, pickles, egg, mayo

TOMATO & BOCCONCINI



\$7.00

Gem tomatoes, pesto, herb croutons

BROCCOLI COLESLAW



\$7.00

Red cabbage, carrot, raisins, and toasted almonds with ranch dressing

BLACK BEAN & CORN SALAD



\$7.00

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

TUSCAN PASTA SALAD



\$7.00

Orecchiette, black beans, fennel, gem tomatoes, parmesan, sundried tomato vinaigrette

TOASTED QUINOA



\$7.00

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

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 honey vinaigrette

Prices are per person, minimum order of 6 per salad