

# GRAB & GO

## Mediterranean Bowl \$24.45

### BASE:

Barley with cherry tomato, cucumber, crispy lentils, mint, parsley, pickled red onion, and Greek dressing with feta cheese (NF GF V)

### PROTEIN Choose from:

#### Lebanese Grilled Chicken

marinated with garlic & yogurt (NF GF)

#### Grilled Steak

with oregano and middle eastern spices (NF GF DF)

#### Grilled Salmon

with oregano and middle eastern spices (NF GF DF)

#### Falafel (4) (NF GF DF V)

## Asian Bowl \$24.45

### BASE:

Chow mein noodles, peppers, carrots, cabbage, bean sprouts, mango and sesame seed dressing topped with sesame seeds. (NF DF V)

### PROTEIN Choose from:

#### Teriyaki Grilled Chicken (NF DF)

#### Teriyaki Grilled Steak (NF DF)

#### Teriyaki Grilled Salmon (NF DF)

#### Teriyaki Grilled Tofu Steak (NF GF DF V)

## Mexican Bowl \$24.45

### BASE:

Brown rice and quinoa with green onions, cherry tomatoes, black beans, sweet potato, pickled red onion, and chipotle dressing (NF GF DF V)

### PROTEIN Choose from:

#### Adobo Grilled Chicken

with Mexican adobo and spices (NF GF DF)

#### Adobo Grilled Steak

with Mexican adobo and spices (NF GF DF)

#### Adobo Grilled Salmon

with Mexican adobo and spices (NF GF DF)

#### Adobo Grilled Tofu

with Mexican adobo and spices (NF GF DF)



## Power Bowl \$20.00

Energize your team! / Minimum 25 orders

### 1.SALAD INCLUDES: (V)

rainbow quinoa with corn, roasted chickpeas or lentils, cucumber and tomatoes, watermelon radish dressed with miso dressing

### 2.PASTA / NOODLES: (V)

Zucchini and carrot or beet

### 3.PROTEIN:

Choose from: orange salmon, striploin, grilled chicken, tofu or falafels (NF GF)

## Lunch Box \$19.75

Boxed individually

### YOUR CHOICE OF:

1 Sandwich, 1 Salad, 1 Cookie, 1 Pop OR Water.

## Cobb Salad (NF GF)

Sliced grilled chicken, bacon, romaine lettuce, avocado, hard-boiled eggs, tomatoes, crumbled blue cheese and sesame seed dressing

Snack: \$8.95 | Regular: \$19.75

## Nicoise Salad (NF V)

Seared ahi tuna, red potatoes, leafy greens, green beans, black olives, hard-boiled eggs, tomatoes, dijon dressing

Snack: \$8.95 | Regular: \$19.75