

BOWL'D BAR MENU

Signature or build your own **\$12.99**

Extra protein + \$2

All bowls will come with choice of protein (chicken, pork, or tofu) and choice of grain (white rice, brown rice, quinoa , or pearly barley)

*indicates organic

Mediterranean Bowl: romaine*, cucumbers*, cherry tomatoes*, pickled red onion*, feta, lemon tahini dressing and tzatziki. Add avocado* + \$1

Tex-Mex Bowl: romaine*, cherry tomatoes*, corn*, cheddar+ jack cheese blend, black beans, sautéed peppers n' onions*, cilantro vinaigrette, and chipotle crema. Add avocado* + \$1

Korean BBQ Bowl: garlic greens*, kimchi, soft cooked egg, scallions*, sesame seeds*, and Korean BBQ sauce. Add avocado* + \$1

Mendo Bowl: arugula*, roasted sweet potatoes*, sautéed peppers n' onions*, garlic greens*, sauerkraut, pumpkin seeds* and miso-ginger sauce. Add avocado* + \$1

Step 1

Pick a grain

Step 2

Pick a protein

Step 3

Choose your toppings

Step 4

Choose your sauce