

# BOWL'D BAR MENU

Signature or build your own **\$9.99**

Extra meat + **\$3**

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