

# GRAB & GO

Energize your team

## Mediterranean Bowl \$22.25

### BASE:

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

### PROTEIN Choose from:

**Lebanese Grilled Chicken**

marinated with garlic & yogurt (NF)

**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 \$22.25

### 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 \$22.25

### 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 V)



## Power Bowl \$21.00

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