

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

SEA
FOOD
VEGETARIAN

HAWAIIAN BOWL | MIN. 6

\$29.00

Teriyaki grilled chicken breast, coconut flavoured jasmine rice, charred pineapple, cucumber, carrot, red peppers & onion ringlets, crispy wontons

THAI CHICKEN BOWL | MIN. 4

**\$29.00**

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

\$29.00

Grilled chicken breast, bacon, 7-minute egg, kale, romaine, gem tomatoes, cucumber, croutons, grated parmesan, ranch dressing

ANCIENT GRAIN & STEAK BOWL | MIN. 4

**\$29.00**

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

BAJA BOWL | MIN. 6

\$29.00

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

FALAFEL BOWL | MIN. 4

**\$25.00**

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

QUINOA BOWL | MIN. 4

**\$25.00**

Chickpeas, grilled broccoli, kale, carrot, raisins, dried cranberry, pumpkin seeds, citrus dressing, cilantro

SPECIALTY SALADS

CREAMY NEW POTATO SALAD

**\$7.50**

Celery, carrot, radish, green onion, egg, mayo

TOMATO & BOCCONCINI

**\$7.50**

Gem & Roma tomatoes, bocconcini, pesto, herb croutons

BLACK BEAN & CORN SALAD

**\$7.50**

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

TOASTED QUINOA

**\$7.50**

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

PESTO PASTA SALAD

**\$7.50**

Penne, red peppers, spinach, pesto, parmesan cheese, mayo, grape tomatoes

THAI NOODLE SALAD

**\$7.50**

Rice noodles, peppers, cucumber, carrots, green onion with a Thai garlic cilantro vinaigrette

COCONUT CHICKPEA SALAD

**\$7.50**

Chickpeas, green onions, cilantro, red peppers with a coconut dressing

FRESH GREEN SALADS

KALE CAESAR SALAD

\$7.50

Bacon bits, herb croutons, parmesan, garlic dressing

ASSORTED GREENS

**\$7.50**

Crisp vegetable garnish, sunflower seeds, balsamic vinaigrette

ARUGULA SALAD

**\$7.50**

Romaine, strawberries, spiced nut mix, crumbled goat cheese, citrus vinaigrette

VEGAN CAESAR SALAD

**\$7.50**

Romaine, house made tahini & chickpea dressing, croutons, served with lemon wedges

Prices are per person | Minimum order of 6 per salad