

BALANCED BOWLS

our favorite combinations designed to keep you feeling balanced and energized

CHICKEN + RICE \$9.50

basmati rice + grilled chicken
slaw, chopped tomato salad, coconut tahini, sweet chili sauce, herbs, crispy shallots
(GF | DF)

CURRY FLOWER \$11.00 / \$10.00

cauliflower "rice" + curry chicken or tofu
supergreens, chopped tomato salad, raisins, golden curry sauce, crispy shallots
(GF | DF)

(G)RAINBOW(L) \$8.00

quinoa + pickled egg
sweet potatoes, chopped greens, chopped tomato salad, avocado crema, lentil crisp
(GF | DF | VG)

CAULI'FORNIA \$10.50

cauliflower "rice" + baked falafel
supergreens, chopped tomato salad, tamarind chutney, garlic hummus, pomegranate seeds, veggie crisps
(GF | DF | V)

SMALL BITES

KARMA CUP \$6.00
quinoa, chickpea curry, supergreens, slaw
(GF | DF | V)

DESSERTS

AVO COCOA \$6.00
dark chocolate, avocado, coconut milk
(GF | DF | V)

DATE YOGURT \$4.50
yogurt, dates, orange, coconut crack
(GF | VG)

SEASONAL BOWLS

made with cooling herbs + hydrating ingredients for the warm weather

RED ELEPHANT \$11.50

quinoa + turkey meatballs
slaw, watermelon radishes, red curry sauce, coconut tahini, crispy shallots
(GF | DF)

HEY CHICKPEA! \$7.50

basmati rice + chickpea curry
supergreens, carrots, pickled onions, lentil crisp
(GF | DF | V)

SPRING LAMB \$12.00

basmati rice + slow braised lamb
chopped greens, chopped tomato salad, pickled onions, watermelon radish, yogurt, lentil crisp
(GF)

SPRING GREENS \$8.00

chopped greens + supergreens
watermelon radish, pomegranate seeds, avocado crema, coconut crack
(GF | DF | V)

BEVERAGES

SELECTION OF TEAS \$3.00
(DF | V)

LEMON AID \$4.00
(CF | DF | V)

ARNOLD KARMA \$3.50
(CF | DF | V)

BONE BROTH \$4.00
(CF | DF)

HOMEMADE CHAI \$3.50
(DF | V)

SARATOGA WATER \$2.50

MAKE YOUR OWN

customize your bowl with seasonal bases, add garnishes, top with a sauce, and add a protein

GRAINS + VEGGIES (CHOOSE 3)

basmati rice	carrots
quinoa	sweet potatoes
cauliflower "rice"	slaw
supergreens	chickpea curry
chopped greens	

GARNISHES (CHOOSE 2)

chopped tomato salad	raisins
pomegranate	pickled egg
watermelon radish	garlic hummus
pickled onions	herbs

SAUCES (CHOOSE 1)

golden curry	yogurt
coconut tahini	red curry
avocado crema	tamarind chutney
sweet chili	

CRUNCHES (CHOOSE 1)

lentil crisps	coconut crack
crispy shallots	veggie crisps

\$8.25

SWAP OR ADD A PROTEIN TO ANY BOWL

sustainably-raised + antibiotic-free

Baked Falafel (GF DF V)	+\$2.50
Curry Tofu (GF DF V)	+\$2.50
Turkey Meatballs (GF DF)	+\$3.50
Grilled Salmon (GF DF)	+\$5.25
Grilled Chicken (GF DF)	+\$3.00
Curry Chicken (GF DF)	+\$3.50
Slow Braised Lamb (GF DF)	+\$4.00