**BYOB Menu**

Build your own bowl not “bring your own beer”

**All bowls come with two pasture raised eggs**

**your way or ½ avocado and start at $16**

**Base:**

Sweet Potato Hash

½ Sweet Potato Hash ½ Brussels

½ Mix Veggie ½ Jasmine Rice

Brussels

**Protein:**

**Pasture Raised –**

Chicken Breast [**8]** Two Eggs Your Way **[5]**

PaleoPopcorn Chicken **[11]** Egg Whites **[7]**

Chicken Sausage **[9]**

**Grass Fed –**

Hanger Steak **[16]** 10 oz Burger Patty **[11]**

10 oz Ground Beef **[11]**

**Naturally Raised –**

10 oz Bison Patty **[14]** Uncured Bacon [2 pieces]**[4]**

10 oz Ground Bison **[12]**

**From The Sea –**

Jumbo Lump Crab Cake **[27]** Shrimp **[11]**

Wild King Salmon **[16]** Sesame Crusted Ahi **[12]**

**From the Earth:**

**½ Avocado [3] Caramelized Onions [1]**

**Goat Cheese [3] Mushrooms [4]**

**Sauteed Spinach [4] Sauteed Bell Peppers [4]**

**Pickled, Fresh or Grilled Jalapeno [1]**