

SIGNATURE BOWLS

Light Fare

Umami Kale Bowl 7.00

Organic Chopped Kale, Brown Rice, Parmesan Roasted Broccoli, Roasted Mushrooms, Walnuts, Sesame dairy (broccoli), soy (sesame)

Teriyaki Grain Bowl 7.00

Brown Rice, Quinoa, Roasted Mushrooms, Asian Cabbage Slaw, Roasted Almonds, Teriyaki Sauce soy

Apple & Feta Salad **NEW** 8.75

Organic Spring Mix & Kale, Organic Apples, Avocado, Almonds, Feta, Olive Oil, Balsamic dairy

Standard Fare

Harvest Bowl ★ 8.75

Organic Spring Mix, Quinoa, Sweet Potatoes, Organic Apples, Mushrooms, Goat Cheese, Walnuts, Olive Oil, Balsamic dairy

Cobb Caesar Salad 9.00

Organic Chopped Kale, Organic Tomatoes, Avocado, Bacon, Sharp Cheddar, Greek Yogurt Caesar Dressing dairy

Avocado Bowl ★ 9.25

Double Avocado, Parmesan Roasted Broccoli, Golden Cauliflower, Basil Almond Pesto dairy (broccoli, pesto)

Add an entrée on top

Lemon Herb Chicken.....3.45 Spicy Chicken.....3.45
Beef.....5.95 Salmon.....6.95 Tofu.....2.45

Entrée Included

RFE Classic Bowl ★ 9.95

Lemon Herb Chicken, Brown Rice, Parmesan Roasted Broccoli, Roasted Sweet Potatoes, Sesame Sauce dairy (broccoli), soy (sesame)

Raita Chicken Bowl 9.95

Lemon Herb Chicken, Brown Rice, Golden Cauliflower, Fennel Roasted Carrots, Golden Raita Sauce dairy (raita), nuts (carrots)

Mediterranean Bowl 15.20

Salmon Filet, Quinoa, Moroccan Chickpea Salad, Avocado, Organic Tomatoes, Feta, Basil Almond Pesto dairy (feta, pesto)

Spicy Chicken Bowl **NEW** 10.45

Spicy Chicken, Brown Rice, Organic Chopped Kale, Bacon, Cheddar, Roasted Sweet Potatoes, Sriracha dairy (cheddar), soy (sriracha)

BBQ Steak Bowl **NEW** 12.45

Brown Rice, Braised Grass-Fed Beef, Broccoli, Mashed Potatoes, Homemade BBQ dairy, soy

BUILD YOUR OWN

Plate 

OR

Bowl 

Choose Your Entrée

Hormone & Antibiotic Free | Grass-fed | Sustainably Raised

Three Sides (No Entrée) 8.50	Spicy Chicken NEW 9.95
Organic Tofu <small>soy</small> • 8.95	Grass-fed Braised Beef <small>soy</small> 12.45
Lemon Herb Chicken ★ 9.95	Salmon Filet 13.45

Choose Your Base

to go under your entrée. Try half & half!

Organic Spring Mix w/ lemon vin <small>vegan</small> •	Quinoa <small>vegan</small>
Organic Chopped Kale <small>vegan</small> •	Brown Rice <small>vegan</small>

Choose Two Sides

Warm

Rustic Mashed Potatoes • **NEW**
dairy (cream, butter, Parmesan)

Parmesan Roasted Broccoli ★
dairy (parmesan)

Fennel Roasted Carrots
w/ Almonds vegan, nuts

Roasted Sweet Potatoes ★
w/ Rosemary & Garlic vegan

Golden Cauliflower
w/ Onion, Cumin, Turmeric
& Paprika vegan

Balsamic Beets w/ Walnuts &
Goat Cheese vegan, nuts
- goat cheese optional

Cold

Asian Cabbage Slaw vegan **NEW**

Moroccan Chickpea Salad
w/ Quinoa & Coconut vegan, nuts

Avocado Half w/ EVOO &
Everything Bagel Spice vegan

Add an Extra Side
for 2.00

Add Avocado Half
for 1.75

Choose Your Sauce

Sesame <small>soy</small> ★	Teriyaki <small>soy</small>	Basil Almond Pesto <small>dairy (parmesan)</small>
Spicy Sriracha <small>soy</small>	BBQ <small>soy</small> NEW	Golden Raita <small>dairy (yogurt)</small>

ADD-ONS

Avocado Half 1.75	PREMIUM ADD-ONS
Extra Side added to bowl 2.00	Chopped Bacon 1.25
Any Side à la carte 3.00	Cheese 1.25
STANDARD ADD-ONS	Cheddar, Feta, Goat 1.25
Organic Tomatoes • 0.50	Roasted Cremini Mushrooms 1.25
Organic Apples • 0.50	Roasted Walnuts 1.25
Extra Sauce 0.50	Roasted Almonds 1.25

NEW = New Additions ★ = **Greatest Hits** • = **Organic** *All of our food is 100% Gluten Free

*Our choices for organic produce are guided by the Dirty Dozen List.