

# SIGNATURE BOWLS

## Light Fare

**Warm Beet & Goat Cheese Salad** **NEW** **7.00**  
*Organic Spring Mix w/ Lemon Vinaigrette, Quinoa, Balsamic Beets w/ Walnuts & Goat Cheese, Pistachios, Balsamic Glaze, a touch of Garlic Cashew Sauce* dairy (goat cheese), nuts

**Umami Kale Bowl** **7.00**  
*Organic Chopped Kale, Brown Rice, Parmesan Roasted Broccoli, Roasted Mushrooms, Walnuts, Sesame* dairy (broccoli), soy (sesame), nuts

**Teriyaki Grain Bowl** **7.00**  
*Brown Rice, Quinoa, Roasted Mushrooms, Asian Slaw, Roasted Almonds, Teriyaki Vinaigrette* soy, nuts

**Spicy Squash Soup** **4.00**  
*Squash, Sweet Potato, Coconut Milk, Curry Paste* shellfish (curry paste)

## Standard Fare

**Roasted Delicata Squash & Feta Salad** **NEW** **8.75**  
*Organic Spring Mix & Organic Chopped Kale, Roasted Delicata Squash, Organic Apple, Avocado, Feta, Almonds, Balsamic Glaze, EVOO* dairy (feta), nuts

**Harvest Bowl** ★ **8.75**  
*Organic Spring Mix, Quinoa, Roasted Sweet Potatoes, Organic Apples, Mushrooms, Goat Cheese, Walnuts, Balsamic Glaze, EVOO* dairy, nuts

**Cobb Caesar Salad** **9.00**  
*Chopped Kale, Tomatoes, Avocado, Crumbled Bacon, Sharp Cheddar, Greek Yogurt Caesar Dressing* dairy

**Avocado Bowl** ★ **10.25**  
*Organic Spring Mix, Double Avocado, Parmesan Roasted Broccoli, Golden Cauliflower, Basil Almond Pesto* dairy (broccoli, pesto), nuts

### Add a Protein on top

**Lemon Herb Chicken** ★...3.45    **Spicy Chicken** ★....3.45  
**Beef**...5.95    **Salmon**...6.95    **Organic Tofu Scramble**...2.45

## Protein Included

**Spicy Tortilla Salad** **NEW** **7.00**  
 w/ Spicy Tofu: **9.45**    w/ Spicy Chicken: **10.45**  
*Organic Spring Mix, Brown Rice, Organic Tomatoes, Avocado, Crushed Tortilla Chips, Sharp Cheddar, Lemon Vinaigrette, a touch of Spicy Sriracha* dairy (cheddar)

**RFE Classic Bowl** ★ **9.90**  
*Lemon Herb Chicken, Brown Rice, Parmesan Roasted Broccoli, Roasted Sweet Potatoes, Sesame Sauce* dairy (broccoli), soy (sesame)

**Vegan Buddha Bowl** **NEW** **10.25**  
*Kale, Brown Rice, Tofu Scramble, Balsamic Beets w/ Walnuts (no Cheese), Avocado, Roasted Mushrooms, Cashew Garlic Sauce* nuts

**Spicy Chicken Bowl** **11.95**  
*Spicy Chicken, Brown Rice, Chopped Kale, Bacon, Cheddar, Roasted Sweet Potatoes, Sriracha* dairy, soy (sriracha)

**Mediterranean Bowl** **15.20**  
*Salmon Filet, Quinoa, Moroccan Chickpea Salad, Avocado, Tomato, Feta, Basil Almond Pesto* dairy (feta, pesto), nuts

# BUILD YOUR OWN

**Plate**  **OR** **Bowl** 

## Choose Your Protein

*Hormone & Antibiotic Free | Grass-fed | Sustainably Raised*

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

## Choose Your Base

*to go under your protein. Try half & half!*

Organic Spring Mix with lemon juice & EVOO	vegan	Quinoa	vegan
Organic Chopped Kale	vegan	Brown Rice	vegan

## Choose Two Sides

### Warm

Parmesan Roasted Broccoli ★  
dairy (parmesan)

Roasted Delicata Squash w/ Maple & Caramelized Onions (vegan)

Roasted Sweet Potatoes w/ Rosemary & Garlic ★  
vegan

Golden Cauliflower vegan

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

Organic Rustic Mashed Potatoes  
dairy (cream, butter, Parmesan)

### Cold

Asian Cabbage Slaw vegan

Moroccan Chickpea Salad vegan, nuts

Avocado Half w/ EVOO & Everything Bagel Spice vegan

### Third Side?

**Add an Extra Side for 2.00**

**Add Avocado Half for 1.75**

## Choose Your Sauce

*on top or on the side*

Sesame soy ★

Spicy Sriracha soy

Teriyaki soy

Basil Almond Pesto dairy (parmesan)

Golden Raita dairy (yogurt)

Vegan Garlic Cashew

## ADD-ONS

*added to any plate or bowl*

Avocado Half	1.75	<b>PREMIUM ADD-ONS</b>	
Extra Side added to bowl	2.00	Chopped Bacon	1.25
Any Side à la carte	3.00	Cheese Cheddar, Feta, Goat	1.25
<b>STANDARD ADD-ONS</b>		Roasted Cremini Mushrooms	1.25
Organic Tomatoes	0.50	Roasted Walnuts	1.25
Organic Apples	0.50	Roasted Almonds	1.25
Crushed Tortilla Chips	0.50	Roasted Pistachios	1.25
Extra Sauce	0.50	Hemp Seeds	1.25

**NEW = New Additions**    **★ = Greatest Hits**

**All of our food is 100% Gluten Free**

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

**For a complete list of ingredients refer to our website**  
[Realfoodeatery.com](http://Realfoodeatery.com)