



ALL BOWLS STARTING AT \$11.45

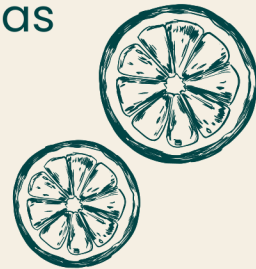
Seed Funding

Base: Rice & Quinoa

Toppings: Pickled red onions, cucumbers, corn, chickpeas

Protein: Baked chicken

Dressing: Cilantro lime



Greek Options

Base: Rice & Quinoa

Toppings: Grape tomatoes, chickpeas, pita chips, feta cheese

Protein: Baked chicken

Dressing: Pesto vinaigrette

Market Mix

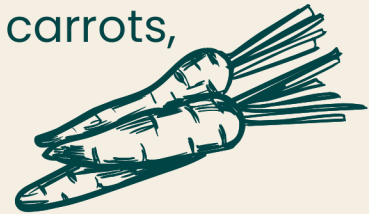


Base: Spinach & Arugula

Toppings: Broccoli, corn, carrots, cucumbers

Protein: Baked tofu

Dressing: Asian sesame



Return On Ingredients

Base: Rice & Quinoa

Toppings: Pickled red onions, corn, grape tomatoes, avocado [**+\$2.95**]

Protein: Baked chicken

Dressing: Chipotle ranch

Capital Greens

Base: Romaine

Toppings: Pickled red onions, grape tomatoes, pita chips, asiago cheese

Protein: Baked chicken

Dressing: Pesto vinaigrette



Meal Block Options

One entree or create your own bowl

All Meal Blocks come with a 16.9 oz bottled water or fountain drink

HEALTHY
FRESH



BUILD YOUR OWN BOWL

SELECT BASE [SELECT 1]

Rice & Quinoa | Spinach & Arugula | Romaine

Extra: \$2.95

SELECT TOPPINGS [SELECT 4]

Chickpeas | Corn | Pickled Red Onions | Grape Tomatoes
Cucumbers | Carrots | Broccoli | Pita Chips | Avocado
Feta Cheese | Asiago Cheese

Extra: \$0.95

Avocado: \$2.95

SELECT PROTEIN [SELECT 1]

Chicken | Tofu

Extra: \$2.95

SELECT DRESSINGS

Cilantro Lime | Pesto Vinaigrette | Chipotle Ranch | Asian Sesame