

Fresh Made SMOOTHIES

from the
Juice Bar

Freshly Squeezed JUICES

- 1. Berry Blast**
Mixed berries and oj
- 2. Big O**
Oj, banana and strawberries
- 3. Colada**
Banana, pineapple and coconut
- 4. Kiwi**
Strawberries, lime and mint
- 5. Mango Mania**
Mango, banana and oj
- 6. Mocha Freezer**
Coffee, milk, banana and chocolate
- 7. Spinach Mango**
Mango, spinach, banana and oj
- 8. Tropical Breeze**
Banana, pineapple and oj



- 1. Energizer**
Apple, celery, cucumber, ginger, kale, lime and spinach
- 2. Skin Rejuvenator**
Carrot, cucumber and parsley
- 3. Bone Builder**
Apple, carrot, ginger and kale
- 4. Cholesterol Fighter**
Apple, carrot, ginger and parsley
- 5. Fatigue Reliever**
Apple, beet, carrot and parsley
- 6. Headache Soother**
Apple, celery and cucumber
- 7. Body Cleanser**
Apple, carrot and orange
- 8. Immune Builder**
Carrot, celery, ginger, lime, mint and parsley
- 9. Anti-Aging**
Apple, beet, carrot, celery and parsley
- 10. Stress Reliever**
Carrot, celery and spinach
- 11. Vision Care**
Carrot, ginger and orange
- 12. Create Your Own**
Choose up to 5



**CALL AHEAD FOR
DINE-IN, DELIVERY
OR CURBSIDE
PICK-UP**



Your
Choice
\$6.00
each

\$1 each
ADD-IN's
Flax Seeds
Honey
Yogurt
Almond Milk
Chia Seeds

\$2 each
ADD-IN's
Protein Powder
Vitamin Powder
Wheat Grass
Powder



PHOENIX

555 North Central Avenue, Phoenix, Arizona 85004
Located at Central Ave/Van Buren St across from Civic Space Park



602.795.9710

Fax Orders to 602.795.9730

Skip the Line and Order Online at: www.bowlorgreensfinesalads.com

Bowl Of
greens
Healthy Kitchen & Juice Bar



Healthy kitchen to fine salads and more
PHOENIX

Visit us online at: www.bowlorgreensfinesalads.com



① Pick your Greens

Romaine Iceberg Spring Mix Spinach

② Choose 4 Toppings

Additional Toppings .50

VEG

Carrots	Mushrooms	Corn
Broccoli	Black Beans	Black Olives
Celery	Chick Peas	Red Onions
Tomatoes	Green Peas	Cucumber
Red Pepper	Cabbage	Beets
Green Pepper	Jalapeños	Edamame
Cauliflower	Pepperoncini	Alfalfa Sprouts

FRUITS

Apples
Grapes
Citrus Wedges
Raisins

CHEESE

Cheddar

FREE CRUNCH

Pita Chips

③ Add Premium Toppings

Premium .75

Parmesan	Flax Seeds
Cheese	Pumpkin Seeds
Fresh Mozzarella	Sunflower Seeds
Feta	Almonds
Bleu Cheese	Walnuts
Strawberries	Sun Dried Tomatoes
Arugula	Kalamata Olives
Avocado	Roasted Red Peppers
Cranberries	
Artichoke Hearts	

Protein

Grilled Chicken \$2
Grilled Shrimp \$4
Grilled Salmon \$4
Boiled Egg \$1

④ Dress It Up

BOG House Dressing

(Balsamic vinegar olive oil and light garlic seasoning)	Lemon Juice
Sesame-Ginger Italian	Balsamic Vinegar
Caesar Ranch	Bleu Cheese
Red Wine Vinegar	Lite Raspberry
Honey Dijon	Home-made chipotle sauce
Thousand Island	

SIGNATURE SALADS

Greek Salad 9.95
Romaine lettuce, tomatoes, cucumbers, kalamata olives, onions, and Feta cheese with BOG house dressing

Fresh Mozzarella 9.95
Tomatoes, mozzarella, basil, and red onions topped with BOG house dressing

Taboule 7.95
Chopped parsley, diced tomatoes, onions, and cracked wheat dressed with EVO and fresh lemon juice

Grilled Chicken Caesar 9.95
Lettuce, chicken, Cesar dressing, parmesan cheese

Spinach Avocado 10.50
Spinach, avocado, strawberries, and parmesan cheese with raspberry dressing

Roasted Veggies Salad 10.50
Roasted veggies of the day on a bed of spinach with BOG house dressing

Arugula 9.95
Arugula, cucumber, red onion, tomatoes, parmesan cheese, and walnuts with raspberry vinaigrette

Grilled Shrimp or Salmon 12.50
Slow grilled to perfection served with mixed greens, roasted peppers, tomatoes, and cucumber with BOG house dressing

SANDWICHES

See a veggie topping you would like to add to your meal, let us know, we can add it. regular topping .50¢ or premium topping .75¢

Falafel 9.95
Croquettes of chickpeas, lettuce, tomatoes, pickles, parsley, and tahini sauce

Hummus 8.95
Chickpea puree, lettuce, tomatoes, pickles, and parsley

Baba Ganoush 6.50
Grilled eggplant puree, lettuce, tomatoes, pickles, and parsley

Veggie Haven 9.95
Fresh mozzarella, roasted red peppers, sun dried tomatoes, artichoke hearts, arugula with BOG house dressing

Roasted Veggies 9.95
Roasted veggies of the day, arugula, and tahini sauce or house dressing

Eggplant Parmesan 8.50
Italian bread, homemade marinara sauce. 2 slices eggplant, fresh mozzarella

Philly Cheesesteak 9.95
(PITA or BREAD option)
Marinated in our sauted onions, bell peppers and in our seasoning with melted mozzarella cheese with chips

Crispy Chicken 9.95
Breaded chicken, honey dijon dressing, lettuce, tomatoes

Chicken Kabob 11.50
Served with rice and salad

Lamb Kabob 12.50
Served with rice and salad

Grilled Chicken Breast 11.50
Served with rice and roasted veggies or house salad

Grilled Salmon 13.50
Served with rice and salad

Grilled Chicken Caesar 9.95
Lettuce, chicken, Cesar dressing, parmesan cheese

Chicken Mozzarella 9.95
Grilled chicken, fresh mozzarella, roasted red peppers, artichoke hearts, BOG dressing, balsamic vinegar olive oil & seasoning, lettuce, tomatoes, lettuce, tomatoes

Buffalo Chicken 9.95
Roasted red pepper, fresh mozzarella and artichoke hearts

Chicken Pesto 9.95
with sun dried tomatoes

Chicken Sauté 8.95
with spinach and caramelized onion

Chicken & Hummus 9.95
Hummus, parsley, grilled chicken, pickles, lettuce, tomatoes

Chicken Parmesan 9.95
Italian bread, marinara sauce (homemade sauce), breaded chicken, shredded mozzarella

Lamb Sandwich 8.95
Parsley, pickles, lamb, lettuce, tomatoes

Gyro Sandwich 9.95
Lettuce, tomatoes, onions, tzatziki sauce, served with our homemade chips

ENTREES

Add Roasted Veggies \$2
No Substitutions

Grilled Shrimp 12.50
Served with rice and salad

Chicken Parmesan 10.95
Served over rigatoni pasta

Eggplant Parmesan 9.25
Served over rigatoni pasta

Mediterranean Platter 12.50
Hummus, baba ghanouj, grape leaves, taboule, falafel, and pita

BREAKFAST

Scrambled Egg Pitas & More

1. Just eggs 3.32
2. Eggs & cheese 3.85
3. Eggs cheese onion spinach 4.85
4. Bog Deluxe 5.85
Eggs, Cheese, Spinach, Onions and Potatoes
Add chicken 1.45
Add bacon 1.95

Pancakes

1. Pancakes 3.95
2. Pancakes & Fruit 4.95
3. Bananas Walnuts 5.95

Granola & Yogurt

1. Granola & Milk 3.20
2. Granola with Yogurt 3.50
3. Yogurt 2.85
4. Yogurt & Fresh Fruit 3.55
5. Parfait 4.50
Yogurt, Granola and Fresh Fruit

Croissants

1. Plain Flaky Buttery Croissant 2.75
2. with Cream Cheese 3.15
3. with Cream Cheese Jam 3.75
4. with Cream Cheese, Cinnamon, Raisins and Honey 4.50

Fresh Fruit

Fresh Fruit Cup (Seasonal) 3.95
Single fruit 1.25

Beverages

Freshly Squeezed Orange Juice 3.15
Homemade lemon juice 2.75 sm. Large 3.15
3 flavor organic iced tea 2.20. Large 2.75
Bottled water 1.65
Bottled drinks (coke products) 2.75
Coke, coke zero, sprite, diet coke
Organic bottled drinks, honest product 2.50
Energy drinks
Red Bull 12 oz. 2.50 large 3.50
Monster drink 2.99
Reign energy drink 2.99

TASTE OF ITALY

Our sauce is made in-house recipe passed down

With Marinara	7.68	100% Homemade sauce cheese	6.50
With Pesto sauce	8.89	Additional toppings	0.50
With Lamb	9.95	Add on chicken	2.00
Cheese Ravioli	9.50	Soup of the Day	3.75
Cauliflower Crust Pizza 10 inch	8.75		
Gluten Free Crust			

Add ins
Pepperoni 2.25
Bacon (3) 2.25
Add veggies 2.25

Individual Pita Pizza

Cheese 6.50
Veggies 7.50
Chicken 8.50

Sides and Extras

Stuffed Grape Leaves	5.99	Small Chicken	3.19
Small Roasted Veggies	4.50	Large Chicken	6.19
Large Roasted Veggies	6.19	Gyro	3.19
Babaganioish & Pita Bread	5.50	Fallafal (2)	3.00
Hummus & Pita Bread	4.50	Pita Chips	1.90
Bacon	2.25	Pita Bread 1	0.85
Pepperoni	2.25	Garlic Sauce	0.50
		All other sauces	0.50

Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Grilled items may take additional time. Prices and availability subject to change. 01/2017