

Mindful Bowls



Blazin' Bibimbap

White rice with seasoned carrots, cucumber, mushrooms, and spinach topped with an over easy egg and served with a *spicy* gochujang chili drizzle and finished with sesame seeds

Sassy Ginger

Your choice of grain topped with broccoli, carrots, cucumber, edamame, and scallions finished with avocado, sesame seeds, and a tangy miso ginger sauce with just the right amount of kick



Loaded Sweet Po'tater

Baked sweet potato piled high with zucchini, onion, green bell peppers, black beans, red cabbage, and corn with BBQ drizzle and cilantro garnish

Jammin' Jambalaya

A festive blend Southern spices, brown rice, tomatoes, red and green bell peppers, red onion, carrots, kidney beans, and chickpeas garnished with parsley



Bang Bang Panang

Red onions, diced sweet potato, carrots, red bell peppers, and broccoli in a rich and creamy coconut panang sauce over your choice of grain, topped with parsley and garnished with a lime wedge *not a nut free dish*

Sonoran Bowl

Your choice of grain topped with black beans, corn, red cabbage, and green bell peppers with corn tortilla strips, guacamole, tomatoes and finished with a chipotle cream sauce, cilantro, and lime wedge for the finishing touch



Yakisoba

Yakisoba noodles pan-seared in a soy glaze with mushrooms, red onions, carrots, red cabbage, and red bell peppers topped with scallions

Sunshine Bowl

Country-style potatoes topped with 2 eggs cooked your way with your choice of breakfast meat- bacon, sausage, turkey sausage, chorizo, or vegan soyrimo



Build Your Own! Get creative! List of options are on the back of the menu!

Build Your Own

Get creative! Your choice of base, veggies, sauce and toppings!

Base

(Choose 1)

White Rice

Brown Rice

Quinoa

Diced Sweet Potato

Protein (\$2)

(Optional)

Chicken

Pork Chorizo

Soy Chorizo

Bacon

Egg Whites

Two Over Easy Eggs

Two Over Hard Eggs

Two Scrambled Eggs

Veggies

(Choose up to 5)

Black Beans

Broccoli

Carrots

Corn

Cucumber

Diced Sweet Potato

Tomatoes

Edamame

Garbanzo Beans

Green Peppers

Kidney Beans

Mushrooms

Red Bell Pepper

Red Cabbage

Red Onion

Spinach

Zucchini

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Toppings

(Choose up to 2)

Cilantro

Corn Tortilla Strips

Parsley

Jalapenos

Scallions

Sesame Seeds

Avocado \$1

Cheese \$.50

Sauce

(Choose 1)

Spicy Gochujang Chili Drizzle

BBQ Drizzle

Chipotle Cream Sauce

House Made Salsa

Miso Ginger Sauce

Yakisoba

