

***Green Goddess:** Tray \$75, Half-Tray \$40, Single \$11 (vegetarian/DF/GF)

Brown or white rice, shaved Brussels, broccoli, kale, hard egg, avocado, cashew cream, sunflower seeds.

Can be made Whole30 Approved – sub spinach or cauliflower rice – price adjusted to \$80/\$43/\$12

Fiesta: Tray \$80, Half-Tray \$45, Single \$12 (GF/SF)

Brown or white rice, chicken, seasoned corn, seasoned black beans, roasted tomatoes, cilantro-lime dressing, chipotle cream drizzle, cilantro.

Peanut: Tray \$65, Half-Tray \$35, Single \$9

(vegan/DF/GF)

Brown or white rice, pickled carrots, spinach, edamame, tomatoes, red peppers, cucumbers, peanut sauce, sesame seeds, roasted cashews, cilantro.

Chicken Teriyaki: Tray \$80, Half-Tray \$45, Single \$12 (DF/GF/SF)

Brown or white rice, chicken, carrots, bell peppers, broccoli, red onion, teriyaki sauce, sesame seeds, cilantro.

***Mediterranean Tuna:** Tray \$90, Half-Tray \$50, Single \$13 (GF/SF)

Quinoa, seared rare Ahi tuna, roasted tomatoes, olives, golden potatoes, arugula, goat cheese, cilantro-lime dressing.

Can be made Whole30 Approved – sub cauliflower rice for quinoa, Greek vinaigrette for cilantro-lime, and remove goat cheese

***Mediterranean Chicken:** Tray \$75, Half-Tray \$40, Single \$12 (DF/GF/SF/Whole30 Approved)

Cauliflower rice, chicken, roasted tomatoes, olives, golden potatoes, arugula, Greek vinaigrette.

^Note: We use pure avocado oil for cooking.

***Steak and Rice:** Tray \$95, Half-Tray \$55, Single \$14 (DF/GF)

Brown or white rice, grass-fed medium-rare steak, pickled carrots, mushrooms, bean sprouts, kimchi, hard egg, bibimbop sauce, scallions, cilantro.

Thai Red Curry: Tray \$70, Half-Tray \$38, Single \$10 (vegan/DF/GF/SF)

Brown or white rice, carrots, bell peppers, mushrooms, spinach, red curry sauce, cilantro.

Can be made Whole30 Approved – sub cauliflower rice – price adjusted to \$75 / \$41 / \$11

***Sweet Potato & Eggs:** Tray \$75, Half-Tray \$40, Single \$10 (V/DF/GF/SF/Whole30 Approved)

Arugula, Japanese sweet potatoes, orange sweet potatoes, poblanos, mushrooms, spinach, hard eggs, choice of house sriracha or BBQ (extra charge \$5/\$3/\$0.50).

North African: Tray \$70, Half-Tray \$38, Single \$10 (vegetarian/GF/SF)

Quinoa, red onions, cucumbers, tomatoes, pickled peppers, dried apricots, pistachios, feta, arugula, pomegranate molasses.

Power Berry Salad: Tray \$70, Half-Tray \$38, Single \$10 (vegetarian/GF/SF)

Kale, mixed greens, quinoa, blueberries, strawberries, feta, roasted walnuts, cilantro-lime dressing.

Can be made Whole30 Approved – remove quinoa and feta, sub Greek vinaigrette for cilantro-lime – price reduced to \$60 / \$35 / \$8

***Paleo:** Tray \$90, Half-Tray \$50, Single \$13 (DF/GF/SF/ Whole30 Approved)

Spinach, chicken, broccoli, shaved Brussels, kale, mushrooms, hard egg, roasted red pepper sauce, avocado, almonds.

Add-Ons (All Whole30 Approved)

***Medium-Rare Salmon:** Tray \$45, Half-Tray \$24, Single \$5

***Grass-fed Medium-Rare Steak:** Tray \$45, Half-Tray \$24, Single \$5

***Sushi-Grade Ahi Tuna:** Tray \$41, Half-Tray \$22, Single \$4.50

Amish Chicken: Tray \$27, Half-Tray \$14, Single \$3

Avocado: Tray \$18, Half-Tray \$9, Single \$2

***Pasture-Raised Egg:** Tray \$16, Half-Tray \$8, Single \$1.75

House Sriracha: Tray \$9, Half-Tray \$5, Single \$1

Delivery/Setup Fee: From \$15 depending on distance and number of people – includes disposable plates, utensils, and/or napkins

Unless otherwise noted:

Each tray serves approximately 8-10 people

Each half-tray serves approximately 4-5 people

*Consuming raw or undercooked meats, poultry, seafood, shellfish, sprouts, or eggs may increase your risk of foodborne illness.

V = vegetarian, DF = dairy-free, GF = gluten-free, SF = soy-free

See photos at www.bowlsmilwaukee.com/catering



BOWLS
To Go

Tel: (414) 800-5667

bowlsmk@gmail.com

207 W. Freshwater Way

Milwaukee, WI 53204