

Berry Acai Smoothie Bowl: \$9 (V/DF/GF/SF) Blended acai, banana, blueberries, raspberries, strawberries, almond milk, ginger, lemon juice. Topped with coconut flakes, blueberries, strawberries, granola.

Super Green Smoothie Bowl: \$9 (vegan/DF/GF/SF) Blended spinach, kale, ginger, apples, coconut milk, banana, cucumber, apple cider, lemon juice. Topped with strawberries, toasted almonds, pepitas.

Chocolate PB Smoothie Bowl: \$9 (V/DF/GF/SF) Blended almond milk, cocoa, peanut butter, bananas, raspberries. Topped with strawberries, coconut flakes, granola.

Mango Smoothie Bowl: \$9 (vegan/GF) Blended mango, pineapple, banana, coconut milk, ginger, lemon juice. Topped with pepitas, coconut flakes, toasted almonds.

***Green Goddess:** Tray \$70, Half-Tray \$38, Single \$10 (vegetarian/DF/GF/SF)
Brown or white rice, shaved Brussels, broccoli, kale, hard egg, 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.

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.

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.

***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 \$11 (DF/GF/SF/Whole30 Approved)
Cauliflower rice, chicken, roasted tomatoes, olives, golden potatoes, arugula, Greek vinaigrette.

***Mongolian Beef:** Tray \$90, Half-Tray \$50, Single \$13 (DF/GF/SF)
Brown or white rice, grass-fed steak, sugar snap peas, red peppers, carrots, stir fry sauce.

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.

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

Gnocchi Pesto: Tray \$75, Half-Tray \$40, Single \$11 (V/GF/SF)
Gluten-free gnocchi, fresh mozzarella, peas, roasted tomatoes, basil pesto.

Add-Ons (All Whole30 Approved)

***Medium-Rare Salmon:** Tray \$55, Half-Tray \$29, Single \$6

***Grass-fed Medium-Rare Steak:** Tray \$50, Half-Tray \$26, Single \$5.50

***Sushi-Grade Ahi Tuna:** Tray \$45, Half-Tray \$24, Single \$5

Amish Chicken: Tray \$30, Half-Tray \$16, Single \$3.50

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

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

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

^Note we use pure avocado oil for cooking.

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

See photos at www.bowlsmilwaukee.com/catering



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