



Fit To Eat Power Bowls \$8.95 (unless noted)

served room temperature in individual containers. Minimums may apply.

Prices are subject to change.

Fit To Eat Vegan Power Bowl \$11.95

sweet potatoes, pea sprouts, grilled tempeh,
sundried tomatoes,
avocado, chickpeas, tahini dressing

Thai Noodle Bowl

vermicelli noodles, julienne of carrots, snow peas,
cabbage, onions, red peppers, cashew nuts,
soy-rice wine vinaigrette
Vegan (sesame tofu) \$3
Beef \$5 | Salmon \$5 | Shrimp \$5 | Chicken \$4

Fiesta Mexican Taco Salad Bowl

black bean salsa, corn, avocado, tomato salsa,
cilantro, romaine lettuce, Cajun dressing
Vegan (Cajun tofu) \$3
Ground Beef \$4 | Salmon \$5 | Shrimp \$5 | Chicken \$4

Rainbow Bowl

sweet potato salad, blueberries, kale, purple
cabbage, carrots, tomatoes, sunflower seeds,
maple-cider vinaigrette
Vegan (Honey mustard tofu) \$3
Vegetarian (2 x hardboiled eggs) \$3
Salmon \$5 | Chicken \$4

Mediterranean Bowl

Chickpeas, grilled eggplant, hummus, stuffed vine
leaves, pickled turnips, pickles,
Cabbage, tahini dressing
Vegan (seasoned tofu) \$3
Salmon \$5 | Chicken \$4

Asian Bowl

soba noodles, snap peas, avocado, edamame,
cucumber, carrot, seaweed,
sesame-soy-ginger dressing
Vegan (sesame tofu) \$3
Salmon \$5 | Shrimp \$5 | Chicken \$4

Green Goddess Vegan Bowl

spinach, zucchini noodles, edamame, micro
greens, avocado, pumpkin seeds,
snap peas, lime-cumin vinaigrette
Add Tofu \$3

Greek Cucumber Noodle Bowl

roasted red peppers, olives, tomatoes, feta,
chickpeas, parsley, carrots,
lemon-oregano dressing
Vegan (Greek tofu - No feta) \$3
Vegetarian (add Greek Tofu) \$3
Salmon \$5 | Shrimp \$5 | Chicken \$4

Superfood Bowl

kale, spinach, cabbage, roasted butternut squash,
pumpkin seeds, sunflower seeds,
avocado, green beans, pomegranate vinaigrette
Vegan (honey-mustard tofu) \$3
Vegetarian (add 2 x hardboiled eggs) \$3
Salmon \$5 | Shrimp \$5 | Chicken \$4

Hippie Bowl

Kale, quinoa, broccoli, cucumber, tomatoes,
sunflower seeds, pumpkin seeds,
Lentils, lemon-dijon vinaigrette
Vegan (honey-mustard tofu) \$3
Vegetarian (add 2 x hardboiled eggs) \$3
Salmon \$5 | Shrimp \$5 | Chicken \$4