



## Fit To Eat Power Bowls \$8.95

*served room temperature in individual containers. Minimums may apply.  
Prices are subject to change.*

### Fit To Eat Vegan Power Bowl

sweet potatoes, pea sprouts, honey mustard tofu  
steaks, 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 (tofu) \$3 | Salmon \$5 | Shrimp \$5 | Chicken \$4*

### Fiesta Mexican Taco Salad Bowl

romaine, black bean, corn, tomatoes, bell peppers,  
avocado, cilantro, cucumber,  
Cajun dressing  
*Vegan (tofu) \$3 | Ground Beef \$4 | Salmon \$5 | Shrimp \$5  
Chicken \$4 | Guacamole (2oz) \$1.50 extra*

### Rainbow Bowl

kale, romaine, roasted diced sweet potatoes,  
blueberries, purple cabbage, carrots, grape  
tomatoes, sunflower seeds,  
maple-cider vinaigrette  
*Vegan (tofu) \$3 | Vegetarian (2 x hardboiled eggs) \$3  
Salmon \$5 | Shrimp \$5 | Chicken \$4*

### Mediterranean Bowl

Romaine, chickpeas, quinoa, grilled eggplant,  
cucumbers, tomatoes, yellow peppers,  
pickled turnips, garlic dill pickles,  
hot peppers, purple cabbage,  
lemon-oregano dressing  
*Vegan (tofu) \$3 | Salmon \$5 | Shrimp \$5 | Chicken \$4*

### Asian Green Goddess Bowl

sesame rice salad, avocado, edamame, cucumber,  
carrot, seaweed salad, sesame-soy-ginger dressing  
*Vegan (tofu) \$3 | Salmon \$5 | Shrimp \$5 | Chicken \$4*

### Greek Cucumber Noodle Bowl

Cucumber noodles, roasted red peppers, kalamata  
olives, tomatoes, feta, chickpeas,  
parsley, carrots, lemon-oregano dressing  
*Vegan (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 (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 (maple-mustard tofu) \$3  
Vegetarian (add 2 x hardboiled eggs) \$3  
Salmon \$5 | Shrimp \$5 | Chicken \$4*

### (Keto) Cobb Bowl

romaine, hardboiled egg, bacon, blue cheese or  
cheddar, grape tomatoes, cucumber, red onions,  
creamy ranch dressing  
*Shrimp \$5 | Chicken \$4 | Avocado \$1.50*

### Rainbow Buddha Bowl

Zoodles (zucchini), corn, quinoa, cucumber,  
avocado, beet matchsticks,  
edamame, lemon tahini dressing  
*Salmon \$5 | Shrimp \$5 | Chicken \$4*