



## Fit To Eat Power Bowls

*served room temperature in individual containers. Minimums may apply.*

*Base Price is based on quantities required and may vary. Minimum 10.*

### Fit To Eat Vegan Power Bowl

sweet potatoes, pea sprouts, maple 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  
ADD: 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  
ADD: 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  
ADD: 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  
ADD: 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  
ADD: 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  
ADD: 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  
ADD: 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  
ADD: 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  
ADD: Shrimp \$5 | Chicken \$4 | Avocado \$1.50

### Rainbow Buddha Bowl

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