



# MIGHTY BOWL

PROTEIN ON THE GO

**Tofu may be  
substituted at  
NO ADDITIONAL  
CHARGE**

## Carrot Ginger Grain Bowl

Grilled chicken, red quinoa and brown rice blend with kale, carrot, ginger garlic roasted broccoli, edamame and almonds – tossed with a spicy carrot ginger dressing and topped with scallions

## Pumpkin Curry Grain Bowl

Grilled chicken and seven grain wild rice blend with roasted chickpeas, spinach, yellow squash and peas – tossed with a warm pumpkin curry sauce and topped with raita

## Mediterranean Grain Bowl

Grilled chicken and farro with roasted cauliflower, baby spinach, romaine, tomato, cucumber, red onion, and feta cheese – tossed with a lemon garlic vinaigrette and topped with Kalamata olives

# \$6.39

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.