

Hot Bowls

- 1 **Out of Africa** 9.99
Nigerian stew with chicken, cabbage, & white beans served over rice, topped with sour cream & green onions, served with 9-Grain bread.
- 2 **Tom Kha Gai Bowl** 9.99
Thai coconut chicken soup with mushrooms & bamboo shoots over rice.
- 3 **Maharaja Bowl** 9.59
Indian curried lentils served over brown rice, topped with mango chutney & organic yogurt, served with pita.
- 4 **Bowl de la Milpa** 9.49
Black beans over rice with salsa, sour cream, avocado, & corn tortillas.
- 5 **Red, White, and Moo Bowl** 9.99
Two-bean chili with local ground beef, served over rice & topped with sour cream and 9-Grain bread.

TWO Weekly Soups

Imagine John Lentil OR Chorizo Garbanzo
Cup 3.99 Bowl 5.99

- 6 **Four Seasons Pasta Bowl** 9.99
Local ground sausage, roasted red peppers, & peas served with light sour cream over bowtie pasta & topped with fresh basil.
- 7 **Mac n' Jack of the Valley** 9.29
Mac & cheese with a small garden salad. Add local Meatloaf 2.00
- 8 **It's Nach-Yo Bowls!** 9.99
Nachos topped with Moo Chili OR black beans & salsa (vegetarian) with cheddar cheese, sour cream, & green onions.
- 9 **Meatloaf Maven** 10.59
Two slabs of local meatloaf served on a brioche roll with creamy chimichurri, local lettuce, & tomato with a side of Thai-seasoned chips.
- 10 **The Leguminous Love Burger** 9.79
House-made sweet potato black bean burger served on a brioche roll with local lettuce, tomato, & a side of Thai-seasoned chips.

Vegetarian ✓ Gluten-Free ☺ *Substitute Rice for Quinoa for .99!

Cold Bowls

- 11 **Bangkok Bowl** 10.29
Asian slaw and chicken OR tofu over rice with Thai peanut sauce, topped with peanuts.
- 12 **Bada Bun** 10.79
Rice noodles with lettuce, chicken OR tofu, herbs, veggies, and nuoc mam sauce topped with peanuts.
- 13 **It's All Greek To Me** 10.79
Greek garbanzo salad, small Greek salad, hummus, pita, and dolmas.
- 14 **Ernesto's Chef Salad** 10.99
Local lettuce with chicken, ham, cheddar, hardboiled egg, and veggies. Served with 9-Grain bread.
- 15 **The Bowl's Buddha Bowl** 10.29
Roasted sweet potato quinoa salad, local lettuce, roasted curried garbanzo beans, peanut soy dressing & coconut avocado sauce.

New Meal!

- 16 **It's A Wrap!** 10.99
Local lettuce wraps served with chicken, pulled pork OR tofu with Asian slaw, vegetables, rice noodles, peanuts, hoisin sauce, herbs, & Thai peanut sauce.



World Sammies

- 17 **Saigon Gyro** 9.79
Chicken OR tofu with Asian slaw & Thai peanut sauce in pita. Served with a side of Thai-seasoned chips.
- 18 **The Porkeque BBQ** 10.99
Pulled pork barbeque topped with Asian slaw. Served on a brioche roll with a side of Thai-seasoned chips.
- 19 **The Greek Gyro** 9.29
Hummus, tomato, cucumber, lettuce, kalamata olives, feta, red onions, & tzatziki in pita. Served with a side of Thai-seasoned chips.

Add Chicken OR Tofu 2.00

a BOWL of GOOD

Breakfast Bowls

- 20 **Good Mornin' Bowl** 9.29
Local eggs with ham or sausage and salsa with house-made 9-Grain
- 21 **Buenos Dias Bowl** 8.99
Local eggs with black beans, salsa, sour cream, and grilled tortillas
- 22 **Wake Up W heatberry Bowl** 6.99
Wheatberries cooked with fruit and local honey, apples, pecans, and a side of milk.
- 23 **Peace, Love, and Granola Bowl** 6.59
Organic yogurt, seasonal fruit, house-made granola, and local honey.
- 24 **Quesadilla con Frijol** 8.99
Mozzarella, cheddar, and black beans grilled in a flour tortilla. Eggs and ham or local sausage instead of black beans 1.00

Kids Meals

Choose one of each: 5.99

Entree	Side	Drink
Mac n' Jack	Chips and Salsa	Juice Box
Beans and Rice	Cookie	Milk/Chocolate Milk (+.50)
Moo Chili	Fresh Fruit	Specialty Drink
Falafel and Tzatziki	Cucumber Slices	

- 25 **Bright and Early Oatmeal Bowl** 3.29
A hearty bowl of organic rolled oats served with a side of local milk. Choice of Apple, Banana, Cinnamon Apple, or Plain.

Sides

Chips & Salsa	2.99	Mac n' Jack	4.99
Small Green Salad	3.49	Asian Slaw	3.29
Large Green Salad	5.99	Mini Nach-Yo	5.29
9-Grain Bread & Butter	1.29	Hummus & Pita	3.99
Rice	1.29	Black Beans	2.59

Drinks

Hot Chocolate	2.99	House-made Specialty Drinks	1.99
Hot Tea	2.29	Coffee/Bottomless or To-Go	2.29