

Temporary Menu Hot Bowls

- 1 Out of Africa** Bowl - 9.99
Nigerian stew with chicken, cabbage, & white beans served over rice, topped with sour cream & green onions, served with 9-Grain bread. Family - 29.99
- 2 Tom Kha Gai Bowl** Bowl - 9.99
Thai coconut chicken soup with mushrooms & bamboo shoots over rice. Family - 29.99
- 3 Maharaja Bowl** Bowl - 9.59
Indian curried lentils served over brown rice, topped with mango chutney & organic yogurt, served with pita. Family - 29.99



Give yourself the night off.

Check out our
Family Meals!
(Serves 4 People)

- 4 Bowl de la Milpa** Bowl - 9.49
Black beans over rice with salsa, sour cream, avocado, & corn tortillas. Family - 29.99
- 5 Red, White, and Moo Bowl** Bowl - 9.99
Two-bean chili with local ground beef, served over rice & topped with sour cream. Get it with 9-Grain Bread or make it gluten free with corn chips! Family - 32.99
- 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. Family - 32.99
- 7 Mac n' Jack of the Valley** Bowl - 9.29
Mac & cheese with a side garden salad and 9-Grain Bread
- 8 It's Nach-Yo Bowls!** Bowl - 9.99
Nachos topped with Moo Chili OR black beans & salsa (vegetarian) with cheddar cheese, sour cream, & green onions.

Vegetarian V Gluten-Free GF *Substitute Rice for Quinoa for .99!

Temporary Menu Cold Bowls

- 11 Bangkok Bowl** Bowl - 10.29
Asian slaw and chicken OR tofu over rice with Thai peanut sauce, topped with peanuts. Family - 29.99
- 12 Bada Bun** Bowl - 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** Bowl - 10.79
Greek garbanzo salad, small Greek salad, hummus, pita, and dolmas.
- 14 Ernesto's Chef Salad** Bowl - 10.99
Local lettuce with chicken, ham, cheddar, hard-boiled egg, and veggies. Served with 9-Grain bread.

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. Ask about our Gluten Free option!



World Sammies

- 17 Saigon Gyo** Bowl - 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** Bowl - 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** Bowl - 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

aBOWL of GOOD

Temporary Menu Breakfast Bowls

- 22 Wake Up Wheatberry Bowl** Bowl - 6.99
Wheatberries cooked with fruit and local honey, apples, pecans, and a side of milk.
- 23 Peace, Love, and Granola Bowl** Bowl - 6.59
Organic yogurt, seasonal fruit, house-made granola,
- 24 Quesadilla con Frijol** Bowl - 8.99
Mozzarella, cheddar, and black beans grilled in a flour tortilla.
- 25 Bright and Early Oatmeal Bowl** Bowl - 3.29
A hearty bowl of organic rolled oats served with a side of local milk. Choice of Banana, Cinnamon Apple, or Plain.

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	

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	Coffee: Bottomless or To-Go	2.29
Hot Tea	2.29		