

GRAIN BOWL ADVENTURE



GRAIN BASE

CHOOSE 1 OR A MIX



BROWN RICE
QUINOA
FARRO
SORGHUM
FREEKEH
COUSCOUS
BARLEY
BULGUR
OATS
WHEAT BERRIES
BUCKWHEAT
MILLET
PASTA



VEGGIE TOPPER

UNLIMITED
(RAW, STEAMED, ROASTED)



CARROTS
CUCUMBERS
PEPPERS
JALAPEÑOS
BROCCOLI
CAULIFLOWER
MUSHROOMS
OLIVES
TOMATOES
ZUCCHINI
GREEN BEANS
RED CABBAGE
RADISHES
BEETS
CORN
POTATOES
BUTTERNUT SQUASH
DELICATA SQUASH



FRUIT TOPPER

CHOOSE 1 OF 2



BERRIES
(BLUEBERRIES, STRAWBERRIES, RASPBERRIES)
ORANGE SLICES
GRAPEFRUIT
MANDARIN ORANGES
APPLE
PEARS
PEACHES
MANGO
PINEAPPLE
KIWI
FIGS
DRIED CRANBERRIES
POMEGRANATE SEEDS
AVOCADO



DAIRY TOPPER

CHOOSE 1



SHREDDED CHEDDAR
MINI MOZZARELLA BALLS OR SLICES
CHEDDAR JACK OR MONTEREY JACK CHEESE
BLUE CHEESE
GORGONZOLA
BRIE
BURRATA
SWISS CHEESE
QUESO FRESCO
ASIAGO
PROVOLONE
SHREDDED PARMESAN
RICOTTA
COTTAGE CHEESE



PROTEIN TOPPER

CHOOSE 1-2



CHICKEN
TUNA
SALMON
SHRIMP
STEAK
EGG
EDAMAME
TOFU
BLACK BEANS
CHICKPEAS
LENTILS
ALMONDS
WALNUTS
PISTACHIOS
PEPITA SEEDS
SUNFLOWER SEEDS
HEMP SEEDS



DRESSING

CHOOSE 1



PARMESAN VINAIGRETTE
PESTO SAUCE
GREEN GODDESS
YOGURT AVOCADO
YOGURT TAHINI
TZATZIKI
BUTTERMILK RANCH
CHIPOTLE CREAM

