

# Buffet Bowl Menu

Catered buffet menu option. Menu includes one choice from protein, base and dressing. Dietary restrictions can be accommodated or additional protein available for \$4 additional per guest. \$20 per guest. Minimum 10 guests.

## Choose your base - 1

- Mixed grains
- Mixed greens
- Orecchiette Pasta
- Sesame vermicelli
- Spiced black beans and rice
- White rice

## Choose your protein - 1

- Grilled Chicken
- Grilled Salmon
- Marinated Tofu
- Falafel

## Choice of Vegetables - 3

- Sweet peppers
- Red onion
- Shredded red cabbage
- Grape tomatoes
- Grated Carrot
- Roasted sweet potato
- Julienne snow peas
- Chick peas
- Diced cucumber
- Sautéed button mushrooms
- broccoli
- Sliced Radish
- Edamame
- Charred cauliflower

## Additional Toppings - 2

- Crumbled feta
- Cojita cheese
- Pepitas
- Sunflower seeds
- Diced green onion
- Olives
- Pita chips
- Shredded coconut
- Nutritional yeast
- Crispy fried onions
- Dried cranberries

## Dressings

- Ginger and soy dressing
- Cilantro-lime dressing
- House Vinaigrette

\*All bowl menu items served cold.

## Prepared Bowl Options

**All bowls are prepared cold & have a minimum of 10 for any selection**

### Protein Grain Bowl (Gluten Free)

Mixed grains, assorted vegetables, seeds, choice of grilled protein (chicken, salmon or tofu), ginger and soy dressings \$17.50

### Protein Salad Bowl (Gluten Free)

Mixed greens, assorted vegetables, choice of grilled protein (chicken, salmon or tofu), ginger and soy dressing \$17.50

### Burrito Bowl

Spiced black beans & rice, grilled sweet peppers and onions, cotija cheese, cilantro, corn, chipotle & lime dressing \$15 Vegetarian/\$17.50 Chicken

### Steak Salad Bowl

Chilled steak salad, arugula, sautéed peppers, onions, croutons, grape tomatoes, tomato vinaigrette \$19

### Sesame Noodle Bowl

Sesame vermicelli, with marinated vegetables, grilled chicken or salmon, edamame, scallions and sweet chili coconut dressing \$17.50

### Falafel Bowl (Vegan/Gluten Free)

Crispy falafel, saffron rice, tabbouleh, hummus, pickled red onion, Persian cucumbers, maple tahini dressing \$17

