

# CAI BOWLS 2025

**Foodstuffs**  
GOURMET FOODS & CATERING

EVANSTON  
2106 Central St.  
847.328.7704

LAKE FOREST  
255 E. Westminster  
847.234.6600

GLENVIEW  
1456 Waukegan Rd.  
847.832.9999

flavor packed power  
meals comprised  
of grains, proteins,  
vegetables, sauces and  
crunch in every bite

## ASIAN BOWL

12.99/lb  
grilled all-natural  
chicken breast, brown  
rice, broccoli, carrots,  
cucumbers, edamame,  
black sesame seeds and  
ginger-soy vinaigrette

## GREEK BOWL

12.99/lb  
red quinoa, sea salt  
chickpeas, tomatoes,  
cucumbers, olives,  
pickled red onions,  
feta cheese, and feta  
vinaigrette

## HARVEST GRAIN BOWL

12.99/lb  
roasted sweet potatoes,  
roasted brussels sprouts,  
red quinoa, chickpeas,  
sugared walnuts,  
dried cranberries and  
balsamic vinaigrette

Freshly made exclusively at  
Evanston, Lake Forest & Glenview

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