

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

SALMON BOWL - 15.99/lb

red quinoa, poached salmon, cucumbers, pickled red onions, black sesame seeds and sriracha teriyaki sauce

GINGER SALMON BOWL - 15.99/lb NEW!

salmon, brown rice, carrots, edamame, cucumbers, cilantro, sesame seeds and ginger soy sauce

ASIAN BOWL - 12.99/lb

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

MEXI-CHICKEN BOWL - 12.99/lb

grilled all-natural chicken breast, brown rice, black beans, corn, scallions, avocado, cilantro and chipotle ranch dressing

SMASH BOWL - 12.99/lb NEW!

grilled all-natural chicken breast, bacon, brown rice, apples, feta cheese, avocado and farmhouse ranch

GREEK BOWL - 12.99/lb

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

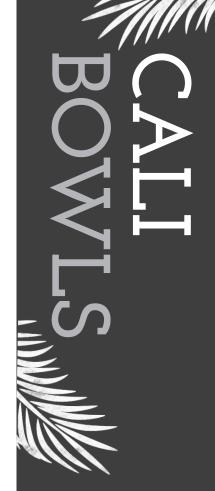
HARVEST GRAIN BOWL - 12.99/lb NEW!

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

LITTLE FOODSTUFFS CHEF - 12.99/lb NEW!

grilled all-natural chicken breast, brown rice, cucumbers, wisconsin cheddar cheese, eggs and creamy caesar





2025



EVANSTON 2106 Central St. 847.328.7704

LAKE FOREST 255 E. Westminster 847.234.6600