



Email: bowlrestaurant@gmail.com

Catering Menu

Call 414-800-5667

*** Green Goddess Bowl (vegetarian):** Individual: \$10 / Tray: \$70 (serves 8-10) / Half-Tray: \$35 (serves 4-5)
Barley, shaved brussels, broccolini, kale, cashew cream, hard egg, avocado, sunflower seeds, crispy shallots

*** Steak and Rice Bowl (GF):** Individual: \$12 / Tray: \$85 (serves 8-10) / Half-Tray: \$45 (serves 4-5)
Brown or white rice, marinated medium-rare steak, pickled carrot daikon, mushroom, bean sprouts, bibimbop sauce, kimchi, hard egg

The Ocho (GF): Individual: \$11 / Tray: \$75 (serves 8-10) / Half-Tray: \$38 (serves 4-5)
Brown or white rice, chicken, Mexican corn, lettuce, pico de gallo, black beans, avocado, chipotle cream sauce, cilantro

*** Mediterranean Tuna Bowl (GF):** Individual: \$13 / Tray: \$90 (serves 8-10) / Half-Tray: \$45 (serves 4-5)
Quinoa, seared rare Ahi tuna, oven tomatoes, olives, Yukon gold potatoes, greens, goat cheese, cilantro-lime dressing

Soba Noodle Bowl (vegan): Individual: \$9 / Tray: \$65 (serves 8-10) / Half-Tray: \$33 (serves 4-5)
Soba noodles, broccolini, carrots, bean sprouts, tomatoes, pineapple, cucumber, crispy shallots, ginger miso dressing

Peanut Bowl (vegan/GF): Individual: \$9 / Tray: \$65 (serves 8-10) / Half-Tray: \$33 (serves 4-5)
Brown or white rice, carrots, spinach, edamame, tomatoes, peppers, sesame seeds, peanut sauce, pickled cucumbers, cashews, cilantro

Tuna Poke Bowl (GF): Individual: \$12 / Tray: \$85 (serves 8-10) / Half-Tray: \$43 (serves 4-5)
Brown or white rice, ginger lime sauce, raw Ahi tuna, sesame seeds, mango, pineapple, edamame, pickled cucumbers, crispy shallots

Green Bowls

Chopped Raw Salad (vegan/GF): Individual: \$9 / Large Bowl: \$65 (serves 8-10) / Half-Tray: \$33 (serves 4-5)
Greens, avocado, carrots, red onion, tomato, jicama, cucumber, ginger miso dressing.

Power Berry Salad (vegetarian/GF): Individual: \$11 / Large Bowl: \$75 (serves 8-10) / Half-Tray: \$38 (serves 4-5)
Kale, greens, quinoa, dried fruit, fresh blueberries, feta, candied nuts, cilantro-lime vinaigrette.

North African Bowl (vegetarian/GF): Individual: \$10 (vegetarian/GF)/Large Bowl: \$70 (serves 8-10)/Half-Tray: \$35 (serves 4-5)
Quinoa, red onions, golden raisins, dried apricots, scallions, tomatoes, pickled peppers, pistachios, feta, pomegranate molasses, arugula.

<u>Add-Ons for Grains and Greens</u>	<u>Individual</u>	<u>Tray (serves 8-10)</u>	<u>½ Tray (serves 4-5)</u>
*Medium-Rare Salmon	\$5.00	\$45	\$23
*Sushi-Grade Ahi Tuna	\$4.00	\$35	\$18
*Marinated Med-Rare Steak	\$4.00	\$35	\$18
Free-Range Amish Chicken	\$3.00	\$27	\$14
Seasoned Tofu	\$2.00	\$18	\$9
*Cage-Free Egg	\$1.50	\$13	\$7
Avocado	\$2.00	\$18	\$9
Cashew Cream	\$1.50	\$13	\$7
Extra Sauce	\$1.00	\$9	\$5

-Delivery and set up: From \$15

-Prices include disposable plates, utensils, and/or napkins.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

^Note: We use only pure avocado oil for all cooking.