



Email: [bowlsmequon@gmail.com](mailto:bowlsmequon@gmail.com)

**Catering Menu – Mequon**

Call 414-716-5240

**\* Green Goddess Bowl (vegetarian):** Individual: \$11 / Tray: \$75 (serves 8-10) / Half-Tray: \$38 (serves 4-5)  
Barley, shaved brussels, broccolini, kale, cashew cream, hard egg, avocado, sunflower seeds, crispy shallots

**\* Steak and Rice Bowl (GF):** Individual: \$13 / Tray: \$90 (serves 8-10) / Half-Tray: \$45 (serves 4-5)  
Brown or white rice, grass-fed medium-rare steak, pickled carrot daikon, mushroom, bean sprouts, bibimbop sauce, kimchi, hard egg

**The Ocho (GF):** Individual: \$12 / Tray: \$80 (serves 8-10) / Half-Tray: \$40 (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, arugula, goat cheese, cilantro-lime 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

**Chopped Raw Salad (GF):** Individual: \$9 / Large Bowl: \$65 (serves 8-10) / Half-Tray: \$33 (serves 4-5)  
Greens, avocado, carrots, red onion, tomato, jicama, cucumber, choice of peanut (vegan) or cilantro-lime (V) 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, tomatoes, pickled peppers, pistachios, feta, pomegranate molasses, arugula.

<b><u>Add-Ons</u></b>	<b><u>Individual</u></b>	<b><u>Tray (serves 8-10)</u></b>	<b><u>½ Tray (serves 4-5)</u></b>
*Medium-Rare Salmon	\$5.00	\$45	\$23
*Grass-fed Med-Rare Steak	\$5.00	\$45	\$23
*Sushi-Grade Ahi Tuna	\$4.00	\$35	\$18
Amish Chicken	\$3.00	\$27	\$14
Seasoned Tofu	\$2.00	\$18	\$9
*Pasture-Raised Egg	\$1.75	\$16	\$8
Avocado	\$2.00	\$18	\$9
Cashew Cream	\$1.50	\$13	\$7
Extra Sauce	\$1.00	\$9	\$5

-Delivery and set up: From \$15  
  
-includes 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 pure avocado oil for cooking.