

Drinks

Bottled Water: 16.9 oz \$1.50

Sparkling Water: 12 oz \$2.25
Assorted Flavors

San Pellegrino 11.15 oz \$2.25
Plain and Assorted flavors

Juiced! Cold-Pressed Juice: 12 oz \$4.25
Assorted flavors



The Peanut Tray

Did you know?

Bowls:

- Does not use any vegetable oils in our food. We use 100% pure avocado oil and extra virgin olive oil for virtually all cooking and sauces.
- Makes almost all our ingredients and sauces from scratch. This includes almost all sauces and roasting nuts, seeds, and tomatoes in house.
- Only uses pasture-raised eggs from Three Brothers Farm in Oconomowoc.
- Only uses grass-fed steak and step 2 Amish chicken.
- Only uses local, unfiltered honey.
- Uses mostly low glycemic coconut sugar in place of refined sugars.
- Uses soy-free coconut aminos in most of our sauces.
- Is constantly reviewing our ingredients and looking for alternatives to increase quality and health benefits while maintaining or improving flavor and balancing cost to our customers.



DELICIOUS. NOURISHING. QUICK.



**Catering Menu
By Appointment**

Tel: (414) 800-5667

**207 W. Freshwater Way
Milwaukee, WI 53204**

**Order Online at
www.bowlsrestaurant.com/catering
bowlsrestaurant@gmail.com**

**Straws Only Available Upon Request
www.thelastplasticstraw.org**

***Green Goddess:** Tray \$75, Half-Tray \$40, Single \$11 (vegetarian/DF/GF)

Brown or white rice, shaved brussels, broccolini, kale, soy/sesame, cashew cream, hard egg, avocado, sunflower seeds, crispy shallots.

Ocho: Tray \$80, Half-Tray \$45, Single \$12 (GF/SF)

Brown or white rice, chicken, Mexican corn, lettuce, pico de gallo, black beans, avocado, chipotle cream sauce, cilantro

Peanut: Tray \$65, Half-Tray \$35, Single \$9 (vegan/DF/GF)

Brown or white rice, carrots, spinach, edamame, tomatoes, peppers, sesame seeds, peanut sauce, pickled cucumbers, cashews, cilantro.

Chicken Teriyaki: Tray \$75, Half-Tray \$40 (DF/GF/SF)

Brown or white rice, teriyaki sauce, chicken, carrots, peppers, broccolini, red onion, sesame seeds, cilantro

***Mediterranean Tuna:** Tray \$90, Half-Tray \$50, Single \$13 (GF/SF)

Quinoa, seared rare Ahi tuna, oven tomatoes, olives, Yukon gold potatoes, greens, goat cheese, cilantro-lime dressing.

***Steak and Rice:** Tray \$90, Half-Tray \$50, Single \$13 (DF/GF)

Brown or white rice, grass-fed medium-rare steak, pickled carrot daikon, mushroom, bean sprouts, bibimbop, kimchi, cilantro, scallions, hard egg.

Thai Red Curry: Tray \$70, Half-Tray \$38 (vegan/DF/GF/SF)

Brown or white rice, carrots, peppers, mushrooms, spinach, cilantro, red curry sauce.

***Spiced Sweet Potato & Eggs:** Tray \$75, Half-Tray \$40, Single \$10 (V/DF/GF/SF)

Sweet potato, Yukon gold potatoes, mushroom, arugula, spinach, poblano, sriracha, hard egg.

Chopped Raw Salad: Tray \$65, Half-Tray \$35, Single \$9 (vegan/DF/GF/SF)

Greens, avocado, carrots, red onion, tomato, jicama, cucumber, choice of dressing (cilantro-lime (V), peanut (vegan), or balsamic (vegan)).

Power Berry Salad: Tray \$75, Half-Tray \$40, Single \$11 (vegetarian/GF/SF)

Kale, greens, quinoa, dried fruit, fresh blueberries, feta, candied nuts, cilantro-lime vinaigrette.

***Paleo:** Tray \$90, Half-Tray \$50, Single \$13 (DF/GF/SF)

Spinach, broccolini, brussels, kale, mushrooms, chicken, red pepper sauce, avocado, hard egg, almonds.

Chia Pudding – Chocolate Hazelnut (V, GF) or Strawberry Banana Lime (vegan/DF/GF/SF): Half-Tray \$45 (serves 8-10)

Add-Ons

***Medium-Rare Salmon:** Tray \$45, Half-Tray \$24, Single \$5

***Grass-fed Medium-Rare Steak:** Tray \$45, Half-Tray \$24, Single \$5

***Sushi-Grade Ahi Tuna:** Tray \$36, Half-Tray \$19, Single \$4

Amish Chicken: Tray \$27, Half-Tray \$14, Single \$3

Tofu: Tray \$18, Half-Tray \$9, Single \$2

Avocado: Tray \$18, Half-Tray \$9, Single \$2

***Pasture-Raised Egg:** Tray \$16, Half-Tray \$8, Single \$1.75

Cashew Cream: Tray \$13, Half-Tray \$7, Single \$1.50

Extra Sauce: Tray \$9, Half-Tray \$5, Single \$1

Delivery/Setup Fee: From \$15 depending on distance and number of people – includes disposable plates, utensils, and/or napkins

Each tray serves approximately 8-10 people
Each half-tray serves approximately 4-5 people

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

^Note: We use pure avocado oil for cooking.

V = vegetarian, DF = dairy-free, GF = gluten-free, SF = soy-free

More photos at www.bowlsrestaurant.com/catering



The Ocho – Half-Tray