

**Drinks**

**Nessalla Kombucha (on tap):** 16 oz \$3.75  
Ask for current flavors 20 oz \$4.25

**Sport Tea:** 16 oz \$2.75  
20 oz \$3.25

with green tea, vitamin c, electrolytes, and  
Siberian eleuthero root.

**Juiced! Cold-Pressed Juice:** \$4.25

**San Pellegrino:** \$2.25

**Perrier:** \$1.75

**La Croix:** \$1.50

**Bottled Water:** \$1.50

**Unity Vibration Kombucha Beer (GF):**  
Bourbon Peach \$6.00

**Gentry's Rosé Hard Cider (GF):** \$5.00

**Press Alcohol Seltzer:** \$5.00



**DELICIOUS. NOURISHING. QUICK.**



**Open Seven Days a Week**

**Tel: (414) 716-5240**

**Spur 16 – Mequon Public Market  
6300 W. Mequon Road  
Mequon, WI 53092**

**Order Online at  
[www.bowlsrestaurant.com](http://www.bowlsrestaurant.com)**

**[bowlsrestaurant@gmail.com](mailto:bowlsrestaurant@gmail.com)**

**Visit our original location in Milwaukee –  
Walker's Point:**

**207 W. Freshwater Way  
Milwaukee, WI 53204  
414-800-5667**

**Open M-F 10-3  
Catering by Appointment**

**Catering and Large Order Delivery Now  
Available**

**[www.bowlsrestaurant.com/catering](http://www.bowlsrestaurant.com/catering)**

**Straws Only Available Upon Request  
[www.thelastplasticstraw.org](http://www.thelastplasticstraw.org)**

### Smoothie Bowls

**Berry Acai Smoothie Bowl:** \$10 (vegetarian/GF)  
Blended acai, banana, blueberries, raspberries, strawberries, almond milk, ginger, agave, lemon juice. Topped with coconut, blueberries, strawberries, granola.

**Mango Smoothie Bowl:** \$10 (vegan/GF)  
Blended mango, pineapple, banana, coconut milk, agave, ginger, lemon juice. Topped with sliced bananas, pepitas, coconut flakes, toasted almonds.

**Chocolate PB Smoothie Bowl:** \$9 (vegetarian/GF)  
Blended almond milk, cocoa, dates, peanut butter, bananas, raspberries. Topped with strawberries, coconut, banana, granola.

**Super Green Smoothie Bowl:** \$9 (vegan/GF)  
Blended spinach, kale, ginger, apples, almond milk, banana, cucumber, apple cider, lemon juice. Topped with strawberries, toasted almonds, bananas, pepitas.

### Soup du Jour

**Cup (8oz):** \$6

**Bowl (16oz):** \$9

**Half Soup (8 oz)/Half Salad (16 oz) Combo:** \$11  
Chopped Raw, Power Berry, or North African

### Grain Bowls

**The Ocho:** \$12 (GF)  
Brown or white rice, chicken, Mexican corn, lettuce, pico de gallo, black beans, avocado, chipotle cream sauce, cilantro

**\*Green Goddess Bowl:** \$11 (vegetarian/GF)  
Brown or white rice, shaved brussels, broccolini, kale, cashew cream, soft egg, avocado, sunflower seeds, crispy shallots.

**Peanut Bowl:** \$9 (vegan/GF)  
Brown or white rice, carrots, spinach, edamame, tomatoes, peppers, sesame seeds, peanut sauce, pickled cucumbers, cashews, cilantro.

**\*Mediterranean Tuna Bowl:** \$13 (GF)  
Quinoa, seared rare Ahi tuna, oven tomatoes, olives, Yukon gold potatoes, arugula, goat cheese, cilantro-lime dressing.

**\*Steak and Rice Bowl:** \$13 (GF)  
Brown or white rice, grass-fed medium-rare steak, pickled carrot daikon, mushroom, bean sprouts, bibimbop sauce, kimchi, cilantro, scallions, over-easy egg.

**Thai Red Curry Bowl:** \$10 (vegan/GF)  
Brown or white rice, carrots, peppers, mushrooms, spinach, cilantro, red curry sauce.

### Green/Salad Bowls

**Power Berry Salad:** \$11 (vegetarian/GF)  
Kale, greens, quinoa, dried fruit, fresh blueberries, feta, candied nuts, cilantro-lime vinaigrette.

**North African Bowl:** \$10 (vegetarian/GF)  
Quinoa, arugula, red onions, golden raisins, dried apricots, cucumbers, tomatoes, pickled peppers, pistachios, feta, pomegranate molasses.

**Chopped Raw Salad:** \$9 (GF)  
Greens, avocado, carrots, red onion, tomato, jicama, cucumber, choice of peanut (vegan) or cilantro-lime dressing (vegetarian).

**\*Paleo Bowl:** \$13 (GF)  
Spinach, broccolini, brussels, kale, mushrooms, chicken, red pepper sauce, avocado, over-easy egg, almonds.

### Add-Ons for Grains and Greens

*Medium-Rare Salmon	\$5.00
*Grass-Fed Medium-Rare Steak	\$5.00
*Sushi-Grade Ahi Tuna	\$4.00
Amish Chicken	\$3.00
Local Herbed Tofu	\$2.00
Avocado	\$2.00
*Pasture-Raised Egg	\$1.75
Cashew Cream	\$1.50
Extra Grains	\$1.00
Extra Veggies (each)	\$1.00
Extra Sauce	\$1.00

\*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.