

Drinks

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

Anodyne Coffee: 12 oz \$2.25
16 oz \$2.50

Anodyne Cold-Brew Coffee: 16 oz \$3.00
(Seasonal) 20 oz \$3.50

Bottled Water: 16.9 oz \$1.50
Plain

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

Sport Tea: 16 oz \$2.75
20 oz \$3.25
with green tea, vitamin c, electrolytes, and
Siberian eleuthero root.

Rishi Tea: 16 oz \$2.75

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 pastured butter.
- 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.

Check out our other location:
Spur 16 – Mequon Public Market
6300 W. Mequon Rd
Mequon, WI 53092



DELICIOUS. NOURISHING. QUICK.



Monday – Friday 10am-3pm
Closed Saturday and Sunday
Catering by Reservation

Tel: (414) 800-5667

207 W. Freshwater Way
Milwaukee, WI 53204

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Available
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Straws Only Available Upon Request
www.thelastplasticstraw.org

Smoothie Bowls/Chia Pudding

Berry Acai: \$9 (V/DF/GF/SF)

Blended acai, banana, blueberries, raspberries, strawberries, almond milk, ginger, agave, lemon juice. Topped with coconut, blueberries, strawberries, granola.

Super Green: \$9 (vegan/DF/GF/SF)

Blended spinach, kale, ginger, apples, coconut milk, banana, cucumber, apple cider, lemon juice. Topped with strawberries, toasted almonds, bananas, pepitas.

Chocolate PB: \$9 (V/DF/GF/SF)

Blended almond milk, cocoa, dates, peanut butter, bananas, raspberries. Topped with strawberries, coconut, banana, granola.

Chocolate Hazelnut Chia Pudding: \$5 (V/GF)

Chia, almond milk, cocoa, Nutella, chocolate chips, candied nuts.

Strawberry Banana Lime Chia Pudding: \$5

(vegan/DF/GF/SF)

Chia, coconut milk, strawberries, bananas, lime juice, agave.

V = vegetarian

DF = dairy-free

GF = gluten-free

SF = soy-free

Grain Bowls and More

***Green Goddess:** \$11 (vegetarian/DF/GF)

Brown or white rice, shaved brussels, broccolini, kale, cashew cream, soft egg, avocado, sunflower seeds, crispy shallots.

Ocho: \$12 (GF/SF)

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

Peanut: \$9 (vegan/DF/GF)

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

Chicken Teriyaki: \$11 (DF/GF/SF)

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

***Mediterranean Tuna:** \$13 (GF/SF)

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

***Steak and Rice:** \$13 (DF/GF)

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

Thai Red Curry: \$10 (vegan/DF/GF/SF)

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

Greek Eggs: \$12 (GF/SF)

Scrambled eggs, chicken, tomatoes, red onion, spinach, oregano, feta

***Spiced Sweet Potato & Eggs:** \$10 (V/DF/GF/SF)

Sweet potato, Yukon gold potatoes, mushroom, arugula, spinach, poblano, sriracha, two over-easy eggs.

Green/Salad Bowls

Chopped Raw Salad: \$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: \$11 (vegetarian/GF/SF)

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

***Paleo:** \$13 (DF/GF/SF)

Spinach, broccolini, brussels, kale, mushrooms, chicken, red pepper sauce, avocado, over-easy egg, almonds.

***Keto:** \$15 (GF/SF)

Grass-fed med-rare steak, scrambled eggs, spinach, mushrooms, pastured garlic butter

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
Tofu	\$2.00
Avocado	\$2.00
*Pasture-Raised Egg	\$1.75
Cashew Cream	\$1.50
Extra Oil	\$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.