

courier.

house favorites \$10

Colorado Bowl:

flat iron steak, brown rice, green chiles, onions, spinach, cheddar, salsa verde

Baja Bowl:

baby shrimp, brown rice, onions, peppers, black beans, zucchini, chipotle vinaigrette

Protein Power Bowl:

balsamic chicken, ancient grains, chickpeas, mushrooms, beans sprouts, broccoli, almonds, white wine vinaigrette

\$10 daily

1) pick your protein (choose one)

- scrambled cage free eggs
- baby shrimp
- balsamic chicken
- flat iron steak
- impossible crumbles extra protein +\$1

2) choose your grain (choose one)

- brown rice
- ancient grain blend
- local pasta

3) fill it up (unlimited)

- almonds onion
- black beans parmesan
- broccoli peppers
- cheddar spinach
- chickpeas sprouts
- feta sriracha peanuts
- green chiles sunflower seeds
- mushrooms zucchini
- avocado +\$1 bacon +\$1

4) finish it off! (choose one)

- chipotle vinaigrette (gf)
- marinara (gf/vg) on the side
- salsa verde (gf/vg)
- sesame tamari (vg)
- teriyaki sauce (vg)
- white wine vinaigrette (gf/vg)

complete your meal! +\$2

drink (choose one)

- fountain soda teakoe iced tea

snack (choose one)

- chips cookie
- soup of the day +\$5

Name _____