

Build your bowl!

- ☯ **KID'S BOWL** \$5.95
1 BASE • 1 VEGGIE • 1 PROTEIN
- ☯ **FOUR ENERGY BOWL** \$9.95
2 BASES • 1 VEGGIE • 1 PROTEIN
- ☯ **FOUR STRENGTH BOWL** \$9.95
1 BASE • 2 VEGGIES • 1 PROTEIN

- ☯ **FOUR POWER BOWL** \$11.95
1 BASE • 1 VEGGIE • 2 PROTEINS
- ☯ **SUPER SIX BOWL** \$13.95
2 BASES • 2 VEGGIES • 2 PROTEIN
- ☯ **FAMILY MEAL - SERVES 4 PEOPLE** \$39.95
2 BASE • 2 VEGGIES • 2 PROTEIN
(all separate)



wrap it up! WRAP YOUR BOWL IN A WHOLE WHEAT TORTILLA add \$.99

bases add an additional base \$1.95

- **LEMON GRASS BROWN RICE** (gf, df, v)
- **SPINACH SALAD** (gf, df, v)
tomatoes, onions, cucumbers, balsamic vinaigrette
- **BALSAMIC LENTILS** (gf, df, v)
- **CAULIFLOWER RICE** (gf, df, v)
- **QUINOA PRIMAVERA** (gf, df, v)
- **SESAME SPAGHETTI SQUASH** (gf, df, v)
- **CAESAR SALAD** (gf, df, v)
- **PLAIN RICE** (gf, df, v)

veggies add an additional veggie \$1.95

- **CHARRED BROCCOLI** (gf, df, v)
- **SAUTEED GARLICKY SPINACH** (gf, df, v)
- **GENERAL TSO'S TEMPURA CAULIFLOWER** (df, v)
- **ROASTED BRUSSEL SPROUTS** (gf, df, v)
- **FIRE ROASTED CORN** (gf, df, v)
- **MAPLE SPICED CARROTS** (gf, df, v)

proteins add an additional protein \$2.29

- **GRILLED CHICKEN** (gf, df)
- **CHICKEN TENDERS**
- **TERIYAKI CHICKEN** (df)
- **TEQUILLA LIME SHRIMP** (gf, df) + \$2.00
- **MARINATED GRILLED STEAK** (gf, df) + \$1.00
- **BLACKENED SALMON** (gf, df) + \$4.00
- **COCONUT SHRIMP** + \$2.00
- **TOFU CAPRESE** (gf, df, v)

awesome add-ins

- **GINGER LIME CITRUS** (gf, df, v) +\$.25
- **BALSAMIC REDUCTION** (gf, df, v) +\$.25
- **COCONUT CURRY** (gf, df, v) +\$.25
- **ROASTED PEPPER COULIS** (gf, df, v) +\$.25
- **MILD OR SPICY BUFFALO** (gf, df, v) +\$.20
- **SHREDDED CHEESE** (gf) +\$.75

- **JALAPENOS** (gf, df, v) +\$.50
- **AVOCADO** (gf, df, v) +\$1.95
- **FRIED AVOCADO** (df, v) +\$2.95
- **FRENCH FRIES** (gf, df, v) +\$1.50
- **SAUTEED ONIONS & PEPPERS** (gf, df, v) +\$.95

www.zenbowlsnj.com

gf - gluten free df - dairy free v - vegan