



Super Eater Bowls

by My Healing Chef

MEDITERRANEAN

Quinoa, kalamata olives, cherry tomatoes, zucchini, parsley, red peppers, lemon basil vinaigrette

"Optional" chicken, shrimp, tofu - \$15/\$18

SOUTHWEST

Black bean rotini, red peppers, cilantro, corn, onion, kale, roasted red pepper and cilantro sauce

"Optional" chicken or tofu - \$15/\$18

ASIAN

Brown Rice or Edamame, noodles, wild mushrooms, snow peas, shaved carrots, ginger, garlic, cilantro, edamame, coconut oil, sweet chili sauce

"Optional" chicken, shrimp, tuna, tofu - \$15/\$18

SUMMER FRESH

Quinoa, grilled corn, basil, zucchini, roasted red peppers, shaved Brussels sprouts, chimichurri sauce

"Optional" chicken, beef or tofu - \$15/\$18

MOROCCAN

Brown rice, onions, squash, tomatoes, peppers, cauliflower, ginger, garlic, turmeric, saffron, cinnamon

"Optional" chicken or tofu - \$15/\$18

ITALIAN

Quinoa spaghetti, roasted tomatoes, broccoli, wild mushrooms, spinach, marinara sauce, shaved parmesan

"Optional" turkey burger meatballs or herb roasted chicken - \$15/\$18

CALIFORNIA COASTAL

Quinoa and brown rice blend, broccoli, kale, cauliflower rice, shaved almonds and basil pesto "Optional" shrimp or salmon - \$15/\$20

MEXICAN

Mexican green rice, black beans, roasted corn, cilantro, red peppers, scallions, shredded cheese, enchilada sauce

"Optional" chicken, beef or tofu - \$15/\$18