

# Fresh Bowl Menu



Pick your  
Base

- White Rice
- Rice/Quinoa Mix
- Lettuce

## Taco Bowl

topped with **Tomato, Bell Peppers, Shredded Cheese, Doritos, Spiced Beef, & Catalina** dressing

## Canadian Bowl

topped with **Steak, fried Peppers, Mushrooms, Onions, Avocado, & 40 Creek BBQ Sauce.**

## Greek Falafel Bowl

topped with **Falafels, Cucumber, Red Onion, Feta, Tomato, Kalamata Olives, & Tzatziki sauce**

## Full Fuel Bowl

topped with **Roasted Sweet Potatoes, Hardboiled Egg, Avocado, Mixed Beans, Chickpeas, Carrots, Peppers & Avocado Ranch**

## Salmon Teriyaki

topped with **Smoked Salmon, Cucumber, Carrot, Avocado, Tomato, Wheatberry Salad, Sesame Seeds & Teriyaki sauce**

**Individual - \$14.00 | Family Size - \$22.00**

# Fresh Salad *Menu*



## Mediterranean Salad

bed of lettuce topped with **Feta, Olives, Cucumber, Peppers, Red Onion,** and **Lemon Dill** dressing

## Italian Chopped Salad

bed of lettuce topped with chopped **Cured Meats, Tomato, Red Onion, Banana Peppers, Chickpeas, Bocconcini, Parmesean,** and **Italian** dressing

## Canadian Salad

bed of spinach topped with **Wheatberry Salad, Chickpeas, Bacon, Tomato, Beets, Pepper** and **Maple Balsamic** dressing

Add **Chicken, Steak, or Shrimp**  
to any salad for **\$6.60**

**Individual - \$14.00**  
**Family Size - \$22.00**

**Iced Coffee & Cold Brew**  
*available at the Perk!*

Ask about our different flavour shots

