

build your own bowl

1 begin with rice or noodles

brown rice **V VG**
340 cal

fried rice **V VG**
330 cal

white rice **V VG**
350 cal

vegetable lo mein **V VG**
440 cal

2 add your favorite protein

5 spice teriyaki chicken \$6.99
120 cal

lemongrass beef \$7.49
190 cal

Thai tofu **V VG** \$6.99
80 cal

byo bowl veggies and sauces

3 add a veggie

seasonal vegetable 60-100 cal

4 your choice of sauce

chili lime sauce **V VG**
(served chilled)
40 cal

Thai yellow curry sauce **V VG**
40 cal

5 spice teriyaki sauce **V VG**
30 cal

spicy garlic sauce **V VG**
20 cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request

byo bowl toppings

as many as you like

5 top it

pickled carrots
and cucumbers **V VG**
10 cal

lettuce salad with
ginger miso dressing **V VG**
100 cal

fried shallots **V VG**
5 cal

jalapeno slices **V VG**
5 cal

Asian slaw **V VG**
35 cal

lime wedge **V VG**
1 cal

steamed broccoli **V VG**
10 cal

spicy chili oil **V VG**
190 cal

vegetable salad with
chili lime sauce **V VG**
15 cal

V = vegetarian
VG = vegan