

BOWLFUL

plant-based bowls

TULANE
UNIVERSITY
DINING
SERVICES

Signature Bowls

V Vegetarian
VG Vegan

Indian Grain Bowl

V \$8.99

Baingan bharta, garam masala lentils, cauliflower, chard, pickled vegetables, taro chips, & harissa cilantro lime yogurt

Super Food Grain Bowl

VG \$8.99

Baba ganoush, wild rice with roasted beets, sweet potatoes, brussels sprouts, kale, pepitas, & champagne vinaigrette

Green Grain Bowl

V \$8.99

Avocado lime spread with edamame, broccoli rabe, kale, falafels, pickled vegetables, za'atar pistachios, & green harissa dressing

Farro and Roasted Fruit Grain Bowl

V \$8.99

Farro, roasted seasonal fruit, dried cranberries, crumbled feta cheese, sliced almonds, & balsamic vinegar

Upgrade Your Bowl

Falafel (2)

VG \$1.89

Crispy chickpea patties seasoned with onion, garlic, spices, & jalapeño

Spicy Crispy Brussels Sprouts

VG \$2.99

Crispy house fried fresh brussels sprouts with red pepper flakes, salt, & lemon

Fresh Avocado

VG \$1.09

Drinks

Smart Water

\$2.49

Gold Peak Tea

\$2.69

Tulane University Dining Services serves and uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. Our fryer is used for frying different products, including fish and crustacean shellfish. For food allergies or special diet concerns, please contact Dining Services.