Bowlful
plant-based bowls

**Signature Bowls**

**Indian Grain Bowl**
- Vegetarian
- Vegan
- $8.99
- Baingan bharta, garam masala lentils, cauliflower, chard, pickled vegetables, taro chips, & harissa cilantro lime yogurt

**Super Food Grain Bowl**
- Vegetarian
- $8.99
- Baba ganoush, wild rice with roasted beets, sweet potatoes, brussels sprouts, kale, pepitas, & champagne vinaigrette

**Green Grain Bowl**
- Vegetarian
- $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**
- Vegetarian
- $8.99
- Farro, roasted seasonal fruit, dried cranberries, crumbled feta cheese, sliced almonds, & balsamic vinegar

**Upgrade Your Bowl**

**Falafel (2)**
- Vegetarian
- $1.89
- Crispy chickpea patties seasoned with onion, garlic, spices, & jalapeño

**Spicy Crispy Brussels Sprouts**
- Vegetarian
- $2.99
- Crispy house fried fresh brussels sprouts with red pepper flakes, salt, & lemon

**Fresh Avocado**
- Vegetarian
- $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.