



Pick your protein, veggies, noodles, sauce and garnish to make your own distinctive bowl

Proteins Choose 1

- Lemongrass Chicken 100 cal
- Pork Meatballs **CP** 160 cal
- Roasted Korean Tofu **VG** 70 cal

Noodles Choose 1

- Rice Stick **VG** 190 cal
- Cellophane **VG** 130 cal

Curry Sauce Choose 1

- Coconut Red **NUTS!** 110 cal
- Coconut Yellow **VG NUTS!** 110 cal
- Coconut Green **V NUTS!** 110 cal

South East Curry Bowl \$7.29

August 27 to September 14

Veggies Choose 4 **5 – 35cal each**

- Onions **VG** 5 cal
- Green Peppers **VG** 5 cal
- Mushrooms **VG** 5 cal
- Carrots **VG** 5 cal
- Fried Shallots **VG** 35 cal
- Napa Cabbage **VG** 7 cal

- Choice of Side:
- Green Papaya Salad 100 cal **VG** **NUTS!** \$1.89
 - Carrot Slaw 40 cal **VG** \$1.89

Add SWAP Beverage + SWAP Side When Purchased as a SWAP Meal

2000 calories a day is used for a general nutrition advice but calorie needs vary. Additional nutrition information available upon request.



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Proteins Choose 1		
Beef		100 cal
Grilled Chicken		160 cal
Roasted Tofu	VG	70 cal

Noodles Choose 1		
Soba	VG	190 cal
Udon	VG	130 cal

Broth Choose 1		
Chicken		40 cal
Miso	VG	70 cal
Dashi	SHELL FISH!	20 cal

Japanese Broth Bowl \$7.29

September 17 to September 28

Veggies Choose 4 **5 – 35cal each**

Shiitake Mushrooms	VG	5 cal
Onions	VG	5 cal
Baby Bok Choy	VG	5 cal
Broccoli	VG	5 cal
Carrots	VG	5 cal
Napa Cabbage	VG	7 cal

Choice of Side:

Japanese Edamame Slaw	V	50 cal	\$1.89
Japanese Cucumber Salad	VG	25 cal	\$1.89

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