

<b>Vegetarian Bowl</b>	<b>\$6.29</b>
<b>Protein Bowl</b>	<b>\$7.29</b>
<b>Extra Protein</b>	<b>\$1.99</b>
<b>Extra Veggies</b>	<b>.99</b>

Make your own Asian inspired noodle bowl



**Veggies**  
5 – 10 cal

- |              |               |
|--------------|---------------|
| Carrots      | Snow Peas     |
| Shallots     | White Onion   |
| Cabbage      | Scallions     |
| Celery       | Broccoli      |
| Baby Corn    | Baby Bok Choy |
| Bell Peppers | Mushrooms     |

**Noodles**

Rice Noodle	100 cal
Lo Mein	150 cal
Soba	70-150 cal

**Protein**

Steak	170 cal
Chicken	70 cal
Tofu	150 cal
Vegetable	40 cal

**More Flavor**

Crushed Red Pepper	5 cal
Thai Basil	5 cal
Lime Wedge	5 cal
Toasted Sesame Seeds	15 cal
Cilantro	5 cal
Mint	10 cal

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



oodles

# SUSHI

**Protein Roll**

**140-300 cal**

**\$6.29**

**Vegetable Roll**

**100-300 cal**

**\$5.79**



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