

Healthy Bowls by

Urban Fare Catering and Food Shop



The Teriyaki Bowl

(Choice of Proteins: Salmon, Chicken, Beef, or Tofu)

- Shredded Red Cabbage
- Carrots
- Edamame
- Pineapple
- Cilantro
- Brown Rice



The Chipotle Bowl

(Choice of Protein: Salmon, Chicken, Beef, or Tofu)

- Black Bean
- Mango
- Red Pepper
- Red Onions
- Corn
- Mix Greens



The Cajun Bowl

(Choice of Protein: Salmon, Chicken, Beef, or Tofu)

- Roasted Sweet Potato
- Red & White Cabbage
- Cherry Tomatoes
- Broccoli Parsley Pesto
- Cajun Chickpeas
- Quinoa



The Balsamic Glaze Bowl

(Choice of Protein: Salmon, Chicken, Beef, or Tofu)

- Arugula
- Kale
- Sundried Tomato
- Green Pepper
- Cucumber
- Chickpeas
- Olives



*Bowls portioned and priced at \$14.95 per person.

**Minimum order of 6 flavourings (Teriyaki, Cajun, Chipotle, or Balsamic) with any protein.

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