

# CoreLife Eatery

115 S Veterans Pkwy Suite D 61761-2133 · +13093199177 · Updated: Jan 14, 2026

[View online menu](#)



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## BUILD YOUR OWN <sup>3</sup>

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### Large Bowls

#### AVAILABLE OPTIONS

- LRG BYO Original Chicken Bowl: \$12.15
- LRG BYO BBQ Chicken Bowl: \$12.15
- LRG BYO Buffalo Chicken Bowl: \$12.15
- LRG BYO Thai Chicken Bowl: \$12.15
- LRG BYO Original Steak Bowl: \$12.85
- LRG BYO Spicy Steak Bowl: \$12.85
- LRG BYO Korean BBQ Pork Bowl: \$12.85
- LRG BYO Tuna Poke Bowl: \$15.95
- LRG BYO Rstd Tofu Bowl: \$10.95
- LRG BYO Vegan Bowl: \$9.15

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### Regular Bowls

#### AVAILABLE OPTIONS

- ORIGINAL CHICKEN BOWL: \$10.65
- BBQ CHICKEN BOWL: \$10.65
- BUFFALO CHICKEN BOWL: \$10.65
- SP THAI CHICKEN BOWL: \$10.65
- ORIGINAL STEAK BOWL: \$11.15
- SPICY STEAK BOWL: \$11.15
- KOREAN BBQ PORK BOWL: \$11.15
- TUNA POKE BOWL: \$13.95
- ROASTED TOFU BOWL: \$9.25
- VEGAN BOWL: \$7.65

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### Wraps

#### AVAILABLE OPTIONS

- ORIGINAL CHICKEN WRAP: \$10.65
- BBQ CHICKEN WRAP: \$10.65
- BUFFALO CHICKEN WRAP: \$10.65
- SP THAI CHICKEN WRAP: \$10.65
- ORIGINAL STEAK WRAP: \$11.15
- SPICY STEAK WRAP: \$11.15
- KOREAN BBQ PORK WRAP: \$11.15
- TUNA POKE WRAP: \$13.95
- ROASTED TOFU WRAP: \$9.25
- VEGAN WRAP: \$7.65

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## CHOOSE TWO <sup>1</sup>

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## Choose Two

With the Choose Two menu, you can select from any size bowl or wrap on the menu. Add your favorite soup, side or craft made beverage at a discount!

## WRAPS 10

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### Greek Chicken Wrap

Whole Grain Tortilla (gluten) Grilled chicken, chopped romaine/napa, quinoa, cucumbers, pico, hummus, feta cheese, tzatziki sauce. (egg, dairy) Suggested Sauce: Cucumber Basil (egg, dairy)

#### AVAILABLE OPTIONS

- \$10.65
- Original Steak: \$0.50
- Spicy Thai Steak: \$0.50
- Ahi Tuna Poke: \$4.00
- original chicken: \$2.95
- bbq chicken: \$2.95
- buffalo chicken: \$2.95
- spicy thai chicken: \$2.95
- grass fed steak: \$3.45
- spicy thai steak: \$3.45
- korean bbq pork: \$3.45
- roasted organic tofu: \$2.50
- ahi tuna poke: \$6.95

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### Southwest Chicken Wrap

Whole Grain Tortilla (gluten) Grilled chicken, purple rice blend, napa/romaine blend, avocado, pickled jalapenos, pico, black beans, scallions, corn, shredded white cheddar, tortilla strips, lime cilantro jalapeno dressing. (dairy) Suggest Sauce: Red or Green Salsa

#### AVAILABLE OPTIONS

- \$10.95
  - Original Steak: \$0.50
  - Spicy Thai Steak: \$0.50
  - Korean BBQ Pork: \$0.50
  - Ahi Tuna Poke: \$4.00
  - original chicken: \$2.95
  - bbq chicken: \$2.95
  - buffalo chicken: \$2.95
  - spicy thai chicken: \$2.95
  - grass fed steak: \$3.45
  - spicy thai steak: \$3.45
  - korean bbq pork: \$3.45
  - roasted organic tofu: \$2.50
  - ahi tuna poke: \$6.95
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## Buffalo Southwest Ckn Wrap

Whole Grain Tortilla (gluten) Buffalo grilled chicken, napa/romaine blend, purple rice, black beans, corn, pico, white cheddar, tortilla strips, ranch or bleu cheese dressing. (dairy) Suggested Sauce: Buffalo Sauce

### AVAILABLE OPTIONS

\$10.95

Original Steak: \$0.50

Spicy Thai Steak: \$0.50

Korean BBQ Pork: \$0.50

Ahi Tuna Poke: \$4.00

original chicken: \$2.95

bbq chicken: \$2.95

buffalo chicken: \$2.95

spicy thai chicken: \$2.95

grass fed steak: \$3.45

spicy thai steak: \$3.45

korean bbq pork: \$3.45

roasted organic tofu:

\$2.50

ahi tuna poke: \$6.95

## Steak Bacon Wrap

Whole Grain Tortilla (gluten) Grilled tri-tip steak, napa/romaine blend, bacon, cranberries, walnuts, gorgonzola, pico, cranberry vinaigrette. (dairy, soy, tree nuts) Suggested Sauce: Ranch (egg, dairy) or Bleu Cheese (egg, dairy, soy)

### AVAILABLE OPTIONS

\$11.15

Ahi Tuna Poke: \$3.50

original chicken: \$2.95

bbq chicken: \$2.95

buffalo chicken: \$2.95

spicy thai chicken: \$2.95

grass fed steak: \$3.45

spicy thai steak: \$3.45

korean bbq pork: \$3.45

roasted organic tofu:

\$2.50

ahi tuna poke: \$6.95

## Spicy Thai Ckn Wrap

Whole Grain Tortilla (gluten) Spicy thai grilled chicken, spicy thai rice noodles, napa/romaine blend, spicy sprouts, scallions, peppers, cilantro, thai cashew dressing. (soy, tree nuts) Suggested Sauce: Thai Chili (soy)

### AVAILABLE OPTIONS

\$10.65

Original Steak: \$0.50

Spicy Thai Steak: \$0.50

Korean Pork BBQ: \$0.50

Ahi Tuna Poke: \$4.00

original chicken: \$2.95

bbq chicken: \$2.95

buffalo chicken: \$2.95

spicy thai chicken: \$2.95

grass fed steak: \$3.45

spicy thai steak: \$3.45

korean bbq pork: \$3.45

roasted organic tofu:

\$2.50

ahi tuna poke: \$6.95

## Caesar Chicken Wrap

Whole Grain Tortilla (gluten) Grilled chicken, napa/romaine blend, parmesan crisp, pico, shaved parmesan, caesar dressing. (egg, fish, dairy, soy) Suggested Sauce: Caesar (egg, fish, dairy, soy)

### AVAILABLE OPTIONS

\$10.65

Original Steak: \$0.50

Spicy Thai Steak: \$0.50

Korean BBQ Pork: \$0.50

Ahi Tuna Poke: \$4.00

original chicken: \$2.95

bbq chicken: \$2.95

buffalo chicken: \$2.95

spicy thai chicken: \$2.95

grass fed steak: \$3.45

spicy thai steak: \$3.45

korean bbq pork: \$3.45

roasted organic tofu:

\$2.50

ahi tuna poke: \$6.95

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## Chicken Cobb Wrap

Whole Grain Tortilla (gluten) Napa/romaine blend, original grilled chicken, avocado, bacon, hard boiled egg, bleu cheese dressing. (egg, dairy) Suggested Sauce: Ranch (egg, dairy) or Bleu Cheese (egg, dairy, soy)

### AVAILABLE OPTIONS

\$10.95

Original Steak: \$0.50

Spicy Thai Steak: \$0.50

Korean BBQ Pork: \$0.50

Ahi Tuna Poke: \$4.00

original chicken: \$2.95

bbq chicken: \$2.95

buffalo chicken: \$2.95

spicy thai chicken: \$2.95

grass fed steak: \$3.45

spicy thai steak: \$3.45

korean bbq pork: \$3.45

roasted organic tofu:

\$2.50

ahi tuna poke: \$6.95

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## Srcha Ginger Tofu Wrap

Whole Grain Tortilla (gluten) Roasted tofu, warm quinoa, napa/romaine blend, carrots, shredded beets, spicy broccoli, ginger, sriracha, carrot chili vinaigrette. (soy) Suggested Sauce: Carrot Chili Viniagrette

### AVAILABLE OPTIONS

- \$9.25
- Original Chicken: \$0.40
- BBQ Chicken: \$0.45
- Buffalo Chicken: \$0.45
- Spicy Thai Chicken: \$0.40
- Original Steak: \$0.90
- Spicy Thai Steak: \$0.90
- Korean BBQ Pork: \$0.90
- Ahi Tuna Poke: \$4.45
- original chicken: \$2.95
- bbq chicken: \$2.95
- buffalo chicken: \$2.95
- spicy thai chicken: \$2.95
- grass fed steak: \$3.45
- spicy thai steak: \$3.45
- korean bbq pork: \$3.45
- roasted organic tofu: \$2.50
- ahi tuna poke: \$6.95

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## BBQ Ranch Chicken Wrap

Whole Grain Tortilla (gluten) Purple rice, napa/romaine blend, corn, black beans, cheddar cheese, pico, jicama, bbq chicken, herb ranch dressing, tortilla strips, cilantro, basil. (dairy, soy) Suggested Sauce: Herb Ranch (egg, dairy) and BBQ Sauce

### AVAILABLE OPTIONS

- \$10.65
  - Original Steak: \$0.50
  - Spicy Thai Steak: \$0.50
  - Korean BBQ Pork: \$0.50
  - Ahi Tuna Poke: \$4.00
  - original chicken: \$2.95
  - bbq chicken: \$2.95
  - buffalo chicken: \$2.95
  - spicy thai chicken: \$2.95
  - grass fed steak: \$3.45
  - spicy thai steak: \$3.45
  - korean bbq pork: \$3.45
  - roasted organic tofu: \$2.50
  - ahi tuna poke: \$6.95
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## Korean BBQ Pork Wrap

Whole Grain Tortilla (gluten) Purple rice, napa/romaine blend, cucumbers, spicy broccoli, carrots, sriracha sprouts, kimchi, fried egg, slow-roasted pork. (egg, soy) Suggested Sauce: Korean BBQ (soy)

### AVAILABLE OPTIONS

- \$11.15
- Original Steak: \$0.50
- Spicy Thai Steak: \$0.50
- Ahi Tuna Poke: \$4.00
- original chicken: \$2.95
- bbq chicken: \$2.95
- buffalo chicken: \$2.95
- spicy thai chicken: \$2.95
- grass fed steak: \$3.45
- spicy thai steak: \$3.45
- korean bbq pork: \$3.45
- roasted organic tofu: \$2.50
- ahi tuna poke: \$6.95

## GREENS & GRAINS 7

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### Southwest Chicken & Purple Rice

Grilled chicken, purple rice blend, chopped romaine, avocado, pickled jalapenos, tomatoes, black beans, scallions, corn, shredded white cheddar, tortilla strips. (dairy) Suggested with lime cilantro jalapeno. vinaigrette.

### AVAILABLE OPTIONS

- Large Bowl: \$12.35
- Regular Bowl: \$10.95

### Chicken Cobb

Shredded kale & chopped romaine, antibiotic-free chicken, avocado, bacon, hard boiled egg. (egg, dairy) Suggested with bleu cheese dressing. (egg, dairy, soy)

### AVAILABLE OPTIONS

- Large Bowl: \$12.35
- Regular Bowl: \$10.95

### Sriracha Ginger Tofu & Grains

Roasted tofu, warm quinoa, shredded kale, carrots, shredded beets, spicy broccoli, ginger, sriracha. (soy) Suggested with carrot chili vinaigrette dressing.

### AVAILABLE OPTIONS

- Large Bowl: \$10.95
- Regular Bowl: \$9.25

### Spicy Thai Chicken & Rice Noodles

Spicy Thai grilled chicken, spicy Thai rice noodles, napa cabbage, spicy sprouts, scallions, peppers, cilantro. (soy) Suggested with Thai chili sauce and Thai cashew dressing. (soy, tree nuts)

### AVAILABLE OPTIONS

- Large Bowl: \$12.15
- Regular Bowl: \$10.65

### Steak Bacon & Bleu

Grilled tri-tip steak, chopped romaine & mesclun mix, bacon, cranberries, walnuts, tomatoes, gorgonzola bleu cheese. (dairy, soy, tree nuts) Suggested with cranberry vinaigrette.

### AVAILABLE OPTIONS

- Large Bowl: \$12.85
- Regular Bowl: \$11.15

### Greek Chicken & Quinoa

Grilled chicken, chopped romaine, quinoa, cucumbers, hummus, feta cheese, tzatziki sauce. (egg, dairy) Suggested with cucumber basil dressing. (dairy)

### AVAILABLE OPTIONS

- Large Bowl: \$12.15
- Regular Bowl: \$10.65

### Kale Caesar Chicken

Grilled chicken, shredded kale & chopped romaine, parmesan crisp, tomatoes, shaved parmesan. (dairy) Suggested with Caesar dressing. (egg, fish, dairy, soy)

### AVAILABLE OPTIONS

- Large Bowl: \$12.15
- Regular Bowl: \$10.65

## WARM RICE BOWLS 4

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## BBQ Ranch Chicken

Purple rice, corn, black beans, cheddar cheese, tomatoes, jicama, bbq chicken, tortilla strips, cilantro and basil. (dairy, soy) Suggested with ranch dressing and bbq sauce. (egg, dairy, soy)

### AVAILABLE OPTIONS

Large: \$12.15  
Regular: \$10.65

## Tuna Poke Fire

Ahi tuna poke, avocado, pickled jalapenos, pickled red cabbage, sriracha sprouts, and purple rice. (fish, soy) Suggested with fire sauce and miso sesame ginger dressing. (soy)

### AVAILABLE OPTIONS

Large Bowl: \$15.95  
Regular Bowl: \$13.95

## Korean BBQ Pork

Purple rice, kimchi, cucumbers, spicy broccoli, carrots, spicy sprouts, fried egg, slow-roasted pork. (egg, soy) Suggested with Korean BBQ sauce. (soy)

### AVAILABLE OPTIONS

Large Bowl: \$12.85  
Regular Bowl: \$11.15

## Buffalo Southwest Chicken

Buffalo grilled chicken, purple rice, black beans, corn, tomatoes, white cheddar, green salsa, tortilla strips. (dairy) Suggested with blue cheese dressing. (egg, dairy, soy)

### AVAILABLE OPTIONS

Large Bowl: \$12.15  
Regular Bowl: \$10.65

## SPECIALTY BOWLS <sup>1</sup>

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### Sweet Potato Buddha Bowl

**\$9.15**

Sweet potatoes, spinach, quinoa, black beans, chick peas, red salsa, cotija, tortilla strips, cilantro. (dairy) Mexican crema. (dairy)

## BROTH BOWLS <sup>5</sup>

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### Chicken Tortilla & Chipotle

Chipotle chicken bone broth, grilled chicken, roasted peppers & onions, spinach, purple rice, corn, black beans, tortilla strips, cotija cheese, cilantro. (dairy)

### AVAILABLE OPTIONS

Large: \$12.15  
Regular: \$10.65

### Beef Bone Broth

### AVAILABLE OPTIONS

Cup: \$3.00  
Container: \$7.45

### Chicken Bone Broth

### AVAILABLE OPTIONS

Cup: \$3.00  
Container: \$7.45

### Chicken Chipotle Broth

### AVAILABLE OPTIONS

Cup: \$3.00  
Container: \$7.45

### Vegetable Broth

### AVAILABLE OPTIONS

Cup: \$3.00  
Container: \$7.45

## TACOS <sup>4</sup>

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### Steak Fajita

**\$4.95**

1 TACO Grilled tri tip steak, mexican crema, pico, shredded napa, roasted peppers & onions, cotija cheese. (dairy, soy)

### Buffalo Chicken Taco

**\$4.45**

1 TACO Grilled buffalo chicken, shredded napa. (dairy) Choice of bleu cheese (egg, dairy, soy) or ranch dressing (egg, dairy)

## Greek Chicken Taco

**\$4.45**

1 TACO Grilled chicken, cucumber, pico, shredded napa, feta, tzatziki sauce. (egg, dairy)

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## Chicken Fajita Taco

### AVAILABLE OPTIONS

\$4.45

original chicken:

\$2.95

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## KIDS MENU 4

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### Kids Chicken Quesadilla

**\$5.95**

Flour tortilla, shredded cheddar, original chicken

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### Kids Ckn Tacos (2)

**\$5.95**

Flour tortilla, shredded cheddar cheese, original chicken

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### Kids Plate

### AVAILABLE OPTIONS

\$5.95

avocado: \$1.50

extra original chicken:

\$2.95

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### Kids Drink

**\$1.95**

ADD A KIDS BEVERAGE WITH THE PURCHASE OF ANY KIDS MEAL. TRY OUR HOMEMADE LEMONADE OR BERRY PATCH DRINK.

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## SOUPS 2

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### BROCCOLI CHEDDAR

### AVAILABLE OPTIONS

Bowl: \$5.50

Cup: \$4.50

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### TOMATO BISQUE

### AVAILABLE OPTIONS

Bowl: \$5.50

Cup: \$4.50

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## SIDES 5

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### Roasted Sweet Potato

**\$4.50**

Roasted sweet potato.

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### Maple Bacon Brussels Sprouts

**\$4.50**

Maple bacon brussels sprouts.

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### GF Mac & Cheese

**\$4.50**

Gluten free macaroni & cheese. (egg, dairy)

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### Buffalo Ckn Mac & Cheese

**\$5.00**

### Korean Pork Mac & Cheese

**\$5.00**

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## SMOOTHIES 6

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## Mango

Mango, pineapple, banana, oat milk, agave

### AVAILABLE OPTIONS

16 oz: \$7.45

24 oz: \$9.95

Add Plant Protein - 29g protein: \$2.00

Add Grass Fed Collagen - 12g protein: \$2.00

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## Berry

Blueberry, strawberry, banana, coconut water, oat milk

### AVAILABLE OPTIONS

16 oz: \$7.45

24 oz: \$9.95

Add Plant Protein - 29g protein: \$2.00

Add Grass Fed Collagen - 12g protein: \$2.00

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## Matcha Green Tea

Matcha green tea, pineapple, banana, oat milk, coconut water, agave

### AVAILABLE OPTIONS

16 oz: \$7.45

24 oz: \$9.95

Add Plant Protein - 29g protein: \$2.00

Add Grass Fed Collagen - 12g protein: \$2.00

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## Chocolate Cashew

Cashew butter, banana, oat milk, cocoa nibs, agave

### AVAILABLE OPTIONS

16 oz: \$7.45

24 oz: \$9.95

Add Plant Protein - 29g protein: \$2.00

Add Grass Fed Collagen - 12g protein: \$2.00

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## Strawberry Banana

Strawberry, banana, oat milk, agave

### AVAILABLE OPTIONS

16 oz: \$7.45

24 oz: \$9.95

Add Plant Protein - 29g protein: \$2.00

Add Grass Fed Collagen - 12g protein: \$2.00

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## Green

Organic spinach, mango, banana, oat milk, coconut water, agave

### AVAILABLE OPTIONS

16 oz: \$7.45

24 oz: \$9.95

Add Plant Protein - 29g protein: \$2.00

Add Grass Fed Collagen - 12g protein: \$2.00

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## FROZEN COLD BREW <sup>1</sup>

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### Frozen Cold Brew

cold brew arabica coffee, agave, organic cacao powder, cocoa nibs, and half & half (dairy)

### AVAILABLE OPTIONS

16 oz: \$7.45

24 oz: \$9.95

## BEVERAGES <sup>2</sup>

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### Craft Made Beverage

**\$3.50**

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### Bottled Water Options

### AVAILABLE OPTIONS

Bottled Water: \$2.19

San Pellegrino: \$2.95

## POWER BOX <sup>21</sup>

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<b>Greens and Ancient Grains</b>	<b>\$45.00</b>
<b>Sriracha Ginger Tofu and Ancient Grains</b>	<b>\$45.00</b>
<b>Sriracha Ginger Tofu</b>	<b>\$45.00</b>
<b>Southwest Chicken</b>	<b>\$55.00</b>
<b>Kale Caesar</b>	<b>\$45.00</b>
<b>Kale Caesar Chicken</b>	<b>\$55.00</b>
<b>Chicken Cobb</b>	<b>\$55.00</b>
<b>Mediterranean</b>	<b>\$55.00</b>
<b>Spicy Thai Chicken &amp; Rice Noodle</b>	<b>\$55.00</b>
<b>Steak, Bacon, &amp; Blue Cheese</b>	<b>\$55.00</b>
<b>Korean Pork BBQ</b>	<b>\$60.00</b>
<b>Ranch Flank Steak</b>	<b>\$70.00</b>
<b>Spicy Chicken</b>	<b>\$70.00</b>
<b>BBQ Ranch Chicken</b>	<b>\$60.00</b>
<b>Poke Fire</b>	<b>\$65.00</b>
<b>Poke Tuna</b>	<b>\$65.00</b>
<b>Spicy Chicken &amp; Ancient Grains</b>	<b>\$55.00</b>
<b>Asian</b>	<b>\$150.00</b>
<b>Basic</b>	<b>\$150.00</b>
<b>Southwest</b>	<b>\$150.00</b>
<b>Mediterranean</b>	<b>\$150.00</b>

## **INDIVIDUAL BOWLS** 17

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<b>Greens &amp; Ancient Grains</b>	<b>\$9.00</b>
<b>Southwest Chicken &amp; Purple Rice Blend</b>	<b>\$10.00</b>
<b>Sriracha Ginger Tofu and Ancient Grains</b>	<b>\$10.00</b>
<b>Spicy Chicken &amp; Ancient Grains</b>	<b>\$10.00</b>
<b>Spicy Thai Chicken &amp; Rice Noodle</b>	<b>\$10.00</b>
<b>Tuna Poke Grain Bowl</b>	<b>\$12.00</b>

<b>Kale Caesar Chicken</b>	<b>\$10.00</b>
<b>Kale Caesar</b>	<b>\$9.00</b>
<b>Steak, Bacon, &amp; Blue Cheese</b>	<b>\$10.00</b>
<b>Chicken Cobb</b>	<b>\$10.00</b>
<b>Mediterranean</b>	<b>\$10.00</b>
<b>Sriracha Ginger Tofu</b>	<b>\$9.00</b>
<b>Korean Pork BBQ</b>	<b>\$11.00</b>
<b>Ranch Flank Steak</b>	<b>\$11.00</b>
<b>Spicy Chicken</b>	<b>\$11.00</b>
<b>BBQ Ranch Chicken</b>	<b>\$11.00</b>
<b>Poke Fire</b>	<b>\$12.00</b>