

Ingrid's

Bowls

BBQ Bowl - \$15

Grilled chicken atop our house-made Broccoli slaw mixed with a fresh blend of thinly sliced red cabbage, shredded carrot, riced broccoli, sunflower seed, and dried cranberry served with our Esoteric BBQ chili Sauce. **Paleo*

Grilled Chicken Paleo Bowl - \$15

Grilled Chicken atop our house-made super slaw, mixed with a fresh blend of thinly sliced red and green cabbage, shredded carrot, riced cauliflower, sunflower seed, and dried cranberry with your choice of sauce. **Paleo*

Bulgogi Beef Paleo Bowl - \$16

Bulgogi Beef, atop our house-made "Turmeric-Tahini" super slaw, made from a fresh blend of thinly sliced red and green cabbage, shredded carrot, riced cauliflower, sunflower seed, and dried cranberry. **Paleo*

#EATMOREPLANTS Bowl - \$15

3 Falafel patties atop our house-made super slaw, mixed with a fresh blend of thinly sliced red and green cabbage, shredded carrot, riced cauliflower, sunflower seed, and dried cranberry with your choice of sauce. **Paleo*

Buddha Bowl - \$14

Our house-made super slaw mixed with thinly sliced red and green cabbage, shredded carrot, riced broccoli & cauliflower, sunflower seed, dried cranberry, and a protein rich dollop of our signature Roasted Beet Hummus with your choice of sauce.

Wraps

Gyro - \$15

½lb Lamb, roasted beet hummus, tomato, feta, sweet red onion, romaine, tzatziki sauce, wrapped in a Greek pita.

Mediterranean Wrap - \$14

½lb Grilled boneless chicken breast in our house-made rub, roasted beet hummus, tomato, romaine with your choice of sauce, wrapped in a Greek pita.

Falafel Wrap - \$14

Chickpea patties (made with garlic, sweet red onions, herb and spices), roasted beet hummus, tomato, romaine, with your choice of sauce, wrapped in a Greek pita.

Salads

Greek Salad - \$8

Cucumber, Greek olive, tomato, feta, and sweet red onion.

Mediterranean Salad with- Chicken or Falafel Gyro - \$16 ^{\$15 ↗} 3 Chickpea patties (made with garlic, sweet red onions, herb, and spices) served over romaine, grape tomato, feta, sweet red onion, and Greek olives, with our house-made Tzatziki sauce.

Sides

Roasted Beet Hummus - \$9

Packed with SUPER FOODS, this stuff is...GOOD! Served with warm flatbread.

3 Falafel Patties - \$9

3 Chickpea patties made with garlic, sweet red onions, herb and spice, with your choice from our house-made sauces.

½lb Grilled Boneless Chicken - \$9

Chicken breast in our house-made rub grilled to perfection, with your choice from our house-made sauces.

House-made Sauces

Tzatziki *Romesco *Turmeric Tahini

*Honey Dijon *Esoteric BBQ Chili Sauce

**Paleo = Gluten-free, Soy-free, Sugar-free, Dairy-free*