

# charlie and friends



## BAM!!!! BAM!!! BOWLS

### Faith's Fave 16

Chopped romaine, spinach, quinoa, roasted corn, black beans, red onions, cilantro, grape tomatoes, avocado with chipotle vinaigrette



### Rockin' Roasted Cauliflower Burrito Bowl 16

Spicy roasted cauliflower, pico de gallo, black beans, brown rice, corn, avocado with a cilantro jalapeno lime drench

### Beloved Black Bean-Feta Quinoa Bowl 16

Quinoa, spinach, black beans, corn and onions with feta crumble over the top garnished with cilantro

### Tofu Love Bowl 16

Tofu, avocado, cucumber, ginger, brown rice with sriracha mayo drench

### Dynamite Bowl 16

Beyond beef, avocado, asparagus, mushrooms, bell peppers, chopped red onion with microgreens on top of a sweet potato tortilla

## WRAP & ROLL



### Vibrant Veggie Wrap with Goat Cheese 16

Portobello mushroom caps, sliced green beans, chickpeas, red pepper, crumbled fresh goat cheese, olive oil, lemon juice hugged in a spinach wrap

*can be prepared as a bowl*

### Cha Cha Cream Cheese & Veggie Roll-Up 14

Baby spinach, cream cheese, vegetables (carrots, bell pepper and/or cucumber) chives & dill hugged in a spinach wrap

*can be prepared as a bowl*

### Regal Roasted Veggie Pocket 13

Roasted vegetables with curry mayo, crisp lettuce, tomatoes and sprouts hugged in spinach pocket

*can be prepared as a bowl*

### Lucky You Lettuce Wrap 13

Crisp lettuce leaves, beyond meat, mushrooms, daikon radish and julienne carrots



eat. heart. happy.

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## JUJU!! JUICES

### DRINK ME 12

Celery, cucumber and apple



### IT'S ABOUT TIME 12

Beet, Carrot, Orange with ginger



### I THINK I'M IN LOVE 12

Pomegranate and Orange (can be paired with BYOB champagne)



### YOU ARE MY SUNHINE 12

Pineapple, carrot and orange



### PINCH ME, I'M DREAMING 12

Tomato, carrot, apple, lime, spinach, basil, cucumber, ginger, celery, red bell pepper with a pinch of salt



## GET FRESH AGUA FRESCA

### WHERE HAVE YOU BEEN ALL MY LIFE 9

Watermelon with lime.



### I DO 9

Honeydew with lime



### SAY YOU LOVE ME WITHOUT SAYING YOU LOVE ME 9

Cantaloupe with lime



### GET FRESH 9

Strawberry with lime



### YOU ARE ALWAYS ON MY MIND 9

Pineapple with lime



### TAKE ME AWAY 9

Coconut milk, honey, sparkling mineral water, lime



drink. heart. happy.