



# FOOD TRUCK MENU

## ALLERGEN INFO

Everything made by Bowls by KO is 100% free of gluten & refined sugar.

D = contains dairy  
N = contains nuts  
Veg = vegetarian  
V = vegan

**0% Processed. 100% Delicious**

## SIGNATURE BOWLS

### Buffalo chicken bowl *new*

- Brown rice
- Shredded buffalo chicken
- Garlic kale
- Roasted sweet potatoes
- Zesty ranch

### Maple tahini buddha bowl (V) *new*

- Quinoa
- Crispy chickpeas
- Seasonal roasted veggies
- Avocado
- Maple tahini dressing

### Deconstructed shrimp spring roll bowl (N)

- Seasoned brown rice
- Roasted Shrimp
- Scallions, Thai basil, Carrots, Cucumbers, Avocado
- Cashew butter sauce

### BBQ pulled pork bowl

- White rice
- Slow roasted pulled pork
- Roasted sweet potatoes
- Apple Cider Slaw
- Tangy bbq sauce
- Zesty ranch

### Mediterranean steak bowl (D)

- Quinoa
- Marinated grilled steak tips
- Grain-free tabbouleh
- Cucumbers
- Kalamata olives
- Feta cheese
- Tzatziki sauce

### Soup of the week

Rotating chef's special

## B.Y.O.B (BUILD YOUR OWN BOWL)

### 1. Choose a base

- Brown rice (V)
- White rice (V)
- Quinoa (V)
- Greens (V)

### 2. Choose a protein

- Grilled steak tips
- Roasted shrimp
- BBQ pulled pork
- Shredded buffalo chicken
- Crispy seasoned chickpeas (V)

### 3. Choose 2 market sides

#### Cold market sides:

- Grain-free tabbouleh (V)
- Zesty slaw (Veg)
- Garlic kale (V)

#### Hot market sides:

- Roasted sweet potatoes (V)
- Seasonal roasted veggies (rotating) (V)



### 4. Choose a sauce

- Maple tahini sauce (V)
- Cashew butter sauce (V, N)
- Tzatziki sauce (D)
- Tangy bbq sauce (V)
- Zesty ranch (Veg)

### 5. Choose extras

- Pickled onions
- Scallions
- Avocado
- Cucumbers
- Carrots
- Feta (D)
- Kalamata olives
- Hemp seeds
- Sesame seeds