

— To Go MENU —



129 EAST MAIN STREET • NEWARK, DE
(302) 273-2620

MONDAY – FRIDAY: 10:30AM – 9:00PM
SATURDAY & SUNDAY: 11:00AM – 9:00PM

SIGNATURE BOWLS

Feel free to make changes or substitutions. Some changes may come at an additional cost.

*For allergy information, please refer to the next page

GRAIN BOWLS (MOSTLY GRAINS)

EL JEFE

9.50

Primary Base: Brown Rice

Secondary Base: Kale

Ingredients: Black Beans, Charred Corn,
Red Onions, Avocado, Pita Chips, Feta

Dressing: Cilantro Lime

From the Grill: Chicken

Ask for the Works! (Fresh Lime & Dash of Tabasco)

ROOTS BOWL

8.35

Primary Base: Roots Rice

Secondary Base: Spinach

Ingredients: Roasted Sweet Potatoes x2,
Red Onions, Pita Chips, Goat Cheese,
Dried Cranberries

Dressing: Lemon Tahini

Ask for it with a splash of Red Wine Vinegar!

THE APOLLO

9.25

Primary Base: Brown Rice

Secondary Base: Spinach

Ingredients: Chickpeas, Cucumbers, Grape
Tomatoes, Red Onions, Pita Chips, Feta

Dressing: Lemon Za'atar

From the Grill: Chicken

THE BALBOA

9.85

Primary Base: Brown Rice

Ingredients: Roasted Sweet Potatoes,

Charred Corn, Avocado, Pita Chips, Feta,
Lime-Pickled Onions

Dressing: Lemon Tahini, Caesar, &
Frank's Red Hot

From the Grill: Chicken x 1.5

THE SOUTHERN

8.65

Primary Base: Roots Rice

Secondary Base: Kale

Ingredients: Chickpeas, Roasted Broccoli,

Charred Corn, Lime-Pickled Onions, Cheddar

Dressing: Lemon Tahini

From the Grill: BBQ Tofu

SALADS (MOSTLY LETTUCE)

MAYWEATHER

9.50

Primary Base: Kale

Secondary Base: Bulgur

Ingredients: Roasted Sweet Potatoes, Roasted
Beets, Red Onions, Goat Cheese, Avocado

Dressing: Lemon Tahini & Pesto Vinaigrette

From the Grill: Chicken

PESTO CAESAR

9.00

Primary Base: Kale

Secondary Base: Bulgur

Ingredients: Grape Tomatoes, Pita Chips,
Lime-Pickled Onions, Shaved Parmesan

Dressings: Pesto Vinaigrette & Caesar

From the Grill: Chicken

Ask for it with Sriracha!

LIL BOB COBB

9.85

Primary Base: Arcadian Mix

Secondary Base: Kale & Roots Rice

Ingredients: Roasted Sweet Potatoes,

Charred Corn, Red Onions, Cucumbers,
Avocado, Purple Cabbage, Hard Boiled Egg

Dressing: Greek Feta

From the Grill: Chicken

LOLA

8.85

Primary Base: Spinach

Ingredients: Cannellini Beans, Roasted Broccoli,

Cucumbers, Grape Tomatoes, Red Onions,
Shaved Parmesan

Dressing: Pesto Vinaigrette & Basil Balsamic

From the Grill: Mushrooms

TAMARI

9.85

Primary Base: Arcadian Mix & Roots Rice

Ingredients: Cucumber, Avocado,

Lime-Pickled Onions, Purple Cabbage,
Carrots, Hard Boiled Egg, Toasted Almonds

Dressing: Carrot Ginger

From the Grill: Miso Tofu

CREATE YOUR OWN

Contains Gluten Dairy Sesame Premium Ingredient
Grill item determines starting price.

1. BUILD YOUR BASE

*What base or combination of bases would you like? Add as many as you'd like!
Let us know if you want mostly grains, mostly lettuce, or half and half.*

GRAINS

Brown Rice Roots Rice Bulgur

LETTUCES

Kale Arcadian Mix Spinach (+.35)

2. ADD YOUR INGREDIENTS

*5 Ingredients are included. Premium Ingredients count as 2.
Additional Ingredients beyond 5 are .35 each.*

Black Beans
Cannellini Beans
Chickpeas
Roasted Sweet Potato
Roasted Beets
Roasted Broccoli

Charred Corn
Cucumber
Grape Tomato
Red Onion - Raw
Pita Chips

Cheddar
Feta
Parmesan
Goat Cheese
Lime-Pickled Onions

Hard Boiled Egg
Avocado
Toasted Almonds
Dried Cranberries
Red Cabbage
Carrots

3. SELECT YOUR DRESSING

Cilantro Lime
Basil Balsamic
E.V. Olive Oil

Lemon Tahini
Carrot Ginger
Lemon Za'atar
Red Wine Vinegar

Pesto Vinaigrette
Greek Feta
Caesar

No Extra Charge - add some kick or swagger to your bowl:

Chipotle Tabasco
Frank's Red Hot
Lemon Squeeze

Sriracha
Salt & Pepper
Lime Squeeze

*We'll add the standard amount,
let us know if you want us
to adjust!*

4. CHOOSE YOUR ITEM FROM THE GRILL

Chicken	9.25	BBQ or Miso Tofu <input type="checkbox"/>	8.85
Mushroom	8.85	Veggie (No Grill Item)	8.00

*Can't decide? You can do half and half of 2 items.
You can also add a full serving of a second item from the grill.*

Chicken (+1.85)

Tofu (+1.25)

Mushrooms (+1.25)

Please text us any feedback you have to (302) 313-1163. We'd love to hear from you!