

Handcrafted. All Natural Soups + Salads

OMG! | \$9.50

Diced green apples, crumbled feta, applewood smoked bacon, English walnuts, golden raisins and maple-dijon dressing tossed into a blend of crunchy shaved brussels sprouts + thinly sliced red cabbage

SUNSHINE SALAD (V) | \$8.95

Blend of chopped romaine and baby spinach topped with raw sweet corn, grape tomatoes, fresh avocado, julienned red onion, crumbled feta and avocado-cilantro-lime dressing.

KALE CHICKEN CEASAR | \$8.95

Fresh chopped lacinato kale tossed with a ceasar dressing and shredded parmesan. (Add grilled chicken for \$1.75 extra.) This dish is gluten free!

SOUTHWESTERN SALAD (V) | \$8.25

A bed of chopped romaine lettuce tossed with a feisty and creamy Southwest dressing and topped with shredded cheddar, roasted corn salsa, Cuban black beans and sliced grape tomatoes. (Add grilled chicken for \$1.75 extra.)

RED LENTIL SOUP (V) | (s) \$3.95 (l) \$5.25

A hearty blend of red lentils, diced carrot, diced celery, spinach and a vegetable broth base that comes together to form a decadent tasting soup without the excess. Complete with cilantro garnish.

THAI NOODLE SOUP | \$6.50

A feisty and flavorful broth with fresh herbs, Thai chili paste, shredded carrot, bean sprouts, notes of ginger and lemongrass with tender rice noodles and all-natural shrimp or chicken.

Smoothie Bowl of the Season



**ACAI FRUIT BOWL
\$8.50**

Bright + colorful frozen acai berries combined with almond milk, apple, juice and other frozen fruits combine for one of our favorite smoothie bowls to date!

All Natural Smoothies

*All smoothies come with your choice of liquid base.

GREEN MACHINE | \$6.50

blend of frozen kale plus fresh baby spinach mango, pineapple + banana

WHOLE KITCHEN SINK | \$6.95

blend of frozen berries, mango, banana, protein, boost flax, kale

SUNRISE SMOOTHIE | \$5.95

blend of frozen mango, strawberry + pineapple with orange juice base

MANGO PINEAPPLE | \$5.95

blend of frozen mango, pineapple + banana

DARK BERRY | \$5.95

blend of frozen strawberries, blueberries + dark cherries

PEANUT BUTTER COCOA BANANA | \$6.25

blend of frozen banana plus peanut butter, cocoa

PEACH MANGO ORANGE | \$5.95

blend of frozen peach, mango + orange juice base

STRAWBERRY BANANA | \$5.95

blend of frozen strawberries + banana

CUCUMBER APPLE GREEN SMOOTHIE (SEASONAL) | \$6.50

blend of frozen pineapple plus apple, cucumber + spinach with apple juice, ice + fresh mint

CHERRY PINEAPPLE LIMEADE SMOOTHIE (SEASONAL) | \$5.95

blend of frozen cherries, banana and pineapple combined with pineapple juice and lime juice

Smoothie Bowls

PITAYA FRUIT BOWL | \$8.50

pitaya fruit, mango, banana, almond milk, apple juice, frozen berries, granola, coconut

ACAI FRUIT BOWL | \$8.50

frozen acai berries, almond milk, apple juice, frozen bananas, strawberries, blueberries, granola

*For a full listing of our smoothie boosts & beverages, please check out our website!

NEW PB&J SMOOTHIE BOWL | \$8.50

blended organic acai, peanut butter, bananas, blueberries and almond milk topped with granola, blueberries + bananas

NEW GREEN MACHINE ACAI SMOOTHIE BOWL | \$9.00

blended acai, spinach, hemp protein, strawberry, banana + coconut water topped with granola, strawberry, banana, shaved coconut + honey



POWER SMOOTHIE FOR HAPPY HOUR

Join us for happy hour Monday to Friday from 3:30-5:30pm and enjoy \$2 off your favorite Signature Smoothie!



Eat fresh. Eat healthy.

EAT BOWL'D

FAST, DELICIOUS EATS
YOUR BODY WILL THANK YOU FOR



CONTACT US

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Arlington, Virginia 22201

www.eatbowld.com

(V) = Vegan | (V) = Vegetarian
Naturally gluten free menu, exceptions noted.

Breakfast Menu

*Breakfast served daily during designated hours.
Please check our website for breakfast hours.

RIGHT START BOWL (V) | \$7.50

Cage-free scrambled eggs with baby spinach, grape tomatoes, scallions, sliced baby corn and garbanzo bean served on organic lemon-quinoa and topped with a light drizzle of our spicy maple syrup. (Add chicken-apple sausage for an extra charge.)

HEALTH KICK BOWL (V) | \$7.50

Large cage-free egg cooked sunny-side up with roasted red bell peppers, arugula, roasted brussels sprouts, poblano pepper and roasted yams served atop a bed of organic quinoa and a drizzle of our super special spicy maple syrup. (Add chicken-apple sausage for an extra charge.)

SIMPLICITY EGG TACOS (V) | \$6.25

Hot white corn tortillas filled with cage-free eggs and sautéed baby kale, roasted mushrooms, roasted sweet onions, sundried tomatoes, salt and pepper.

MEXIFEST BREAKFAST TACOS (V) | \$6.25

Hot white corn tortillas filled with cage-free eggs, black beans, soyrizo + fresh corn salsa garnished with sriracha crema.

EGG, BACON + CHEDDAR BREAKFAST SANDWICH | \$7.00

Cage-free scrambled egg, applewood smoked bacon, sharp cheddar, arugula with olive oil + lemon dressing with a spicy roasted garlic and onion jam spread on a ciabatta roll. (This dish is not gluten free. Substitute a gluten free brioche roll for \$1 extra.)

EGG, HAM + GOUDA SANDWICH | \$7.00

Cage-free scrambled egg, ham, smoked gouda cheese, arugula with olive oil + lemon dressing served with spicy peach chutney spread on a ciabatta roll. (This dish is not gluten free. Substitute a gluten free brioche roll for \$1 extra.)

Featured Breakfast Item



EGG, BACON + CHEDDAR BREAKFAST SANDWICH \$7.00

Delicious + the perfect way to start the day, with our Egg, Bacon + Cheddar breakfast sandwich available daily!

Signature Bowls

TERIYAKI | \$8.85

A base of short-grain brown rice with broccoli, carrot, cabbage, baby kale, all-natural chicken topped with teriyaki sauce and fresh green onion.

COCONUT GREEN CURRY | \$8.95

Includes a base of jasmine white rice with snow peas, baby corn, broccoli and red bell pepper with all-natural chicken and coconut green curry sauce on top.

SWEET CHILI PINEAPPLE (V) | \$8.60

A base of short-grain brown rice followed by sautéed red bell pepper, red onion, broccoli, green onion, baby kale and sautéed organic tofu topped with sweet chili pineapple sauce and cilantro.

SPICY CASHEW LEMON BOWL (V) | \$8.50

A bed of quinoa beside arugula and romain intermingled with some sliced grape tomatoes, Cuban style black beans, delightful roasted sweet potatoes, a little mashed avocado + lemon cashew sauce.

MEDITERRANEAN (V) | \$8.15

Short-grain brown rice, broccoli, carrot, red bell pepper, red onion, mushrooms, chickpeas and baby kale with sun-dried tomato and olive sauce with crumbled feta.

SMOKEY TOMATILLO | \$9.55

Includes a base of short-grain brown rice, garbanzo beans, carrot, red bell pepper, green onions and mushrooms with grilled grass-fed steak, fresh cilantro and our tomatillo sauce on top.

HONG KONG BBQ | \$9.55

Includes a base of short-grain brown rice, broccoli, matchstick carrots, cremini mushroom, fresh sweet raw corn, grass-fed steak with a rich and sweet Asian BBQ sauce + scallions on top.

QUINOA CHICKEN BOWL | \$8.50

Organic quinoa with a drizzle of house-made tomatillo sauce, all-natural chicken breast, Cuban style black beans, corn salsa, shredded cheddar topped with diced green onion + Sriracha crema.

BUILD YOUR OWN BOWL | \$6.95

Choose one base, up to four veggies* and a sauce.
(Add protein and additional toppings for an extra charge.)

KID'S PLATE | \$5.50

Choose of two veggies, sauce and protein.

*Full list of bases, proteins, veggies + sauces on our website.

Tacos



KOREAN STEAK | \$9.00

Soft corn tortillas filled with wok-fired grass-fed steak, slow roasted mushrooms and crunchy cabbage and green apple kimchi.

BORDER CHICKEN | \$8.50

Soft corn tortillas filled with seasoned Latin rub chicken, charred corn salsa and avocado crema.

MANGO SHRIMP | \$8.50

Soft corn tortillas filled with lightly seasoned sautéed shrimp, mango, tomatillo sauce, apple cider slaw of shaved brussels sprouts and red cabbage topped with sriracha crema.

POBLANO MUSHROOM | \$8.00

Soft corn tortillas filled with poblano peppers, mushroom + sweet onion topped with a kale pineapple slaw + cilantro yogurt sauce. (Add cheese for an additional charge.)

Featured Bowl of the Season



TERIYAKI BOWL | \$8.85

A Bowl'd favorite! Complete with a base of short-grain brown rice with broccoli, carrot, cabbage, baby kale + all-natural chicken topped with teriyaki sauce + fresh green onions.