

SMOOTHIES

sml \$3.99/lrg \$4.99

Tropical: Pineapple, banana, mango, almond milk and orange juice.

Berryrific: Strawberry, blueberry, pomegranate juice and cranberry juice.

Green Power: Spinach, kale, banana and apple juice.

Orangesicle: Orange juice, peaches, banana and soy milk.

Spinalicious: Spinach, peaches, strawberry and apple juice.

Choco'Nut: Low fat chocolate yogurt, banana, skim chocolate milk and all natural peanut butter.
sml \$4.99/lrg \$5.99

BUILD YOUR OWN

Prices vary based on selections
Items subject to change seasonally

Fruits: Strawberries, peaches, banana, blueberries, mango or pineapple.

Veggies: Spinach, celery, cucumbers, kale or carrots.

Juices: Apple, cranberry, orange or pomegranate.

Milks: Almond, soy or low fat chocolate milk.

Dairy: Low fat yogurt, plain or chocolate.

Supplements: Whey or soy protein, energy, pure vitamin C, calorie burner. (25 cents per scoop)

See Our Selection of Beverages!

SWEET TOOTH?

WE HAVE M's KITCHENETTE
and
ROSE'S BAKERY DESSERTS!

HALF & HALF

Choice of any:

Half Salad and Cup of Soup

Half Salad and Half Pita Wrap

Half Pita Wrap and Cup of Soup.

Kabob and Cup of Soup

Kabob and Half Salad

Kabob and Half Pita Wrap

Prices vary based on selections.

All are served with one side of the fresh green salad, quinoa salad, black bean salad, chickpea salad or chips.

BRUNCH

Served 10am - 1pm every Saturday and Sunday

Breakfast Scrambler: Scrambled eggs or scrambled tofu in a pita with your choice of spinach, kale, tomatoes, onions, peppers, parmesan or American cheese.
Eggs \$4.99 Tofu \$3.99

Gluten Free Apple Oatmeal: Served with your choice of cinnamon, apples or dried fruit.
\$4.99

French Toast: Gluten free cinnamon French toast, served with fruit cup.
\$8.99

Pumpkin Pancakes: Pancakes served with fruit cup.
\$8.99

Breakfast Quinoa Bowl: Quinoa with apple juice, cinnamon, agave, dried apricots and dried cranberries. Almonds or walnuts optional.
\$5.99

Muscle Platter: Three egg whites scrambled, spinach, kale, side of turkey bacon and fruit salad.
\$8.99

Juices: Apple, orange, cranberry and pomegranate.
\$2.50

BREAKFAST PASTRIES

Call for Daily Selections

Bountiful Eatery

Fresh Healthy Eating
that is Gluten Free



Bison Burger and Quinoa Salad

Hours:

Mon. – Fri.: 11am – 9pm

Sat. & Sun.: 10am – 9pm

3312 N. Broadway, Chicago
Dine In | Delivery | Catering

www.BountifulEatery.com
773.687.9811

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PITA WRAPS

Turkey Spinach Apple: Sliced turkey breast, fresh spinach, granny smith apples and red onions with zesty yogurt spread. \$8.99

Tuna Salad and Veggie: "Tuna with kale, red peppers, onions, celery, kalamata olives, extra virgin olive oil and fresh spices. \$8.99

Turkey Avocado: Sliced turkey breast, avocado, red onions and romaine lettuce with chipotle-lime vinaigrette. \$8.99

Chicken Caesar: Grilled chicken breast, romaine lettuce and parmesan cheese with caesar dressing. \$8.99

Turkey Bacon & Avocado: Turkey bacon, avocado, tomatoes, romaine lettuce and red onions with chipotle-lime dressing. \$8.99

All pita wraps served with choice of chips or fresh green salad. All are served on Rose's Bakery gluten free pita.

KIDS

Grilled Cheese or Grilled Cheese and Turkey: American cheese on Rose's Bakery gluten free French bread. Cheese only \$3.99 Cheese and Turkey \$4.99

Kabob: All natural chicken breast or tofu with zucchini, green & red bell peppers and marinated in fresh herbs and extra virgin oil. Chicken \$5.99 Tofu \$4.99

Mini Black Bean Burger: Black beans, carrots, celery, green & red bell peppers, tomatoes and fresh herbs on a bed of mixed greens. \$4.99

Natural PB & J: Natural peanut butter and jelly on Rose's Bakery gluten free French bread. \$3.99

All kids' choices served with choice of chips or fresh green salad

SOUPS

Call For Our Daily Selection of Homemade Soups

SALADS

Kale Apple Walnut Salad: Kale, granny smith apples, walnuts, golden raisins and celery with raspberry vinaigrette dressing. \$7.99

Chicken Caesar Salad: All natural chicken and romaine lettuce, tossed with parmesan cheese and caesar dressing. \$8.99

Portobella Kale Salad: Portobella mushrooms, kale, red onions, almonds and dried cranberries with balsamic dressing. \$8.99

Three Salad Sampler: Quinoa salad, chickpea salad and black bean salad over spinach. \$7.99

Chopped Veggie Salad: Spinach, broccoli, romaine lettuce, avocado, tomatoes, carrots, onions, cucumbers and celery with balsamic dressing. \$6.99

You may add any protein to a salad:

Chicken \$3.00 Tuna Salad \$3.00 Turkey \$3.00 Tofu \$2.00
Quinoa \$2.00

SIDE SALADS

Quinoa Salad: Fresh made quinoa, red bell peppers, tomatoes, parsley, mint, cucumbers, scallions, lemon juice, extra virgin olive oil and herbs. \$1.99

Chickpea Salad: Chickpeas, carrots, raisins, mint and extra virgin olive oil. \$1.99

Black Bean Salad: Black beans, tomatoes, scallions, chipotle and cilantro. \$1.99

Fruit Salad: Seasonal selections of fruits and berries. \$1.99

GRILLED SELECTIONS

Grilled Salmon: Wild caught sustainable keta salmon marinated and grilled, brushed with herbs. Served with a dijon sauce. \$9.99

Bison Pita Burger: 1/3 lb grass fed, fresh from the farm bison burger seasoned with onions and spices. Topped with spinach, tomatoes and a zesty yogurt spread. On a Rose's Bakery gluten free pita. \$9.99

Chicken or Tofu Kabob: All natural chicken breast or tofu with zucchini, red bell peppers and onions marinated in fresh herbs and extra virgin olive oil. Chicken \$8.99 Tofu \$7.99

Chicken Breast Pita: All natural marinated chicken breast served with spinach, tomatoes and a zesty yogurt spread on a Rose's Bakery gluten free pita. \$8.99

Black Bean Burger: Black beans, carrots, celery, green & red bell peppers, onions, tomatoes and fresh herbs on Rose's Bakery gluten free seeded bread. \$7.99

Chicken Breast Plate: Two marinated grilled chicken breasts with herbs, served with choice of side and salad. \$9.99

Portobella Wrap: Marinated portobella mushrooms, mixed greens, onions and dijon dressing on a Rose's gluten free pita. \$9.99

All items are served with either the fresh green salad, quinoa salad, black bean salad, chickpea salad or chips.

BOWLS

Warm Hearty Quinoa Bowl: Quinoa with chickpeas, broccoli, red bell peppers, white onions, garlic, tamari and sesame seeds. \$5.99

Warm Latin Quinoa Bowl: Quinoa with black beans, white onions, tomatoes, corn, jalapeño, Greek yogurt and avocado. \$5.99

You may add any protein to a bowl:

\$3.00 Chicken \$3.00 Tuna Salad
\$3.00 Turkey \$2.00 Tofu