

BUILD YOUR OWN BOL

KF • KETO FRIENDLY | PF • PALEO FRIENDLY | V • VEGAN | * CONTAINS NUTS

MENU IS GLUTEN FREE
EXCLUDING COCONUT CRISPS

BOLS STARTING AT \$9.00



BASE • PICK ONE

BAMBOO RICE
PF / V

**ZERO CARB
MIRACLE NOODLE**
PF / V / KF + \$2.00

**LACINATO KALE
SALAD**
PF / V / KF

**CUCUMBER
NOODLES**
PF / V / KF

PROTEIN • PICK ONE

**COCONUT
PORK BELLY**
PF / KF

**GRASS FED
STEAK**
PF / KF

**PASTURE RAISED
CHICKEN**
PF / KF

**WILD CITRUS
SHRIMP**
(LOW MERCURY)
PF / KF

FALAFEL
(COCONUT OIL)
V

SIDES • PICK TWO

**BLUEBERRY
GUACAMOLE**
PF / V / KF + \$1.00

HUMMUS
V / KF

**MISO CHARRED
CABBAGE**
PF / V / KF

**STRAWBERRY
PICO**
PF / V

GRILLED VEG
PF / V / KF

SAUCES • PICK ONE

**PISTACHIO
CHIMICHURRI***
PF / V / KF

YUM YUM
PF

TZATZIKI
KF

**APRICOT
HONEY MUSTARD**
PF / V

REBOL HOT
PF / V / KF / SPICY

GARNISH • PICK ANY

PICKLED VEG
PF / V / KF

SCALLION
PF / V / KF

FRESNO CHILE
PF / V / KF / SPICY

PISTACHIO*
PF / V / KF

CRISPY GARLIC
PF / V / KF

**HERB
GOAT CHEESE**
PF / KF + \$1.00

ADD LOW CARB KETO PITA + \$1.00

100% NON-GMO

NEVER FAKE HEALTHY

ZERO REFINED SUGARS

NATURE'S MEDICINE

ORGANIC BONE BROTH

KF • PF

12 OZ. • 3.5 -OR- QUART • 9

BROTH ADD INS

- ZERO CARB MIRACLE NOODLES 1.00
- GRILLED VEG 0.25
- GINGER 0.25
- TURMERIC 0.25
- GARLIC 0.25
- APPLE CIDER VINEGAR 0.25
- SCALLION
- LEMON
- CHICKEN 0.50
- STEAK 0.50

SIGNATURE BROTHS

LIQUID GOLD 4.5

ORGANIC COCONUT MILK • TURMERIC

IMMUNITY BROTH 4.5

VITAMIN C • LEMON • GARLIC • GINGER

ROCKET FUEL 5

REBOL HOT • GRASS FED BUTTER • MCT OIL

SIGNATURE BOLS

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CHIMI CHICKEN* .10

BAMBOO RICE / STRAWBERRY PICO / BLUEBERRY GUAC / CHIMICHURRI / SCALLION / CRISPY GARLIC

SIGNATURE STEAK .9

BAMBOO RICE / GRILLED VEG / HUMMUS / YUM YUM / CRISPY GARLIC / FRESNO

CITRUS SHRIMP SALAD* PF .9

LACINATO KALE SALAD / MISO CABBAGE / STRAWBERRY PICO / YUM YUM / SCALLION / PISTACHIO

VEGAN POWERBOL V .10

BAMBOO RICE / FALAFEL / BLUEBERRY GUAC / HUMMUS / APRICOT MUSTARD / REBOL HOT / PICKLED VEG / FRESNO

PORK EN FUEGO* PF .9

BAMBOO RICE / MISO CABBAGE / STRAWBERRY PICO / YUM YUM / REBOL HOT / PISTACHIO / FRESNO

WARNING : CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

SIDES

HUMMUS+KETO PITA KF .4

BLUEBERRY GUACAMOLE+COCONUT CRISPS V .3

ADD LOW CARB KETO PITA +\$1.00