

# 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

## PROTEIN • PICK ONE

## SIDES • PICK TWO

## SAUCES • PICK ONE

## GARNISH • PICK ANY

**RICE**  
PF / V

**GRASS FED STEAK**  
PF / KF

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

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

**PICKLED VEG**  
PF / V / KF

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

**PASTURE RAISED CHICKEN**  
PF / KF

**HUMMUS**  
V / KF

**YUM YUM**  
PF

**SCALLION**  
PF / V / KF

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

**WILD CITRUS SHRIMP**  
(LOW MERCURY)  
PF / KF / + \$1.00

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

**APRICOT HONEY MUSTARD**  
PF / V

**FRESNO PEPPERS**  
PF / V / KF / SPICY

**PISTACHIO\***  
PF / V / KF

**CUCUMBER NOODLES**  
PF / V / KF

**FALAFEL**  
(COCONUT OIL)  
V

**STREET CORN ELOTES**

**GRILLED VEG**  
PF / V / KF

**REBOL HOT**  
PF / V / KF / SPICY

**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

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

**MENU IS GLUTEN FREE**  
EXCLUDING COCONUT CRISPS

**BOLS STARTING AT \$9.00**

## CHIMI CHICKEN\* .10

RICE / STREET CORN ELOTES / BLUEBERRY GUAC / CHIMICHURRI / SCALLION / CRISPY GARLIC

## SIGNATURE STEAK .9

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

## CITRUS SHRIMP SALAD\* PF .11

LACINATO KALE SALAD / MISO CABBAGE / BLUEBERRY GUAC / YUM YUM / SCALLION / PISTACHIO

## VEGAN POWERBOL V .10

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

**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 .3

**ADD LOW CARB KETO PITA +\$1.00**