



Bowls starting at \$17

Minimum order 5 bowl/salad per selection

Chicken Fajita Bowl (GF)

Cilantro lime rice, mixed greens, sauteed peppers + onion, tomato, guacamole, feta cheese, pumpkin seeds, marinated chicken breast, creamy salsa dressing

Greek Chicken Bowl (GF)

Quinoa, mixed greens, marinated chicken, kalamata olives, green pepper, cucumber, tomato, red onion, feta cheese, tzatziki + Greek dressing

Greek Marinated Salmon Bowl (GF)

Quinoa, mixed greens, marinated salmon, chickpeas, kalamata olives, green pepper, cucumber, tomato, red onion, feta cheese, tzatziki + Greek dressing

Beef Burrito Bowl (GF)

Rice, corn, beans, salsa, guacamole, seasoned beef, cheese, sour cream

Strawberry Feta Salad with Chicken

Mixed greens, seasoned chicken, strawberries, red onion, cucumber, roasted butternut squash, feta cheese, pecans, pumpkin seeds, creamy balsamic dressing

Bang Bang Shrimp Rice Bowl (GF)

Jasmine rice, shrimp tossed in sweet chili mayo, cucumber, edamame, pickle carrot, pickled daikon radish, pickled ginger, sesame seeds, maple ginger tamari sauce, sriracha mayo

Tofu Poke Bowl (GF/V)

Sticky pan fried tofu, jasmine rice, cucumber, edamame, radish, pickled carrot, pickled daikon radish, sesame seeds, vegan sriracha mayo, maple ginger tamari sauce

Sweet Chili Chicken Noodle Bowl


Sweet chili chicken tenders, whole wheat noodles, spinach, carrot, cucumber, cilantro, peanuts, peanut sauce-available Vegan



Gluten-Free Options & Substitutions available

 @preppedmanitoulin

 13 Manitowaning Rd, Little Current

 705-618-7713

 @preppedmanitoulin

 info@preppedmanitoulin.ca

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Bowls (continued)

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Korean Steak Bowl (GF)

Jasmine rice, marinated steak, kimchi, cucumber, edamame, pickled carrot, pickled daikon radish, sesame seeds, gochuchang mayo, tamari sauce

Vietnamese Pork Noodle Bowl (GF)

Rice noodles, lemongrass pork, romaine lettuce, cucumber, carrot, bean sprouts, cilantro, mint, basil, peanuts, veggie spring roll, nuoc cham sauce

Cobb Salad (GF)

Romaine, egg, chicken, bacon, tomato, red onion, cucumber, honey Dijon vinaigrette

Big Mac Salad (GF)

Romaine, beef, pickles, cheese, onion, tomato, big mac dressing

Steak & Goat Cheese Salad

Mixed greens, grilled steak, roasted mushrooms, red onion, roasted red peppers, cucumber, pumpkin seeds, goat cheese, creamy balsamic dressing

Roasted Carrot & Beet Salad with Chicken (GF)

Mixed greens, roasted carrot, roasted beets, candied nuts & seeds, crunchy chickpeas & honey vinaigrette

Moroccan Chicken & Cauliflower Bowl (GF)

Quinoa, kale, seasoned chicken, roasted cauliflower, pomegranate, golden raisins, sliced almonds, avocado herb dressing

Jerk Chicken & Rice Bowl


Coconut rice, roasted jerk chicken, grilled pineapple, charred red pepper, roasted red onion, butternut squash, mango dressing



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