

LIMITED TIME OFFER SPECIALTY

POWER EATS



Quinoa Bowls...

A quick & easy way to enjoy a meal when on the go.
HEALTHY EATING MADE EASY!

**ESM
Welcome!**



SOUTHWESTERN

Enjoy a little slice of the southwest with this healthy quinoa bowl! Quinoa & kale start this bowl off right with black beans, corn, peppers and onions, complete with guacamole and salsa! Served with chipotle ranch dressing. Grab yours today for \$6.75

CLUB MEMBERS
Save \$1.00 Instant &
\$2 with MacDeal Buck

GREEK ISLAND

Enjoy a refreshing taste of the Mediterranean with our Greek quinoa bowl! Complete with sliced black olives, diced red onions and roma tomatoes, feta cheese and topped with a pepperoncini and a lemon dill dressing. \$6.75

MANDARIN

Mandarin oranges, quinoa, shoestring carrots, diced green onion, sesame seeds and chicken. Served with Asian dressing. \$6.75

SUMMER BLEND

Summer's here with our Summer quinoa bowl! Cherry tomatoes, corn, peppers & onions, topped with feta cheese and a drizzle of lemon dill vinaigrette dressing refreshes any hot, swampy day. Served on a quinoa-kale mix. \$6.95

RICKENBACKER'S SUPERFOOD

Grab your essential vitamins and protein before a workout, or after, to replenish some of those essential nutrients. Quinoa, spinach/kale and avocado. Choice of dressing. Protein choice of chicken (\$7.95) or salmon (\$8.50)

Specialty Dressings Exclusive to the Bowl...

Lemon Dill Vinaigrette • Chipotle Ranch • Asian Italian Herb • Raspberry Honey Vinaigrette • Greek Feta
Extra Dressing 75¢ • Add Chicken \$1.50
Add Salmon \$1.75 • Add Hard Boiled Egg 75¢



Located in the MacDill Inn

GOURMET COFFEE & TEA • ESPRESSO
FRAPPUCCINO'S • BAKERY DELIGHTS
BREAKFAST SANDWICHES • GRAB & GO SNACKS
DELI SANDWICHES • LOCAL BREWS & COCKTAILS

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