

Hele Bowl Menu

Breakfast

Protein Packed Quinoa Bowl (24 oz \$13 569 Cals 24 gr Protein 32 oz bowl \$15 1026 cals 45g Protein)

Quinoa topped with a hard boiled egg, spinach, olive oil, lemon juice, and almonds

Kale me later (24 oz bowl \$13 583 Cals 32g protein 32 oz \$15 1044 cals 60 protein)

Quinoa and kale breakfast bowl with scrambled eggs and bacon.

Hele Bowl (24 oz \$13 475 cals 12.5g protein 32 oz \$15 800 cals 20g protein)

Banana, coconut cream, and black bean based smoothie bowl, topped with sliced banana, pineapple, granola, blueberries, Chia seeds, and coconut flakes.

Kiss My Grits (24 oz bowl \$13 740 Cals 32 oz bowl \$15 1400 Cals)

Grits topped with vegan collard greens

Lunch

The Happy Bowl (24 oz bowl \$13 677 cals 30.2g protein 32 oz Bowl \$15 1166 cals 45.9g protein)

Teriyaki Sushi grade Salmon, on top of a bed of white rice, avocado pickled red onions, sesame seeds, mango, strawberry, and green onions.

Vegan Poke Bowl (24 oz \$13 576 cals 13.4g protein 32 oz \$15 1039 cals 22.7g protein)

Quinoa topped with Avocado, cucumber, mango, spinach, tomato (Marinated in a house sauce), topped with a sesame ginger sauce

Let Me See That Sushi Bowl (24 oz \$13 145 cals 3.5g protein, 32 oz bowl \$15 290 cals 7g protein)

California sushi bowl, sushi rice, chopped up surimi, diced cucumber, avocado, spicy aioli, and topped with black sesame seeds, Pickled carrots, and nori.

Tuna Poke Bowl (24 oz bowl \$13 518 cals 29.3g protein 32 oz Bowl \$15 891 cals 66.9g protein)

Ahi tuna (marinated in a house sauce) on a bed of rice, topped with cucumber, radish, avocado, green onions, mango, nori, sesame seeds, and a spicy aioli,

Build your own Bowl 24oz bowl \$14 32 oz bowl \$16

Grains

- **White Rice**(24 oz 1.5 cups 252 cals, 32 oz 2.5 cups 420 Cal)
- **Quinoa** (24 oz 1.5 cups 335 cals 12g protein, 32 oz 558 cals, 20g protein)
- **Grits** (24 oz \$11 1 cup 640 cals 16g protein 32 oz \$13 2 cups 1280 cals 32g protein)
- **Cauliflower Rice** (24 oz 1.5 cups 30 Cals 3g protein, 32 oz 2.5 cups 50 cals, 5g protein)

Protein

- **Sushi Grade Salmon** (24 oz bowl 4 oz 204 Cal, 28.8g protein 32 oz bowl 306 Cal, 43.2g protein)
- **Diced white meat Chicken**(24 oz bowl 4 oz 150 Cal, 22g protein, 32 oz bowl 300 Cal, 44g protein)
- **Hard Boiled Egg** (24 oz bowl 2 eggs 154 Cal, 12g protein, 32 oz bowl 4 eggs 308 Cal, 25g protein)
- **Ahi Tuna** (24 oz bowl 4 oz 120 cals, 26.6g protein 32 oz 180 cals 39.9g protein)
- **Scrambled Eggs** (24 oz bowl 2 eggs 160 Cal 14g protein, 32 oz 4 eggs 320 Cal 28g protein)

- **Bacon (24 oz 2 slices 88 Cals 6G protein 32 oz 4 slices 176 cals 12g Protein)**

Fruits/Veggies

- **Avocado (24oz bowl .5 114 cals 1.4g protein 32 oz 1 whole 227 cals 2.7g protein)**
- **Cucumber(24 oz bowl .5 cup 7 cals, 32 oz bowl 1 cups 14 cals)**
- **Red Onions (24 oz .25 cup 40 cals 32 oz .5 cup 80 cals)**
- **Kale (24 oz bowl .5 cup 6 cals, 32 oz 1 cup 12 cals)**
- **Spinach(24 oz .5 cup 80 cals, 32 oz 1 cup 160 cals)**
- **Green Onions**
- **Radish**
- **Strawberries(24 oz .5 cup 27 cals, 32 oz 53 cals)**
- **Mango(24 oz .25 cup 25 cals, 32 oz .5 cup 50 cals)**
- **Pickled Carrots (24 oz bowl .25 40 cals 32 oz bowl .5 80 cals)**

Dressing

- **Spicy Aioli(24 oz 1 TB 100 cals, 32 oz 2 TB 200 Cals)**
- **Ranch(24 oz 1TB 50 Cals, 32 oz 2 TB 100 Cals)**
- **Sesame Ginger Vinaigrette (24 oz 1 TB 45 Cals 32 oz 2 TB 90 Cals)**
- **Oil and Lemon Juice**
- **Thai bacon honey mustard (24 oz 1 TB 90 Cals 32 oz 2 TB 180 Cals)**

Add On Desserts

- **Chocolate Avocado Mousse (8oz \$8 146 cals 3.1g protein)**
Avocado, Cocoa powder, chocolate chips, Almond milk, and agave.
- **3 different fruit cups (Strawberry, Blueberry, and a mixed fruit)**
- **Yogurt fruit parfait**

Greek yogurt, blueberries and strawberries, granola

- **Keto Chocolate fat bombs (3 \$5 153 cals 5.7g protein)**
Peanut butter, Cocoa powder, Agave,
- **Hawaiian Strawberry haupia (8oz \$8 65 cals)**
Coconut milk, sugar, cornstarch, water, Strawberries, and agave.