

## OPEN

Monday - Thursday  
11am - 3pm  
Friday 11am - 2pm



## LOCATED

201 N. Charles Street  
Baltimore, MD 21201  
410-234-1500

CHOOSE

*Your Own*

*Protein* PICK ONE

**FISH \$13.50**

**CHICKEN \$12.50**

**VEGETARIAN \$11.50**

Tofu or Falafel

*Base* PICK ONE

**GREENS**

Mixed Greens

Kale

*or*

**GRAINS**

Quinoa

Brown Rice

Wheat Berry

*Toppings* PICK FIVE

Choose from our rotating selection of specialty toppings, sauces and dressings

**EXTRAS** Protein \$3

Toppings \$1

2oz Hummus \$2

**ALL Drinks \$2.50**

## *Signature Bowls*

**ZA'ATAR FALAFEL BOWL \$10.85**

falafel, wheat berry, mango, grape tomatoes, bean sprouts, roasted chick peas, avocado, sesame broccoli, za-atar aioli, tahini dressing (V) (GF)

**MIDDLE EASTERN CHICKEN BOWL \$11.85**

couscous, grilled chicken, roasted vegetables, avocado, grape tomatoes, bell pepper mix, pumpkin seeds, roasted tomato dressing

**KOREAN GLAZED SALMON BOWL \$12.85**

glazed salmon, brown rice, grape tomatoes, marinated grilled tofu, cabbage slaw, sesame broccoli, roasted garlic aioli, toasted almonds (GF)

**VEGAN GODDESS SALAD \$10.85**

falafel, grilled tofu, romain lettuce, sumac onions, avocado, cucumbers, toasted pumpkin seeds, roasted tomato dressing, tahini dressing (V)

**KALE CHICKEN CAESAR SALAD \$11.85**

chicken, kale, raisins, croutons, caesar dressing

**CURRIED CAULIFLOWER SALMON SALAD \$12.85**

salmon, baby spinach, red onions, hard boiled egg, pickled beets, curried cauliflower, raisins, pumpkin seeds, sesame thyme vinegar (GF)

ADD A  
*Soup*  
OF THE *Day*

**\$4.55**

ASK US  
ABOUT OUR

*Daily Special!*

(V) = Vegan (GF) = Gluten Free

Certified Glatt Kosher by Rabbi Y Zvi Weiss