

CATERING

ATLANTA LUNCH BOWLS  
EXPRESS

MENU

BREAKFAST

Breakfast Power Bowl

Quinoa, scrambled eggs, turkey bacon, avocado, and sriracha – 12.99

Spinach and Feta Egg White Bowl

Egg whites, spinach, feta cheese, cherry tomatoes, and whole grain toast – 10.99

Sausage and Egg Breakfast Burrito Bowl

Scrambled eggs, breakfast sausage, bell peppers, onions, cheese, and salsa – 13.99

Avocado Breakfast Bowl

Avocado, scrambled eggs, black beans, salsa, and quinoa – 11.99

Vegetarian Breakfast Quinoa Bowl

Scrambled eggs, quinoa, roasted vegetables (bell peppers, zucchini, onions), and avocado – 13.99

Bacon and Cheese Breakfast Bowl

Scrambled eggs, crispy bacon pieces, shredded cheddar cheese, hash browns, and sliced green onions. – 14.99

Veggie Egg White Scramble Bowl

Egg whites, spinach, mushrooms, tomatoes, and feta cheese. – 10.99

PROTEINS

Chicken — 4.00

Ground Turkey — 3.00

Shrimp — 5.00

Salmon— 7.00

Tofu — 4.00

BRUNCH

Spicy Cajun Shrimp and Grits Bowl

Blackened shrimp served over creamy cheese grits with Andouille sausage, bell peppers, and onions – 17.99

Garlic Shrimp and Cheesy Grits Bowl

Cheesy grits topped with garlic butter shrimp. – 15.99

Classic Shrimp and Grits Bowl

Creamy stone-ground grits topped with sautéed shrimp in a Cajun-spiced sauce – 13.99

Lemon Pepper Shrimp and Grits Bowl

Lemon pepper-seasoned shrimp atop creamy grits – 14.99

SALAD

Caesar Salad Bowl

Romaine lettuce, Caesar dressing, and croutons (feel free to add protein) – 9.99

Southwest Salad Bowl

Romaine lettuce, black beans, corn, avocado, and chipotle lime dressing. (feel free to add protein) – 10.99

Caprese Pasta Bowl

Pasta, cherry tomatoes, fresh mozzarella, basil, and balsamic glaze (feel free to add protein) -12.99

BEVERAGES

Coke (12oz) — 2.50

Diet Coke (12oz) — 2.50

Sprite (12oz) — 2.50

Bottle Water — 2.00

Ginger ale (12oz)— 2.50

LUNCH

Caribbean Infused Bowl

Coconut-infused Red Beans and Rice, fried plantains, avocado salad – 13.99

Teriyaki Bowl

Steamed rice, stir-fried vegetables, topped with teriyaki sauce and sesame seeds. – 12.99

Vegetarian Buddha Bowl

Quinoa, roasted sweet potatoes, chickpeas, kale, and tahini dressing –12.99

Blackened Shrimp Quinoa Bowl

Blackened shrimp, quinoa, roasted sweet potatoes, and mixed greens salad – 16.99

Vegan Chickpea Curry Bowl

Curry Chickpea, brown rice, and sautéed spinach. – 13.99

Baked Mac and Cheese Bowl

Macaroni and cheese baked with a crispy breadcrumb topping – 11.99

Broccoli and Cheddar Mac and Cheese Bowl

Macaroni and cheese with steamed broccoli florets mixed in – 13.99

Kale and Quinoa Power Bowl

kale, quinoa, roasted sweet potatoes, and lemon tahini dressing - 13.99

Mediterranean Quinoa Bowl

quinoa, Greek salad, and tzatziki sauce - 12.99

SIDES

Sauces - .50

Rice — 2.00

Roasted Vegetables — 4.50

Avocado — 3.75

Green Salad — 3.00

Side Eggs — 2.00