bohl Seed oil free (SOF) friendly menu

Base

Rice base
White rice Cal 205
Brown rice Cal 215

Salad base
Chopped romaine Cal 10
Spring mix Cal 10

Proteins

Steak Cal 230
Chicken Cal 210

Toppings

Shredded carrots Cal 10
Fire roasted corn Cal 40
Cucumbers Cal 5
Pickled onions Cal 15
Spicy broccoli Cal 20
Avocado Cal 120
Kimchi Cal 5
Black beans Cal 40
Chopped celery Cal 5
Arugula Cal 10
Diced jalapeño Cal 5
Kalamata olives Cal 45
Grape tomatoes Cal 5
Crispy Chickpeas Cal 50
Roasted beets Cal 20
Roasted sweet potatoes Cal 45
Monterey Jack cheese Cal 100
Crumbled feta cheese Cal 50

Dips

Tzatziki Cal 20
Spicy cottage cheese Cal 30
Garlic herb cottage cheese Cal 30
Roasted red pepper hummus Cal 55

Dressings

bohl Ranch Cal 50
Japanese bbq Cal 55
Green goddess Cal 60
Spicy chipotle Cal 25
Jalapeño avocado Cal 25
Balsamic vinaigrette Cal 140
Sriracha vinaigrette Cal 100