

Meal Prep Menu

Sundays 12-3 PM

Bowls include: 1 Base, 1 Protein,
Unlimited toppings + 1 Sauce

Bases

- Roasted sweet potatoes
- Fresh green beans
- Chopped romaine
- Roasted Broccoli 
- Roasted Potatoes

Proteins (4oz)

- Honey garlic chicken
- Savory shaved beef
- Juicy ground beef
- Apple chicken sausage

Hot Toppings

- Sautéed onions & peppers
- Sautéed mushrooms
- Roasted corn

Cold Toppings

- Pesto tomatoes 
- Onions/Cilantro
- Banana peppers
- Dill pickles
- Black olives
- Triple cheddar 
- Monterey jack 



3 Bowls = \$36
4 Bowls = \$ 46
5 Bowls or more = \$11 per bowl

Place orders at
halogourmetbowls.com

Sauces

(Extra sauces .25)

- Ranch 
- Sweet Teriyaki
- Hot Honey Vinaigrette
- Remoulade
- Queso 2oz (\$1.00) 