Veggie Bowls

Naked* $7.49
- Romaine
- Yellow Squash
- Potatoes
- Mushrooms
- Cabbage
- Broccoli
- Green Beans

Eden* $8.49
- Quinoa
- Edamame
- Green Beans
- Broccoli
- Snowpeas
- Zucchini
- Cilantro

Frida Kale* $8.49
- Rice
- Corn
- Kale
- Black Bean
- Spicy Tomato
- Cherry Tomato
- Scallions

Kimchi-wa* $8.49
- Rice
- Corn
- Carrot
- Cabbage
- Edamame
- Bok Choy
- Garlic Yogurt

When in Romaine $7.49
- Romaine
- Cherry Tomato
- Radish
- Cucumber Salad
- Seaweed Salad
- Scallions

SALADS AND MORE

Gazpacho Bowl $5.99
- Tomato Gazpacho
- Romaine
- Scallions
- Cherry Tomato
- Cucumber Salad

Beefsteak Tomato Burger $4.99
- Beefsteak Tomato
- Pickled Red Onions
- Herb Mayo
- Olive Oil
- Sea Salt

SOMETHING MEATY?

Avocado Quarter/Half $0.99/$1.99
Chicken Sausage* $2.99
Mozzarella* $1.99
Poached Egg* $1.59
Salt-Cured Salmon* $3.99

Contains Gluten
Non Vegan

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.
### You're in Charge
- Warm Vegetable Bowl .................... $8.49
- Crisp Cool Salad .......................... $7.49

+ Choose Your Veggies
+ Choose a Grain or Leafy Greens
+ Get Saucy
+ Something Meaty
+ Add Fresh Toppings
+ Dress It Up
+ Add Crunchy Toppings

### Follow Our Lead
Select One of Our Favorites
<See Reverse side>

### GET CREATIVE

#### Choose Your Veggies
Seasonal Selection of Veggies

#### Choose a Base
- Bulgur 🌽
- Quinoa 🌽
- Rice 🌽
- Leafy Greens 🌽

#### Get Saucy
- Black Bean 🌽
- Garlic Yogurt* 🌽
- Cilantro 🌽
- Spicy Tomato 🌽

#### Add Something Meaty
- Avocado Quarter/Half .................... $0.99/$1.99
- Chicken Sausage* .......................... $2.99
- Mozzarella* .................................. $1.99
- Poached Egg* ................................. $1.59
- Salt-Cured Salmon* ......................... $3.99

#### Fresh Toppings
- Cherry Tomato 🍒
- Cucumber Salad* 🍅
- Kimchi* 🍳
- Radish 🥒

#### Dress It Up
- Extra Virgin Olive Oil 🥒
- Lemon Honey* 🍊
- Soy Ginger 🌿
- Sherry Vinegar 🍇

#### Crunchy Toppings
- Crispy Onions 🍒
- Corn Nuts 🍊
- Sesame Seeds 🌽
- Toasted Seaweed 🌽

### Refresh
- Boxed Water ................................. $2.99
- Honest Tea ................................... $3.49
- Spindrift Soda ............................... $3.99
- Cold Brew Coffee ......................... $3.99
- House-Made Juices ....................... $3.49

### Grab & Go
- Fresh Fruit ................................... $0.99
- José Andrés Potato Chips .............. $2.99
- Gazpacho ..................................... $2.99

### Hours of Operation, Summer
- Monday-Friday
- 11 AM - 5 PM
- Saturday and Sunday
- CLOSED

### Websites
- beefsteakveggies.com
- upenn.edu
- @beefsteak
- /beefsteakveggies
- @beefsteakveggies
- #vegetablesunleashed

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