



BOXES & BOWLS MENU

Individually packaged meals for groups of 10 or more

GF = Gluten Free **V** = Vegetarian **VE** = Vegan

Braised Beef with Polenta

Boneless beef short rib braised in red wine sauce with mushrooms. Served on top of scratch-made herbed polenta.

Bulgogi Beef Bowls **GF**

A brown rice and red quinoa blend topped with bulgogi beef, Asian slaw, spicy sauce and sesame seeds.

Grilled Veggies and Grains Bowls **GF** **V** **VE**

Grilled zucchini, yellow squash, red onions, tomatoes, and red and orange bell peppers tossed in a Champagne vinaigrette. Served on a bed of brown rice and quinoa.

Mac and Cheese BBQ Bowls

White Cheddar macaroni and cheese topped with your choice of BBQ pulled chicken or pork.

Mediterranean Shawarma Bowls **GF**

A brown rice and red quinoa blend topped with chicken shawarma, cucumbers, tomatoes, Kalamata olives, feta cheese, red onion and tzatziki sauce.

Pimiento Cheese Pretzel Croissant Sandwiches

2 mini sandwiches per box. Choose from turkey, ham or chicken salad. Served with fruit and Kowalski's Signature Popcorn.



ON THE RUN MENU

Individually packaged snack packs for groups of 8

Cheese and Grapes **V**

Sliced Swiss and Cheddar cheeses with red grapes and crackers.

Egg, Cheese and Grapes **GF** **V**

Cubed Cheddar cheese, hard-boiled egg, and red and green grapes.

Egg Salad and Pita **V**

Egg salad, cucumber and tomato with pita bread.

Fruit and Trail Mix **GF** **V**

Hard-boiled egg, lettuce, sliced Cheddar cheese, red grapes, apple wedges and almond trail mix.

Salami and Cheese

Sliced salami with Cheddar cheese, crackers and red grapes.