



CHEF-CRAFTED BOWLS



Carne Asada Bowl ★ (V) **\$15.95**
 Mixed greens, flank Steak, corn & black bean pico, smashed avocado, queso fresco, radish, pickled red onions, pepitas, cilantro onion mix, brown rice, tortilla strips, & fresh lime.

Salmon Niçoise Bowl (V) **\$15.95**
 Mixed greens, grilled & chilled North Atlantic Salmon, quinoa, sliced egg, green beans, Niçoise potatoes, feta cheese, kalamata olives, red onion, toasted pine nuts, & fresh lemon.

Southwest Power Bowl (V) (GF) **\$12.95**
 Mixed Greens, corn & black bean pico, red peruvian quinoa, smashed avocado, cheddar jack cheese blend, pico de gallo, red onion, & fresh lime.

Chicken Caesar Bowl ★ **\$13.95**
 Romaine lettuce, diced chicken breast, parmesan cheese, sliced egg, red onion, focaccia croutons, & crispy onions.

Chicken Power Bowl ★ (V) **\$14.95**
 Mixed greens, grilled diced chicken breast, grilled broccoli, sliced egg, feta cheese, almonds, chickpeas, red Peruvian quinoa, garlic red peppers, flax seeds, & red onion.

Big Buddha Bowl (V) (GF) **\$12.95**
 Mixed greens, roasted vegetables, agave rosemary roasted sweet potatoes, scallion garlic brown rice, smashed avocado, paprika chickpeas, red onion, & fresh lemon.

BUILD YOUR OWN BOWL **\$11.95**

Choose your greens, bases, protein, toppings, and dressing to create your perfect bowl!



SMOOTHIES **\$8.50**

All smoothies are 24 oz.
 Add PB2 +\$1.50
 Add Protein Powder +\$1.50

Superfood Green ★ (V) (GF)
 Pineapple, banana, avocado, baby spinach, baby kale, agave, and organic vanilla plant-based protein.

Chocolate Brickhouse ★ (V) (GF)
 Peanut butter, banana, greek yogurt, agave, and organic chocolate plant-based protein.

Berry & Berry (B&B) (V) (GF)
 Strawberries, blueberries, banana, and greek yogurt.

Pineapple Peach (V) (GF)
 Pineapple, peaches, banana, greek yogurt, agave, and organic vanilla plant-based protein.



COFFEE & TEA *Hot coffees are 12 oz. Iced coffees are 16 oz.*

All coffees can be sweetened with choice of agave, vanilla, or caramel for **\$0.75**

Coffee
 Hot or Iced
\$3.50

Espresso
 Double Shot
\$3.25

Latte
 Hot or Iced
\$4.95

Cappuccino
\$4.95

Americano
\$3.95

Hot Teas
\$3.25

COMBOS

BOXED LUNCH ★ **\$14.95**
 → Choice of Half-Brick Signature Focaccia Sandwich
 → Choice of Side (see below)
 → Deep River® Sea Salt Kettle Cooked Potato Chips
 → Belgian Chocolate Salted Caramel Cookie

SANDWICH & SOUP COMBO **\$13.95**
 → Choice of Half-Brick Signature Focaccia Sandwich
 → Tomato Basil Soup OR Monthly Special Soup

Upgrade Combo to Full Brick Sandwich **+\$6.00**

SOUP & SIDES

Tomato Basil Soup (V) **\$5.75**
 Simmered blend of tomatoes with fresh basil, onion, and a touch of cream. Served with focaccia croutons.

Small **\$2.99** / Large **\$5.95**

Pesto Primavera Pasta Salad (V)

Country-Style Potato Salad (V) (GF)

Fresh Seasonal Fruit (V) (GF)

Deep River Kettle Cooked Chips (V) **\$2.25**

Housemade Focaccia Bread (V) **\$2.99**

DESSERT

Belgian Chocolate Salted Caramel Cookies (V)
 Individual **\$1.99** | Half-Dozen **\$11.50** | Dozen **\$21.99**

Housemade cookies with Belgian dark-cacao chocolate chunks, premium pink Himalayan salt, and rich caramel bites.

Goopy Butter Cake (V) **\$4.95**
 Our spin on a St. Louis classic dessert featuring a crunchy pastry crust with a rich butter and sweet cream cheese filling. Individually sized.



BRICKS & BOWLS

CENTER FOR HEALTH & WELLBEING MENU

STORE ADDRESS:
2005 Mizell Ave Suite 1100
Winter Park, FL 32792

Pickup + Delivery Through:
www.bricksandbowls.com



ALL-DAY BREAKFAST

Bacon & Cheddar Egg Bites (2pc) ★ **\$6.95**
Fluffy, protein-packed egg bites with cottage cheese, peppered bacon, and cheddar jack cheese.

Sunrise Power Egg Bites (2pc) **\$6.95**
Fluffy, protein-packed egg bites with cottage cheese, baby spinach, and cheddar jack cheese.

Power Breakfast Sandwich ★ **\$6.95**
Whole egg patty, cheddar cheese, and choice of turkey sausage or peppered bacon on Dave's Killer english muffin.

BLT&E ★ **\$9.95**
House peppered bacon, arugula, tomato, herb aioli, and housemade egg salad on choice of bread.

Avocado Toast **\$6.95**
Smash avocado, everything bagel seasoning, roma tomatoes, red onion, & organic arugula on choice of bread.

CLASSIC DELI SANDWICHES

(Served on white, multigrain, or gluten-free bread)

Chicken Salad Sandwich **\$9.95**
Roasted pulled chicken with celery, herb aioli, parsley, mayo, arugula, red onion, and house pickles.

Albacore Tuna Salad **\$9.95**
Albacore tuna with celery, herb aioli, parsley, mayo, lemon, black pepper, arugula, red onion, and house pickles.

BLT&E ★ **\$9.95**
House peppered bacon, arugula, tomato, herb aioli, and housemade egg salad.



FOCACCIA SANDWICHES

(Served on our signature housemade focaccia bread)

HALF BRICK

FULL BRICK

Ghost Pepper Chicken ★ **\$8.95** :: **\$14.95**
Chilled sliced chicken breast, aged Swiss, ghost chili bang sauce, lettuce, crispy onions, and pickles.

Buffalo Chicken & Bacon ★ **\$9.95** :: **\$15.95**
Chicken breast tossed in buffalo sauce, peppered bacon, blue cheese sauce, arugula, tomato, red onion, and pickles.

GKO Turkey ★ **\$8.50** :: **\$14.50**
Turkey breast, cheddar cheese, savory herb aioli, signature GKO sauce, arugula, tomato, red onion, and pickles.

Chicken Breast **\$8.50** :: **\$14.50**
Chicken breast, aged cheddar cheese, savory herb aioli, arugula, tomato, red onion, and pickles.

Tuscan Italian **\$8.95** :: **\$14.95**
Capicola, prosciutto, salami, ham, provolone, spicy relish, pesto aioli, red peppers, arugula, tomato, red onion, and pickles.

Spanish Eggplant **\$8.50** :: **\$14.50**
Chilled roasted eggplant, tomato, bell pepper, onion, and capers with arugula, provolone, and GKO sauce.



POPULAR!



GLUTEN FREE



VEGAN



VEGETARIAN