



BRICKS & BOWLS

BY GHOST KITCHEN ORLANDO

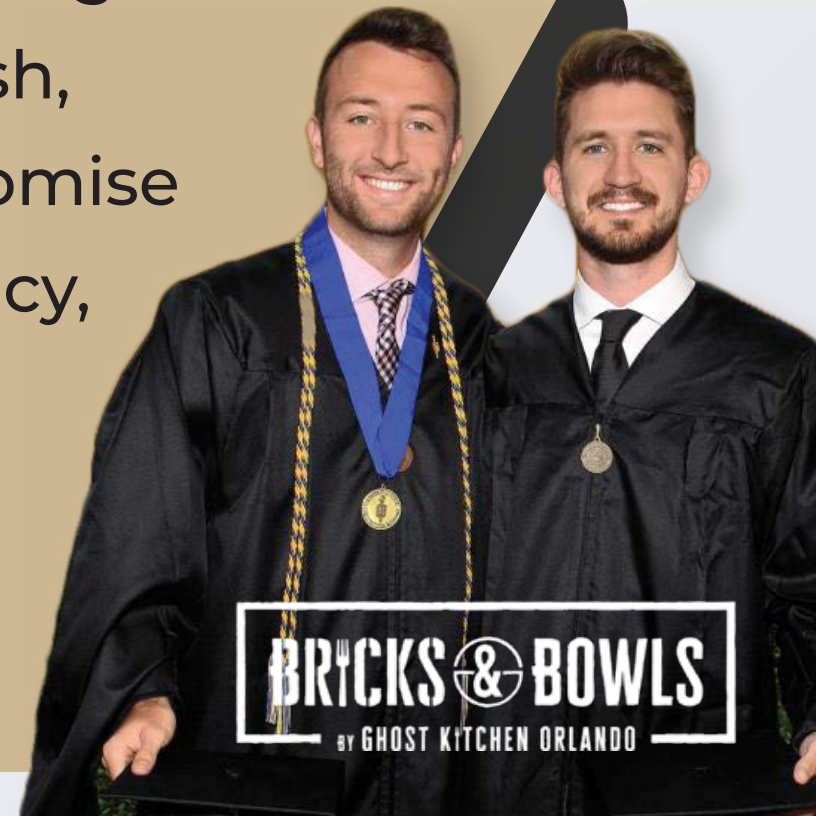
**BRICK BY BRICK:
ELEVATING FRANCHISE OPPORTUNITIES**

OUR STORY

Bricks & Bowls was founded by two college friends with a passion for healthy, flavorful food. What started as a small idea quickly grew into a chef-crafted, superfood-centric brand offering scratch-made meals for people on the go. Our mission is simple: to provide fresh, nutritious options that never compromise on taste. Today, we're building a legacy, **brick by brick.**



John Nasim *Colton Adams*



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OUR TEAM

Johnny Nartowicz

Owner & Co-Founder

Johnny Nartowicz, owner and co-founder of Ghost Kitchen Orlando, attended Rollins College where he earned his bachelor's degree in International Business. He then went on to pursue his master's degree in Business Administration at Rollins College Crummer Graduate School of Business.



Colton O'Dwyer:

Co-Founder & Chief Marketing Officer

Colton O'Dwyer is the CMO of Ghost Kitchen Orlando. He is responsible for all aspects of Ghost Kitchen Orlando's marketing efforts including brand awareness, social media outreach, paid advertising and more. Colton also obtained his MBA at Rollins College Crummer Graduate School of Business.



Jay Nartowicz

Co-Founder & Chief Culinary Officer

Jay Nartowicz has experienced an extraordinary career in the restaurant industry as a professional chef. Jay is a graduate of Johnson & Wales University in Providence, Rhode Island. His culinary career has included senior positions for some of the largest branded chains in the United States and UK.



Julie Nartowicz

Co-Founder & Managing Member

Julie Nartowicz, managing member of Ghost Kitchen, assists with new concepts and crafting recipes, while being exceptionally skilled at dessert creation and bakery.



MENU

BUILD YOUR OWN BOWL \$10.99

Choose Greens

- Mixed Greens - Romaine Lettuce
- Organic Baby Kale - Baby Spinach - Organic Arugula

Choose 2 Bases

- Lemon Orzo - Red Peruvian Quinoa - Sweet Potato Noodles - Scallion Garlic Brown Rice - Agave Roasted Sweet Potatoes - Niçoise Potatoes

Add Chilled Protein(s)

- Grilled Diced Chicken Breast **+\$2.95**
- Grilled Carne Asada Flank Steak **+\$4.95**
- Grilled North Atlantic Salmon **+\$5.95**
- Garlic Shrimp **+\$5.95**
- Buffalo Grilled Chicken Breast **+\$3.75**
- Tuscan Italian Meats **+\$3.50**
- Chicken Salad **+\$3.75**
- Sliced Egg **+\$0.75**
- Smashed Avocado **+\$1.50**
- Grilled Sesame Tofu **+\$2.50**

Choose 5 Toppings

- Grilled Garlic Green Beans - Roasted Vegetables - Grilled Garlic Broccoli - Edamame - Spanish Eggplant - Grape Tomatoes - Cucumbers - Red Onions - Paprika Chickpeas - Radishes - Corn & Black Bean Pico - Pico De Gallo - Roasted Beets - Cilantro Onion Mix - Pepperoncini - Kalamata Olives - Giardiniera - Garlic Roasted Red Peppers - Pickled Red Onions - Feta Cheese - Blue Cheese - Queso Fresco - Cheddar Jack Blend - Fresh Mozzarella Ciliegine - Parmesan Cheese - Housemade Focaccia Croutons - Tortilla Strips - Crispy Onions - Sea Salt Roasted Almonds - Pine Nuts - Pepitas - Flax Seeds - Dried Cranberries

Choose 1 Housemade Dressing

- Mediterranean Herb Vinaigrette - Southwest Chipotle Ranch - Buttermilk Ranch - Lemon Dijon Vinaigrette - Balsamic Vinaigrette - Ghost Pepper Pomegranate Vinaigrette - Parmesan Peppercorn Caesar - Creamy Blue Cheese - Mandarin Sriracha Sesame - Monthly Special Dressing (Ask!)



SIGNATURE FOCACCIA PIZZAS

Baked on our signature housemade focaccia bread.

Classica \$6.50

Housemade tomato sauce, imported cheese blend, parmesan cheese, EVOO, and fresh basil. (Add Pepperoni for **+\$0.99**)

Foc'n Hot ★ \$7.95

Housemade tomato sauce, imported cheese blend, parmesan cheese, pepperoni, Sicilian spicy relish, hot honey, dried oregano, and a crispy gremolata topping

Truffled Shrooms \$7.95

Fresh garlic oil, thyme-scented roasted maitake and field mushrooms, imported cheese blend, parmesan cheese, red onions, savory herb aioli drizzle, scallions, and a truffle oil spritz.

Mediterranean \$7.95

Fresh garlic oil, feta cheese, imported cheese blend, kalamata olives, garlic roasted red peppers, red onions, organic baby spinach, a crispy gremolata topping, and a balsamic glaze drizzle. (Add Chicken for **+\$2.95** / Add Grilled Shrimp for **+\$5.95**)



MONTHLY SPECIALS - ASK!

Every month, we spice things up! Delight in new tastes each month with a new **Focaccia Sandwich, Focaccia Pizza, Chef-Crafted Bowl, Soup, & Cookie** and. Ask our staff about the current offerings and savor the season's best!

BOTTLED DRINKS

Natural Spring Water	\$2.25	Olipop Cream Soda	\$3.25
Mexican Coca-Cola	\$3.25	Olipop Tropical Punch	\$2.25
Topo Chico	\$3.25	Olipop Classic Root Beer	\$3.25
Powerade Orange	\$2.99	San Pellegrino Limonata	\$3.25
Vitaminwater XXX	\$3.25	La Colombe Iced Latte	\$3.25
Sweet/Unsweet, Tea	\$3.25	Iced Latte (Oat Milk)	\$3.25
Vitaminwater XXX	\$3.25	Natalie's Lemonade	\$3.25
Gold Peak Sweet Tea	\$3.25	Natalie's Orange Juice	\$3.25
Gold Peak Unsweet Tea	\$3.25	Celsius Peach Vibe	\$3.25

BEVERAGES (ALCOHOLIC)

High Noon Peach,		Cigar City Jai Alai IPA	\$5.50
Watermelon, Pineapple	\$5.95	Apothic Cali. Red Blend	\$3.25
Cantina Grapefruit Paloma	\$5.95	Sonoma Chardonnay	\$3.25
Begonia Red Sangria	\$8.50	Bev Cali Sauvignon Blanc	\$3.25
Modelo Especial	\$5.50		
Coors Light	\$4.95		

★ POPULAR  GLUTEN FREE  VEGAN  VEGETARIAN

COMBOS

Boxed Lunch ★ \$14.95

Choice of a signature half-brick focaccia sandwich, choice of a side, Kettle Cooked Potato Chips, and a signature Belgian Chocolate Salted Caramel Cookie.

Sandwich & Soup Combo \$13.95

Choice of a signature half-brick focaccia sandwich & choice of a soup.

Focaccia Pizza & Side Salad Combo \$14.50

Choice of a signature focaccia pizza and choice of a side garden salad or side kale caesar salad.

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

SOUP & SIDES

	SMALL SIZE	FULL SIZE
Tomato Basil Soup 		\$5.75
Simmered blend of tomatoes with fresh basil, onion, and a touch of cream. Served with focaccia croutons.		
Side Garden Salad 		\$5.95
Mixed greens, grape tomatoes, cucumbers, paprika chickpeas, red onion, & focaccia croutons.		
Side Kale Caesar Salad 		\$5.95
Organic baby kale, romaine, parmesan cheese, red onion, & focaccia croutons.		
Pesto Primavera Pasta Salad 	\$2.99	\$5.95
Country-Style Potato Salad 	\$2.99	\$5.95
Fresh Fruit 	\$2.99	\$5.95
Kettle Cooked Potato Chips 		\$2.25
Housemade Focaccia Bread 		\$2.99

DESSERT

Belgian Chocolate Salted Caramel Cookies

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.

Goey Butter Cake \$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.



MENU



BRICKS & BOWLS

Park Avenue Menu

STORE HOURS

Monday - Friday • 11:00AM – 9:00PM
 Saturday • 10:00AM – 9:00PM
 Sunday • 11:00AM – 7:00PM

Pickup + Delivery Through:
WWW.BRICKSANDBOWLS.COM




FOCACCIA SANDWICHES

Served on our signature housemade focaccia bread.

HALF BRICK | FULL BRICK

GKO Turkey ★ \$8.50 | \$14.50

All-natural thinly sliced turkey breast, aged cheddar cheese, signature GKO sauce, savory herb aioli, arugula, tomato, red onion, and pickles.

Ghost Pepper Chicken ★ \$8.95 | \$14.95

All-natural thinly sliced chicken breast, aged Swiss cheese, our signature smoked ghost chili pepper bang sauce, iceberg lettuce, crispy onions, and pickles.

Chicken Breast \$8.50 | \$14.50

All-natural thinly sliced chicken breast, aged cheddar cheese, savory herb aioli, arugula, tomato, red onion, and pickles.

Tuscan Italian \$8.95 | \$14.95

Capicola, prosciutto, genoa salami, lightly smoked ham, provolone cheese, Sicilian spicy relish, pesto aioli, garlic roasted red peppers, arugula, tomato, red onion, and pickles.

Buffalo Chicken & Bacon \$9.95 | \$15.95

All-natural thinly sliced chicken breast tossed in our housemade buffalo sauce. Topped with peppered bacon, a signature bacon & blue cheese crack sauce, arugula, tomato, red onion, and pickles.

Roast Beef \$9.50 | \$15.50

Medium-rare roast beef, aged cheddar cheese, old school horseradish sauce, arugula, tomato, red onion, and pickles.

Chicken Salad \$9.95 | \$15.95

Roasted all-natural pulled chicken breast gently mixed with celery, parsley, mayo, and seasonings. Topped with arugula, red onion, and pickles.

Spanish Eggplant ☉ \$7.50 | \$13.50

Roasted and chilled blend of rustic-cut eggplant, tomato, bell pepper, onion, capers, and chef's seasonings. Topped with arugula, provolone cheese, and GKO sauce.

CHEF-CRAFTED BOWLS

Chicken Power Bowl ① \$13.95

Mixed greens, grilled diced chicken breast, grilled garlic broccoli, sliced egg, feta cheese, sea salt roasted almonds, paprika chickpeas, red Peruvian quinoa, garlic roasted red peppers, flax seeds, and red onion. Recommended Dressing: Mediterranean Herb Vinaigrette

Carne Asada Bowl ★ ④ \$15.50

Mixed greens, marinated flank steak, corn & black bean pico, smashed avocado, queso fresco, radish, pickled red onions, pepitas, cilantro onion mix, brown rice, tortilla strips, and fresh lime. Recommended Dressing: Southwest Chipotle Ranch

Chopped Italian Bowl \$14.95

Mixed greens, genoa salami, prosciutto, capicola, smoked ham, local "Dicuru" fresh mozzarella ciliegine, parmesan cheese, garlic roasted red peppers, toasted pine nuts, giardiniera, grilled garlic green beans, paprika chickpeas, tomatoes, pepperoncinis, and focaccia croutons. Recommended Dressing: Balsamic Vinaigrette

Salmon Niçoise Bowl ① \$15.50

Mixed greens, grilled & chilled North Atlantic Salmon, quinoa, sliced egg, green beans, Niçoise potatoes, feta cheese, kalamata olives, red onion, toasted pine nuts, and fresh lemon. Recommended Dressing: Lemon Dijon Vinaigrette

Big Buddha Bowl ④ ☉ \$11.50

Mixed greens, roasted vegetables, agave rosemary roasted sweet potatoes, scallion garlic brown rice, smashed avocado, paprika chickpeas, red onion, and fresh lemon. Recommended Dressing: Lemon Dijon Vinaigrette

Chicken Caesar Bowl ★ \$13.50

Romaine lettuce, grilled diced chicken breast, aged parmesan cheese, sliced egg, red onion, housemade focaccia croutons, and crispy onions. Recommended Dressing: Parmesan Peppercorn Caesar

★ POPULAR ① GLUTEN-FREE
 ☉ VEGAN ☺ VEGETARIAN

MENU HIGHLIGHTS



Build Your Own Bowl

Choose from any of our 5 greens, 6 bases, 11 proteins, 32 toppings, & 9 dressings options to create your perfect bowl.

Ghost Pepper Focaccia Sandwich

Thinly sliced grilled chicken breast and Swiss cheese, with a hint of heat from our smoked ghost chili sauce, complemented by fresh lettuce, crispy onions, and pickles, all on our freshly baked focaccia.



Foc'n Hot Focaccia Pizza

Housemade tomato sauce, imported cheese blend, parmesan cheese, pepperoni, Sicilian spicy relish, hot honey, dried oregano, and a crispy gremolata topping.



Carne Asada Bowl

Certified Angus Flank Steak, corn & black bean pico, smashed avocado, queso fresco, sliced radish, pickled red onions, pepitas, cilantro onion mix, scallion-garlic brown rice, tortilla strips, and fresh lime on a bed of fresh-chopped mixed greens.

GKO Turkey Focaccia Sandwich

All-natural thinly sliced turkey breast, aged cheddar cheese, signature GKO sauce, herb aioli, arugula, tomato, red onion, and pickles, served on our signature housemade focaccia bread.



Belgian Chocolate Caramel Cookies

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



View full menu!

REVIEWS

- Consistently rated 4.8+ across multiple review platforms.
- Praised for fresh, flavorful, and nutritious options.
- Known for quick service without compromising quality.
- Positive feedback on our eco-friendly practices and packaging.



Bricks & Bowls

4.9 ★★★★★ 68 Google reviews

\$10–20 · Restaurant



Bricks & Bowls

4.7 ★ (500+ ratings) · 5703.3 mi

\$\$ · Italian

440+ people reordered



Bricks & Bowls

4.7 ★ (310+) · Uber One · [Info](#)

⌚ Available at 11:00 AM

See the reviews for yourself!

OPPORTUNITY

Commissary-Prepped Menu: 98% of the food is prepared off-site, making in-store operations simple requiring minimal prep.

Very Low Overhead: Simple menu, minimal kitchen equipment, and efficient use of space.

Balanced Menu: Offering a perfect mix of health-conscious superfoods and indulgent options, ensuring there's something for

Low Investment Build-Out: Simple and efficient restaurant design requiring minimal kitchen equipment.

Proven Concept: Successful operation with established locations and a loyal customer base.



SMALL FOOTPRINT, BIG IMPACT.

The background image shows the interior of a restaurant. On the left, there are menu boards with various food items and prices. In the center, there is a service counter with a white top and a wooden base. Behind the counter, there are kitchen equipment and shelves. The overall lighting is warm and the space appears clean and organized.

Adaptable Store Sizes: Operate efficiently in spaces ranging from 900 to 1,500 square feet.

Versatile Locations: Adaptable to both traditional and non-traditional spaces such as malls, food halls, airports, etc.

Minimal Kitchen Equipment: No need for extensive kitchen setups, keeping operational complexity and costs low.

Quick and Affordable Build-Out: Simple restaurant design allows for fast and cost-effective setup.

OUR FOOD

- **100% Scratch-Made:** Everything from bread to sauces is prepared fresh in-house daily.
- **Nutrient-Dense Superfoods:** Ingredients like kale, beets, & cranberries packed with essential vitamins and antioxidants.
- **Customizable Options:** Build-your-own bowls and sandwiches tailored to individual tastes.
- **Balanced Choices:** A menu designed for both health-conscious eaters and those seeking indulgent flavors.
- **Dietary Variety:** Offering vegan, vegetarian, & gluten-free, and options to meet all dietary needs.
- **Monthly Specials:** Rotating menu items to keep the dining experience fresh and exciting.



CURRENT LOCATIONS

Mall at Millenia

4200 Conroy Rd No. 247,
Orlando, FL 32839

Monday - Friday | 11:00AM – 9:00PM

Saturday | 10:00AM – 9:00PM

Sunday | 11:00AM – 7:00PM



Park Avenue, Winter Park

331 South Park Avenue Unit B
Winter Park, FL 32789

Monday - Friday | 11:00AM – 8:00PM

Saturday | 10:00AM – 8:00PM

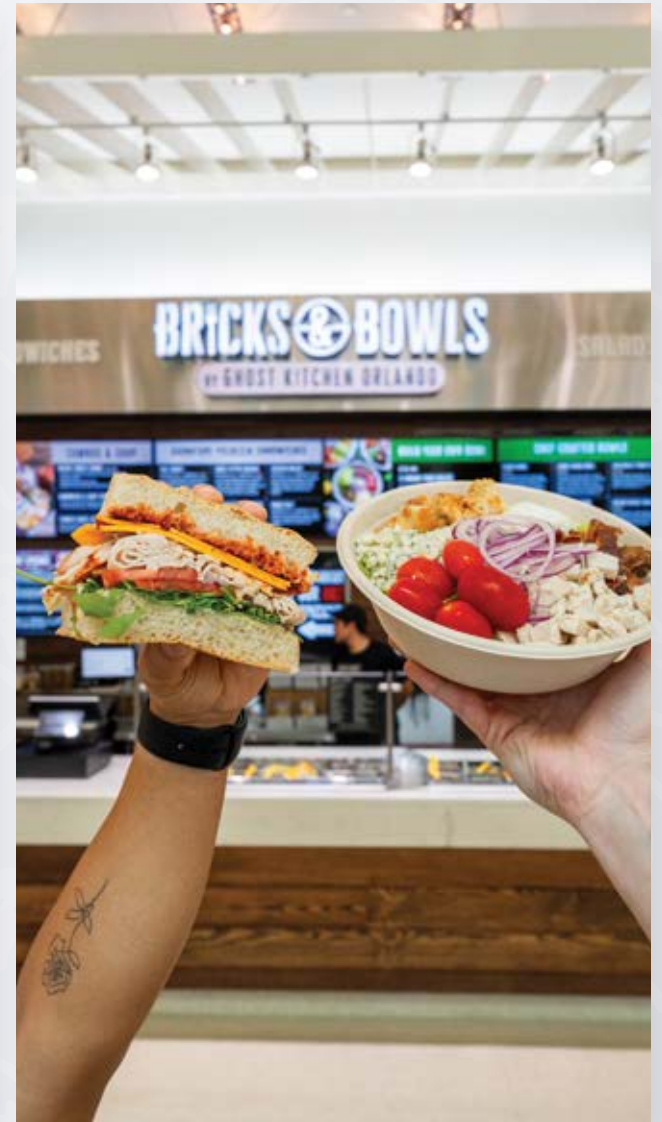
Sunday | 11:00AM – 7:00PM



OUR STORES



OUR STORES





TRAINING

At Bricks & Bowls, we provide comprehensive training to ensure franchisees are fully equipped for success. From menu preparation to daily operations and marketing, our hands-on program covers all aspects of running a location confidently and efficiently.

Our multi-phased training includes:

**ONE
WEEK**

on-site
commisary
training

**ONE
WEEK**

On-Site
Training
at a Franchise
Location

+

**ONGOING
SUPPORT**



BECOME A B&B FRANCHISE PARTNER

Please visit BricksandBowls.com/franchise
or email hello@ghostkitchenorlando.com
for more information about franchising.



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