

Build Your Own Seafood Bowl!

Just Follow The Steps To Order:

Step 1:

Grain (Choose one)

White Basmati Rice

Brown Basmati Rice

(Brown rice has a mild, nutty flavor, and is chewier and more nutritious than white rice.)

Black Beluga Lentils

Farro

(One of the Ancient grains from Europe. A strain of wheat- farro piccolo that was never hybridized, therefore it contains a high amount of protein fiber, essential amino acids and more digestible gluten composition- Earthy taste.)

Quinoa

(Quinoa seeds contain essential amino acids like lysine and acceptable quantities of calcium, phosphorus, and iron. It is high in protein)

Step 2:

Vegetable (Choose 2)

Spinach

(sauteed with garlic, olive oil, salt and pepper)

Baby Kale

(sauteed with garlic, olive oil, salt and pepper)

Broccoli

(sauteed with soy sauce, fresh ginger,garlic and olive oil)

Mushrooms

(sauteed with olive oil, garlic, salt and pepper)

Eggplant

(roasted, olive oil, garlic, salt and pepper)

Step 3:

Protein

(Choose 1)

Salmon

Shrimp

Scallops

Flounder

Clams

Mussels

Other seafood

Step 4:

Sauce

(Choose 1)

Mediterranean

(Kalamata olives,lemon, parsley, olive oil and garlic

Asian

(soy sauce, fresh ginger,garlic and olive oil

Mango Salsa

(Fresh mango, red bell pepper, ginger, red onion, Jalapeño pepper,olive oil, salt and pepper)

Vinaigrette

Step 5:

Crunch

(Choose 1)

Scallions

(Sliced fresh scallions)

Radishes

(Sliced fresh radishes)

Cucumber

(Sliced fresh cucumber)

Celery

(Sliced fresh celery)



Grains, vegetables, sauces and seafood are indicative. Different choices will be available depending on seasonality.

Build Your Own Seafood

Call Ahead!
609-465-3005



Grain bowls are the perfect choice of a healthy meal. You get all the protein, vegetables, vitamins and healthy fatty acids in one bowl. They contain nutritious grains, seafood and vegetables dressed in a healthy and delicious home made sauce. They are easy- you can take them anywhere or you can enjoy them right here. **Check out “Grain Bowl Template” on the back to make your bowl!**

206 Mechanic Street
Cape May Court House, NJ 08210
609-465-3005

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