

- ★ HIGH IN PROTEIN
- ★ NO ARTIFICIAL COLOURS OR FLAVOURING
- ★ WELL BALANCED & FLAVOURFUL



With a full serving of oven-roasted protein, brown rice, 2-3 ingredients and one of our mouthwatering dressings, this bowl might be little but it packs a punch.

Kids can choose between chicken or tofu and timid palates can skip the dressing. Note: the Mexican Caesar dressing has a little kick.

Our chicken is halal-certified, raised in Ontario and 100% natural.



LIL' TACO BOWL - \$7

VEGETARIAN OPTION | SPICY | HALAL

Luisa's chicken **OR** cilantro-lime tofu, housemade guacamole, black beans, tortilla strips, brown rice, Mexican Caesar dressing.

Protein: 17 grams
Fibre: 9 grams



LIL' BUDDHA BOWL - \$7

VEGETARIAN OPTION | HALAL

Luisa's chicken **OR** cilantro-lime tofu, pickled carrot & daikon, cucumber, brown rice, carrot ginger dressing.

Protein: 13 grams
Fibre: 3 grams



ONLY \$5.50

LIL' KID OPTION - \$5.50

VEGAN OPTION | HALAL

Luisa's chicken **OR** cilantro-lime tofu, cucumber, baby carrots, brown rice.

Protein: 9 grams
Fibre: 3 grams