



FULL BOWL VEGAN MENU

April 21 – 30, 2017

No Coast Bowl

Black beans over a bed of brown short grain rice with a lemon garlic sauce, cilantro, green onion, red cabbage, avocado, and salsa.

Chana Masala

Chickpeas cooked in a sauce of tomato, onion, ginger, garlic, and spices, served over brown basmati rice, topped with cilantro and mint or mango chutney.



A portion of your purchases from Full Bowl during CVW will go toward Iowa Farm Sanctuary!

Please visit all participating Corridor Veg Week restaurants!

Bata's Restaurant, Caucho, Dumpling Darling, Greyhound Deli, Lion Bridge Brewing Company, Mystic Chocolate, Oasis Falafel, The Quarter Barrel, Red's Alehouse, & Trumpet Blossom Cafe.