



FULL BOWL VEGAN MENU

April 19 – 28, 2019

No Coast Bowl

Black beans cooked with onions and garlic served over organic long grain brown rice with a house-made lemon garlic sauce, topped with house-made mild organic salsa, green onion, red cabbage, cilantro, and house-made vegan cashew sour cream. Add sliced avocado for \$1.00.

\$7.00 Regular / \$9.00 Large

Chana Masala

Indian style chickpeas cooked in a sauce of tomatoes, onions, garlic, ginger, jalapenos and spices served over a bed of organic long grain brown rice, topped with fresh cilantro and spicy mint and/or house made sweet mango chutneys. Medium spiciness.

\$7.00 Regular / \$9.00 Large

Mapo Tofu

A vegan take on a Chinese classic, fresh shiitake mushrooms and baked tofu (from Old Capitol Tofu) cooked with garlic, ginger, and hot peppers, in a sauce of fermented bean pastes, soy sauce, and toasted sesame oil, topped with fresh cilantro and green onions.

\$7.00 Regular / \$9.00 Large

Sides

Vegan corn muffin, La Reyna tortilla chips, house-made grilled vegan sausage.

\$1.00 / each



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

Please visit all participating Corridor Veg Week restaurants!

Cappy's Pizzeria, Caucho, Dumpling Darling, Full Bowl, Gnarly Pepper, Karma Coffee Cafe, Lion Bridge Brewing Company, Marquee, Oasis Falafel, The Quarter Barrel, Rawlicious, Red's Alehouse.

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info@corridorvegweek.com | 319.269.5225