

Wraps, Sandwiches, & Salads

Falafel Wrap

Romaine, Tomato, Feta, Cucumber w/ Tzatziki & Hummus \$10.99

Grilled Veggie Wrap

Grilled Summer Squash, Eggplant, Roasted Peppers, & Arugula w/ Pesto \$10.99

Grilled Chicken BLT

Turkey Bacon, Lettuce, Tomato, w/an Avocado Dressing on Sourdough \$10.99

Herb Tuna Salad Sandwich

Avocado, Arugula, Tomato, on Multi-grain Bread \$10.99

Simply Chopped Salad

Romaine, Carrots, Celery, Roasted Peppers, Shitake Mushroom, Avocado, Tofu w/ Old Fashioned Grain Mustard & Honey Vinaigrette \$10.99

Pom-Pom Heaven Salad

Arugula, Spiced Chickpeas, Roasted Brussel Sprouts, Roasted Cauliflower, & Red Onion w/ Pomegranate Vinaigrette \$10.99

Avocado Caesar

Romaine with Sourdough Croutons, Diced Avocado, & Avocado Dressing \$10.99

Add Chicken or Falafel \$5.50

Shrimp \$7.50/Salmon 8.50

Buddha Bowls

Brown Rice Bowl

Roasted Corn, Black Beans, Avocado, & Spiced Chickpeas w/ Avocado Drizzle \$ 10.99

Ancient Grains Bowl (Quinoa & Farro)

Roasted Brussel Sprouts, Cauliflower, Sweet Potatoes topped w/ Hummus \$10.99

Basmati Rice Bowl

Carrots, Celery, Tofu, Sweet Peas, Braised Cabbage, Sesame Seeds w/ Teriyaki Drizzle \$10.99

Build Your Own Rice Bowl:

Rice- Choose One: \$10.99

Brown | Ancient Grains | Basmati

Toppings- Choose Three:

\$.75 per additional topping

Roasted Corn | Black Beans | Grilled Squash | Spiced Chickpeas | Roasted Brussel Sprouts | Roasted Cauliflower | Carrots | Celery | Tofu | Broccoli | Sesame Seeds | Braised Cabbage | Mushrooms | Asparagus | Cheese | Sweet Potato | *Avocado \$2

Dressings- Choose One:

Avocado | Hummus | Tzatziki | Teriyaki Glaze
**Add to Any Rice Bowl: Chicken/Falafel \$5.50
Shrimp \$7.50, or Salmon \$8.50**

Food prepared in our establishment may contain the following: milk, eggs, wheat, peanuts, tree nuts, and soybeans
If you have a food allergy, please notify your server.

Thoroughly cooking meats, poultry, shellfish, or eggs reduces the risk of foodborne illness.



Our Mission is to Train the Taste Buds to

“Crave Healthy”

Everyone's definition of healthy is unique; therefore, we provide a variety of options to accommodate your lifestyle and palette.

ENJOY-Simple Food in a Bowl!

Hours:

Sunday & Monday: Closed

Tuesday-Thursday: 9am-6pm

Friday: 8am-4pm

Saturday: 8am-3pm

Owners: Kayla & Stephanie Burr

469 Main Street, Watertown, CT

Phone: 860-417-2663

Website: simplybowlsandco.com

Email:

Simplybowlsandco.com@gmail.com

QR Code for Simple

Online Ordering:

BYOB “Build Your Own Bowl”

Includes 1 Base, 3 Toppings & Granola for \$10.99
Additional Toppings are \$.75 each

Pick ONE Base:

Acai Bowl

Acai, Pineapple, & Banana

Pi- “Tyla” Bowl

Pitaya, Strawberry, & Banana

Tropical Sea Bowl

Spirulina, Lemon, Pineapple, & Banana

Simply Avocado Bowl

Avocado & Banana

“Burr” Berry Bowl

*Blueberries, Strawberries, & Raspberries**

Coco-Kay Bowl

Coconut, Mango, & Banana

Greek Yogurt or Oatmeal Bowl

Greek Yogurt or Warmed GF Oats

Pick THREE Toppings:

*Banana | Strawberry | Kiwi | Pineapple |
Blueberry | Peach* | Raspberry* | Blackberry* |
Cranberries | Apple | Pear | Mango | Cacao Nibs |
Chia Seeds | Walnuts | Pecans | Hemp Seeds |
Bee Pollen | Flax Seeds | Coconut Flakes |
Almond Flakes | Goji Berries | Cashews | Pumpkin
Seeds | Peanut, Almond, or Pistachio Butter |
Nutella | Honey | Agave | Cookie Butter (V)
(*Seasonal Fruits... Extra Gran. \$1.50)
(V= Vegan: +\$.25 as 3rd topping or +\$1 as 4th)*

Smoothies

Regular: \$6.99 | Max: \$8.50

Very Berry Passion

Blueberry, Raspberry, & Strawberry*

Mojito Mama

*Spinach, Pineapple, Mint, Lime, &
Banana*

Caribbean Kiss

Mango, Pineapple, & Strawberry

Kiwi Capri

Kiwi, Pear, & Strawberry

Strawberry-Banana Split

Strawberry & Banana

Golden Greens

Kale, Ginger, Avocado, Mango, & Banana

Power Smoothies

Regular: \$8.50 | Max: \$10

Antioxidant Berry

Acai, Hemp Seed, Pineapple, & Banana

Fierce Dragon

Pitaya, Strawberry, Chia, & Banana

Tropical Storm

Spirulina, Flax, Lemon, Pineapple, & Banana

Protein Shakes

Choice of Chocolate or Vanilla Whey

Regular: \$9.50/Max: \$10.50/ Vegan +\$2

Banana Nut

*Almond Milk, Almond Yogurt, Cinnamon, Banana,
Walnuts*

Peanut Butter Bash

*Oat Milk, Peanut Butter, Blueberry, Banana, Cacao
Nibs*

The Joyful Almond

*Coconut Milk, Pineapple, Banana, Coconut Flakes,
Almond Butter*

Krazy-Krunch

*Cashew Milk, Cashews, Strawberries, Yogurt,
Mango, Banana*

Lean Green

*Almond Milk, Spinach, Banana, Kiwi, Almond
Butter*

Breakfast

Egg & Cheese

*Choice of Bagel, Sourdough, Multigrain, Croissant,
or GF Bread Option+\$1... \$4.99*

*Add Turkey Bacon, Veggie or Chicken Sausage
+\$1.50*

Build Your Own Scrambled Egg Bowl

Three Eggs & Three Fillings \$8.99

Scrambled Egg Burrito

Three Eggs & Three Fillings \$8.99

Pick THREE Fillings:

Additional Fillings are \$.75 each

*Sauteed Mushrooms | Grilled Summer Squash |
Roasted Peppers | Tomato | Spinach | Avocado \$2|
Tofu | Roasted Cauliflower | Roasted Brussel
Sprouts Sauteed Onion | Broccoli | Cheese |
Spiced Chickpeas | Scallions | Asparagus
*Add Turkey Bacon or Veggie Sausage: \$1.50**

Protein Pancakes

Two Fluffy Pancakes \$8.99

*Plain | Chocolate Chip | Blueberry | Banana |
Strawberry | Apple Cinnamon*

Cinnamon Sourdough French Toast

2 slices of sourdough w/ choice of fruit on top \$8.99

BYO French Toast Sticks

*3 Fluffy Cinnamon Sourdough Sticks, Choose your
filling, & w/ a side egg made your style! \$9.99*

Toasts

Avo-Pro Toast \$7.99

Egg, Asparagus, Turkey Bacon

Avo-Capri Toast \$6.99

Tomato, Basil, Feta, Balsamic

Avo-Chip Toast \$6.99

Pear, Hemp Seed, Pumpkin Seed, Honey

BYO Spread Toast + 3 Toppings \$6.99

Nutella, Peanut, Almond, Pistachio, and or Cookie Butter

SIDES \$2.99:

**Turkey Bacon | Vegetable Sausage | Sweet Potato
Home Fries | One Egg, Your Style!**

Fresh Pressed Juices

**Red Head | Sweet & Sour | Complexion | Simply Citrus |
Total Greens Knockout | Refresh | Clear Mind |
Seasonal Summer Pearadise | Orange Juice
Small \$8.00 / Large \$14.00**