



@wafflesbeachhouse

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LUNCH BOWLS

SERVED FROM 11:30AM to 4:00 PM

PLANT POWER BOWL GLUTEN FREE \$16.99

Tofu scrambled, quinoa or rice, crispy chickpeas, spinach, roasted potatoes and carrots, tomatoes, pickled onions & lemon-tahini drizzle.

TERIYAKI ZEN BOWL \$16.99

Pan-seared chicken breast in teriyaki sauce, quinoa or rice, lettuce, edamame, corn, roasted carrots and sweet potatoes & Sesame drizzle.

CATCH OF THE DAY BOWL GLUTEN FREE \$19.99

Baked catch of the day, quinoa or rice, leafy greens, roasted potatoes, carrots, zucchini, red bell peppers & chimichurri drizzle.

MEDITERRANEAN GLOW BOWL GLUTEN FREE \$21.99

Baked salmon, quinoa or rice, spinach, Feta Cheese, tomatoes, cucumber, black olives, pickled onions & creamy Greek-style dressing.

ISLAND POKE BOWL GLUTEN FREE \$18.99

Tuna sashimi, quinoa or rice, lettuce, edamame, mango, cucumber, roasted carrots & hot papaya mayo drizzle.

BAJA SHRIMP BOWL GLUTEN FREE \$18.99

Pan-seared shrimps, quinoa or rice, roasted sweet potatoes, black beans, sweet corn, tomatoes, pickled onions, avocado & Smoky chipotle drizzle.

Add Extra Protein

Tofu \$5 · Crispy Chickpeas \$4 · Salmon \$8 · Tuna Sashimi \$6 · Shrimp \$6 · Fish \$7 · Teriyaki Chicken \$5