

# barebowis

k i t c h e n

Simple. Local. Farm Fresh.

## lunch

**The Jamaican Bowl** **\$7 +tax**  
jerked organic chicken thighs, poached carrots, steamed spring peas, mesquite wood smoked local basmati

**The Veracruz Bowl** **\$7 +tax**  
shredded grass fed beef, dehydrated black plum tomatoes, goat's feta cheese, heirloom scarlet runner beans

**The Moroccan Bowl** **\$8 +tax**  
braised pastured lamb, roasted purple potatoes, sautéed swiss chard, caramelized Tokyo long onions,

**The Italian Bowl** **\$8 +tax**  
fish of the day, grilled artichoke, steamed new potatoes, roasted peppers, pineapple sage

**The Northern Indian** **\$6 +tax**  
carrots, kale, pickled mushrooms, steamed local brown rice with spicy spinach curry

### Specials

We have specials that rotate in and out of our menu depending on the season, the weather, as well as what inspires the chef! Come by and discover what we have this week!

## beverages

locally brewed kombucha tea  
**\$4 +tax**

in-house brewed green tea  
w/fresh cut strawberries  
**\$2 +tax**

dasani h2o  
**\$1.59 +tax**

## shaved ice flavors: (all natural)

strawberry & apple mint  
watermelon  
blueberry  
hibiscus  
peach

## breakfast

**The Tex- Mex Bowl** **\$5 +tax**  
poached eggs, huevos rancheros, smoked tomato salsa, refined organic beans, crispy potatoes

**The Scottish Bowl** **\$4 +tax**  
steel cut oats, farm fresh fruit, local honey

**The American Bowl** **\$5 +tax**  
in-house cured bacon and local egg strata with greens, roasted peppers, goat's milk cheese

**The Swiss Bowl** **\$5 +tax**  
caramelized sweet potatoes, in-house sausage, scrambled eggs and cheese

\*Menu Disclaimer\*

because the menu promotes sustainability and seasonal sourcing, some ingredients are subject to change. Example: squash for carrots, tomatoes for eggplant

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DINING SERVICES