

## BE YOUR OWN CHEF

### CREATE YOUR OWN MASTERPIECE WITH YOUR CHOICE OF BASE, PROTEIN, VEGGIES, SAUCES & TOPPINGS.

**Feeds 4 \$57**  
1 base, 1 protein,  
2 veggies, 1 sauce

**Feeds 8 \$110**  
1 base, 2 proteins,  
2 veggies, 2 sauces  
*(Upcharge for steak, tuna, and salmon)*

#### BASES

Mixed Greens  
Romaine Kale Blend  
Golden Jewels  
Basmati Rice  
Chinese Noodles

#### PROTEINS \*upcharge

Herb Chicken  
Tampa Hot  
Korean BBQ Pork  
Black Bean Burger  
Steak\*  
Poke Tuna\*  
Miso Salmon\*

#### VEGGIES

Roasted Broccoli  
Kale Slaw  
Garlic Sliced Potatoes  
Roasted Tomatoes

#### DRESS IT UP

Buttermilk Herb  
Citrus Vinaigrette  
Toasted Honey Balsamic  
Creamy Ginger  
Cilantro Yogurt  
Chipotle Honey Vinaigrette

#### ADD A TOPPING

**Feeds 4 \$2 each**  
**Feeds 8 \$4 each**

Edamame  
Pickled Onions  
Avocado  
Feta  
Cheddar

## CHEF CREATED BOWLS

Feeds 4

**TAMPA HOT** Hot chicken, golden jewels blend, kale slaw, corn salad, pickles, avocado, pickled onions, cheddar cheese, spicy honey \$57

**PORKFECTION** Korean BBQ pork, jasmine rice blend, crispy shiitake, broccoli, avocado, red cabbage salad, julienne carrots, cucumbers, toasted white sesame seeds, pickled onions, Asian vinaigrette \$60

**SKINNY MEXICAN** Black bean patty, tri-color quinoa, black beans, pico de gallo, pickled onions, avocado, crispy tortilla strips, shishito peppers, romaine, cheddar cheese, cilantro, lime sour cream, chipotle agave vinaigrette \$55

**NO MISS STEAK** Petite tender steak, brown basmati, garlic potatoes, artichokes, roasted tomato, romaine, kale, gorgonzola, red pepper, pickled onions, Applewood bacon, gorgonzola yogurt dressing \$70

**ROLL IN A BOWL** Tuna poke, jasmine rice blend, bok choy, golden beets, cucumber, watermelon radish, edamame beans, pickled ginger, scallions, avocado, sesame seeds, wasabi cream, Asian vinaigrette \$64

## SALADS

Feeds 4

**BEET IT** Herb chicken, mixed greens, goat cheese, avocado, roasted golden beets, cranberries, walnuts, watermelon radish, citrus vinaigrette **GF** \$57

**MIX KALE CAESAR** Herb chicken, kale, avocado, Parmesan, brussels, spicy herb chickpea croutons, lemon dressing \$57

**EVE'S TEMPTATION** Herb chicken, kale, romaine, bacon, cheddar cheese, apples, corn salad, sour cherries, toasted walnuts, crispy quinoa, honey cider dressing \$57



# PLATTERS

Serves 4/8

## PROTEINS

- Salmon \$20/\$38
- Herb Chicken \$14/\$28
- Tampa Hot \$14/\$28
- Korean BBQ \$14/\$28
- Poke Tuna \$20/\$38
- Steak \$20/\$38

## BASES

- Basmati Rice \$12/\$24
- Golden Jewels \$12/\$24
- Chinese Noodles \$12/\$24

## VEGGIES

- Roasted Broccoli \$12/\$24
- Garlic Potatoes \$12/\$24
- Kale Slaw \$10/\$20
- Mixed Veg \$12/\$24
- Sweet Potatoes \$12/\$24
- Golden Beets \$12/\$24

Add choice of sauces for \$2 (8oz) - Buttermilk Herb, Citrus Vinaigrette, Cilantro Yogurt, Toasted Honey Balsamic, Creamy Ginger, Chipotle Honey Vinaigrette



# CRISP LAVASH

16 pieces

**THE BEE STING** Tomato sauce, mozzarella cheese, fontina, garlic chips, soppressata, spicy honey, Fresno chilis, basil \$24

**MINI PEPPERONI** Tomato sauce, mozzarella cheese, fontina, basil \$22

**HAWAII FIVE-O** Kogi pork, pineapple, white sauce, mozzarella, fontina, pickled red onions, kimchi mayo, cilantro, scallion \$24

**MOZZ** Tomato sauce, fresh mozzarella, basil, extra virgin olive oil \$20



# CAULI CRUST

14 inch

**THE BUTCHER** Tomato sauce, mozzarella cheese, fontina, pepperoni, soppressata, steak tips, chicken sausage, pickled red onions, scallions **GF** \$23.50

**CAULI CAULI CAULI** Cauliflower hummus, roasted cauliflower, kale pesto, ricotta, Parmesan, toasted walnuts **GF** \$23.50

## POTATO & TRUFFLE

White sauce, mozzarella, fontina, Parmesan, potatoes, crispy bacon, crispy shiitake, scallions, truffle oil \$23.50

**THE MEDI** Tomato sauce, eggplant, piquillo peppers, mozzarella, feta cheese, olives, roasted tomato, arugula, basil **GF** \$23.50



# GRAB & GO

**SERVES 4**  
All spreads and dips are served with lavash crackers and pita chips.

## DIPS \$10 each

- Avocado jalapeno-ginger & edamame dip **GF/V**
- Creamy goat cheese, peppadew & almond dip **GF**
- Spanish romesco dip **GF**



## SPREADS \$10 each

- Traditional hummus **GF**
- Cauliflower hummus **GF/V**

# SWEET TOOTH

Chef's daily homemade cookies  
Chocolate brownies

Small platter (6) \$16  
Large Platter (12) \$32



Catering

ORDER ONLINE AT: [EATBARENAKED.COM](http://EATBARENAKED.COM)  
OR BY EMAIL AT:  
[CATERING@EATBARENAKED.COM](mailto:CATERING@EATBARENAKED.COM)

24 hour notice is recommended  
Bowls, napkins, and cutlery included.