



# Insatia

## BOWLS

**Build your own**  
*Tell us what you want*

Choose 1 base for your bowl

### Grilled Burrito Bowls

#### Fire Grilled Steak

Guacamole, Cherry Tomatoes, Corn & Poblano, Cucumber, Red Onions, Chipotle Mayo, Pico, Scallions and Chili Flakes \$15.65

#### Sliced Grilled Chicken

Guacamole, Cherry Tomatoes, Corn & Poblano, Cucumber, Red Onions, Chipotle Mayo, Pico, Scallions and Chili Flakes \$15.65

### Mediterranean Bowls

#### Sliced Seared Yellowfin Tuna

Feta, Capers, Kalamata Olives, Cucumbers, Red Onions, Pico, Cherry tomatoes, Greek Dressing w/ Tazitki Sauce \$16.55

#### Wild Alaskan Salmon

Feta, Capers, Kalamata Olives, Cucumbers, Red Onions, Pico, Cherry tomatoes, Greek Dressing w/ Tazitki Sauce \$16.55

### Sweet Chicken Bowls

#### Crispy Boneless Chicken Wings

Guacamole, Corn & Poblano, Cherry Tomatoes, Mango, Feta, Teriyaki Dressing, Crispy Onions, Sesame BBQ mix \$15.65

#### Sliced Sweet Grilled Chicken

Guacamole, Corn & Poblano, Cherry Tomatoes, Mango, Feta, Teriyaki Dressing, Crispy Onions, Sesame BBQ mix \$15.65

### Crafted Bowls

#### Grilled Salmon

Wild Alaskan Salmon, Seaweed Salad, Edamame, Cucumber, Corn & Poblano, Wasabi Mayo, Sesame Mix, Wonton Chips \$15.65

#### Seared Yellowfin Tuna

Seared sliced Yellowfin Tuna, Avocado mix, Seaweed Salad, Cucumber, Sherry Tomatoes, Edamame, Chipotle Mayo, Crispy Onions \$16.55

#### Vegetarian Avocado

Double Guacamole, Carrots, Corn & Poblano, Root Vegetable, Cucumber, Edamame, Ginger Sesame Dressing, Scallions, Crispy Wontons \$15.00

### BASE

Brown Rice Quinoa | Mixed Green Salad  
Cilantro Lime Riced Cauliflower | Wonton Nachos  
Quinoa Blend with Green Chickpeas & Edamame

### MIXERS

Guacamole | Cucumber | Seaweed Salad  
| Mango | Carrots | Red Onion  
Jalapenos | Feta | Root Vegetables |  
Pico De Gallo | Shaved Cucumbers  
Roasted Corn & Poblano | Cherry Tomatoes

### PROTEIN

Grilled Chicken Strips | Sliced Fire Grilled Steak  
Grilled Salmon | Seared Sliced Yellowfin Tuna |  
Crispy Gluten Free Chicken Bites

### DRESSING

Chipotle Mayo | Wasabi Mayo | Chili Mayo  
| Teriyaki | Korean BBQ | Sweet Chili |  
Greek Dressing | Ginger Sesame | Tzatziki

### TOPPINGS

Crispy Onions | Scallions | Sesame Seeds  
Sesame Wasabi | Sunflower Seeds | Ginger |  
Chili Flakes | Wonton Chips

### SIDES

Wonton Chips & Guac | Crispy Boneless Wings |  
Bag of Wonton Chips | Seaweed Salad |  
Side Salad with Tomatoes & Cucumbers |  
Pork Potstickers with Sauce

*\*Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne*



BROUGHT TO YOU BY THE JET ROOM  
DELIVERY AVAILBLE THROUGH OUR PARTNERS

WWW.INSATIA-BOWLS.COM  
608-268-5010  
OPEN 7 DAYS A WEEK 9AM - 6:30PM

