

NAUTICAL BOWLS

32 Harnett Street | Wilmington



“We’re offering our Vegan Chef Challenge Menu during regular business hours”



Buoy Bowl (gf) • \$11

**Açaí, Vanilla Chia, Banana, Cacao Nibs,
Pumpkin Seeds, Almond Butter**

645 cal (12oz)



Sail Bowl (gf) • \$11

**Açaí, Pitaya, Peanut Butter Cacao Chia,
Banana, Strawberries, Cacao Nibs, Coconut
Butter Crumbles**

370 cal (12oz)



Metropolitan Bowl (gf) • \$11

**Acai', Coconut, Spirulina Chia, Banana,
Coconut Flakes, Almonds, Pumpkin Seeds**

409 cal (12oz)

Go. Eat. Vote.



Wilmington
VeganChefChallenge.org/Wilmington