

@REALFOODEATERY

REAL FOOD EATERY

REALFOODEATERY.COM

LUNCH & DINNER 11:00AM - CLOSE

BUILD YOUR OWN



Plate

Separate Your
Flavors

OR

Bowl

Combine Your
Flavors



1. CHOOSE YOUR ENTRÉE

Hormone & Antibiotic Free | Grass-fed | Sustainably Raised

Organic Tofu ^{soy}	8.95	Grass-fed Sirloin	12.45
Lemon Herb Chicken	9.90	Salmon Filet	13.45
Mom's Meatballs	11.45	Three Sides (No Entree)	8.50

^{dairy (parmesan), egg}

Add 1
meatball
for 1.75

2. CHOOSE YOUR BASE

to go under your entree. Try 1/2 & 1/2!

Spring Mix w/ lemon + EVOO ^{vegan}	Quinoa ^{vegan}
Chopped Kale ^{vegan}	Brown Rice ^{vegan}

Add an
Avocado
Half for
1.75

3. CHOOSE TWO SIDES

Warm

Parmesan Roasted Broccoli ^{dairy (parmesan)}
Fennel Roasted Carrots
w/ Almonds ^{vegan, nuts}
Roasted Sweet Potatoes
w/ Rosemary & Garlic ^{vegan}
Golden Cauliflower
w/ Onion, Cumin, Turmeric & Paprika ^{vegan}
Balsamic Beets
w/ Walnuts & Goat Cheese ^{vegan, nuts}
*goat cheese optional

Cold

Broccoli Salad ^{dairy (greek yogurt)}
w/ Cranberries & Roasted Pepitas
Sweet Potato Hummus
w/ Sliced Cucumbers ^{vegan}
Moroccan Chickpea Salad
w/ Quinoa & Coconut ^{vegan, nuts}
Avocado Half
w/ EVOO & Everything Bagel Spice ^{vegan}

Add an
Extra Side
for 2.00

4. CHOOSE A SAUCE

Sesame ^{soy}	Soy Ginger ^{soy}	Golden Raita
Spicy Sriracha ^{soy}	Basil Almond Pesto	^{dairy (yogurt)}
	^{dairy (parmesan)}	

SIGNATURE BOWLS

With Protein

RFE Classic Bowl 9.90
Lemon Herb Chicken, Brown Rice, Parmesan
Roasted Broccoli, Roasted Sweet Potatoes,
Sesame Sauce ^{dairy (broccoli), soy (sesame)}

Raita Chicken Bowl 9.90
Lemon Herb Chicken, Brown Rice, Golden
Cauliflower, Fennel Roasted Carrots, Golden
Raita Sauce ^{dairy (raita), nuts (carrots)}

Sriracha Meatball Bowl 11.95
Meatballs, Brown Rice, Chopped Kale,
Bacon, Cheddar, Roasted Sweet Potatoes,
Sriracha ^{dairy, egg, soy (sriracha)}

Mediterranean Bowl 15.20
Salmon Filet, Quinoa, Moroccan Chickpea
Salad, Avocado, Tomato, Feta, Basil
Almond Pesto ^{dairy (feta, pesto)}

Without Protein

Umami Kale Bowl 7.00
Shredded Kale, Brown Rice, Parmesan
Roasted Broccoli, Roasted Mushrooms,
Walnuts, Sesame ^{dairy (broccoli), soy (sesame)}

Harvest Bowl 8.75
Spring Mix, Quinoa, Roasted Sweet Potatoes,
Diced Apples, Roasted Mushrooms, Goat
Cheese, Walnuts, Balsamic ^{dairy}

Cobb Caesar Salad 9.00
Chopped Kale, Tomatoes, Avocado,
Crumbled Bacon, Sharp Cheddar, Greek
Yogurt Caesar Dressing ^{dairy}

Avocado Bowl 9.25
Double Avocado, Parmesan Roasted
Broccoli, Golden Cauliflower, Basil
Almond Pesto ^{dairy (broccoli, pesto)}

Feel free to add, change or omit the protein! Options and pricing below.

ADD-ONS

Added to any Bowl, Salad, or Plate

Extra Side added to bowl	2.00
Avocado (1/2 avo scooped)	1.75
Chopped Bacon	1.25
Cheese (Cheddar, Feta, Goat)	1.25
Walnuts	1.25
Roasted Cremini Mushrooms	1.25
Tomatoes	0.50
Cucumbers	0.50
Extra Sauce	0.50

À la carte	
Any Side	3.00

Add an entrée on top

Tofu	+ 2.45
Chicken	+ 3.40
3 Meatballs	+ 4.95
Steak	+ 5.95
Salmon	+ 6.95
1 Meatball	+ 1.75

See entree allergen info from
"Choose Your Entree" section of
Lunch/Dinner menu.

DESSERT

Selections and prices vary by store.

All of our food is 100% Gluten Free

VISIT OUR OTHER LOCATIONS

1700 Market (18th & Market)
Mon-Fri 7:30am-7pm
267-639-3336
Breakfast, Lunch, Dinner

207 S. 16th Street (16th & Walnut)
Everyday 11am-9pm
215-608-8941
Lunch, Dinner

4040 City Ave (Bala Cynwyd)
Mon-Fri: 7:30-9:00
Sat-Sun: 8:30-9:00
267-969-3565
Breakfast, Lunch, Dinner

BREAKFAST 7:30AM - 10:30AM

BUILD YOUR OWN

Egg Bowl

6.95

- 2 Egg Base (Local / Pastured)
- Two Sides • One Topping
- One Housemade Sauce

1. CHOOSE TWO SIDES

Parmesan Roasted Broccoli	Sautéed Greens
Roasted Sweet Potatoes	Diced Avocado
Moroccan Chickpea + Quinoa	Bacon

2. CHOOSE ONE TOPPING

Tomatoes	Sharp Cheddar
Roasted Mushrooms	Feta

3. CHOOSE A SAUCE

100% Homemade

Ketchup | Sesame | Sriracha

EXTRAS

Scrambled Egg	+1.35	Topping	+ 1.00
Side	+1.50	Sauce	+ .50

SIGNATURE EGG BOWLS

Americana

8.45

Egg Base, Bacon, Sautéed Greens, Avocado, Cheddar

Mediterranean

6.45

Egg Base, Moroccan Chickpea + Quinoa, Tomato, Mushroom, Feta

COFFEE

La Colombe Workshop Varieties

Drip

12oz: 2.25 16oz: 2.75

Cold Brew

16oz: 3.75 24oz: 4.95

SIGNATURE BREAKFAST BOWLS

Oatmeal

Classic Oat

6.95

Oatmeal Base, Raisins, Coconut Flakes, Walnuts, Almonds, Cinnamon, Maple

Harvest Oat

6.70

Oatmeal Base, Apples, Blueberries, Granola, Honey, Cream

Yogurt

Tropical

7.95

Yogurt Base, Coconut Flakes, Blueberries, Banana, Chia Seeds, Honey

Pepita Sunrise

7.95

Yogurt Base, Raisins, Pepitas, Almonds, Walnuts, Maple

BUILD YOUR OWN

Oatmeal Bowl

5.95

Sweet Potato Pancake Bowl

6.45

Yogurt Bowl

6.95

- Oatmeal, SP Pancake OR Non-fat Greek Yogurt Base
- Three Add-Ins • One Sweet / Spice Topping

1. CHOOSE THREE ADD-INS

Blueberries	Coconut Flakes	Pepitas
Apples	Roasted Walnuts	Housemade Granola
Bananas	Slivered Almonds	Chia Seeds
Raisins		

2. CHOOSE ONE TOPPING

Honey	Agave	Turmeric
Maple	Cinnamon	Cream

EXTRAS

Scrambled Egg	+1.35	Sweet Topping	+ .75
Add-In	+1.00	Spice Topping	on us

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