HolyBowly

Fresh Bowls. Bold Flavor.

BOWLS • SALADS • WRAPS



BEST SELLER

THE CARNIVORE BOWL

Carne asada, black beans, cheddar, pico, romaine, cilantro rice and guacamole.

$15.95



THE SOFLO POWER BOWL

Grilled salmon, feta, greens and cilantro rice.

$15.95



BUFFALO CHICKEN WRAP

Chicken, feta, romaine, Buffalo sauce and ranch.

$15.95

MOST ORDERED

1. **The Carnivore Bowl** — $15.95
   Carne asada & cilantro rice.
2. **La Fresca Bowl** — $14.95
   Grilled chicken & crisp toppings.
3. **The Anabowlic Bowl** — $17.95
   Steak, egg, avocado & creamy mac.

MORE FAVORITES

Buffalo Chicken Salad — $15.95
Chicken, greens, Buffalo & ranch.

Chicken Caesar Salad — $15.95
Chicken, parmesan & Caesar dressing.

1115 NE 9th Ave Unit 108 • Fort Lauderdale, FL
Pickup & delivery • (754) 315-7689

Full menu on back ›

HolyBowly Full Menu

BOWLS • SALADS • WRAPS • SIDES • DRINKS • DESSERTS

ORIGINAL GRAIN BOWLS

The SoFlo Power Bowl $15.95
Salmon, feta, tomatoes, cucumber, greens, cilantro rice.

The Carnivore Bowl $15.95
Carne asada, guacamole, pico, cheddar, black beans, romaine.

The Stampede Bowl $15.95
Steak bites, tortilla strips, cheddar, corn, beans, cilantro rice.

The Cali Crunch Bowl $15.95
Shrimp, tortilla strips, cheddar, romaine, cilantro rice.

La Fresca Bowl $14.95
Grilled chicken, corn, black beans, tomatoes and greens.

BUILD YOUR OWN

Build Your Own Bowl $9.95
Choose your base, protein, toppings & sauce.

Build Your Own Salad $8.95
Create your own salad.

SIGNATURE MAC BOWLS

Cajun Mac Surf 'N' Turf Bowl $18.95
Steak bites, shrimp, parmesan & Cajun mac.

The Anabowlic Bowl $17.95
Steak bites, egg, avocado, home fries & mac.

The Mac Time Bowl $15.95
Fried chicken bites, home fries, mac, sweet chili.

ALL DAY BREAKFAST

Ask us about our breakfast menu.

FEATURED SALADS

Salmon, Arugula & Avocado Salad $17.95
Grilled salmon, avocado, tomato, arugula.

Chicken Caesar Salad $15.95
Chicken, parmesan, croutons and romaine.

Buffalo Chicken Salad $15.95
Chicken, feta, cucumber, tomatoes and romaine.

Flying Avocado Salad $15.95
Grilled chicken, avocado, feta, tomatoes & romaine.

WRAPS

Buffalo Chicken Wrap $15.95
Chicken, feta, vegetables, Buffalo & ranch.

Chicken Caesar Wrap $14.95
Chicken, parmesan, croutons & romaine.

The Popeye Wrap $13.95
Protein choice, spinach, cranberries & walnuts.



Flying Avocado Salad
$15.95

SIDES

Fried Chicken Bites $10.95
12 pieces, sauce on the side.

OG Mac & Cheese $9.57
Homestyle mac & cheese.

Cajun Fries $6.95
Served with ketchup.

DRINKS

Coca-Cola / Coke Zero / Diet Coke $2.50

Pepsi / Sprite $2.50

Bottled Water $2.50

Snapple Lemon Tea $3.99

Snapple Peach Tea $3.99

Snapple Raspberry Tea $3.99

Zero Sugar Snapple Lemon Tea $3.99

DESSERTS

Churros $6.99

Caramel Flan $5.99

Tres Leches Cake $5.99



Cajun Mac Surf 'N' Turf
$18.95

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