

# PASTA BOWLS

Parmesan dusted penne with garlic Focaccia on the side

**Pasta Marinara \$8.99**

**Pasta Alfredo \$9.99**

## PICK YOUR PROTEIN

Meatballs Chicken Veggies Shrimp ADD \$1

### Extras & Add ons

Garlic focaccia - \$1.99 Chicken - \$2.99

Meatballs (4) - \$3.99 Shrimp (10) - \$4.49

Grilled Veggies - \$2.99

# 8" DELI DIPS

Served cold on italian or honey wheat roll

**\$7.99** With lettuce, tomato, onion,  
salt, pepper, oregano & provolone

**TURKEY BACON ITALIAN  
CLUB TURKEY & SALAMI  
TURKEY & PEPPERONI**

Creamy Dipping Flavors (choose one)

Buffalo **3** BBQ **1** Ranch

Honey Mustard Greek/ Italian

Sweet & Spicy **3** Korean BBQ **1**

Extra Dip - \$0.99

# WINGS

**8** - \$8.49 **12** - \$12.49

All Drums +\$1 All Flats +\$1.50

BBQ, Buffalo, Curry, Garlic Parmesan, Jerk,  
Korean BBQ, Mango Habanero, Sweet & Spicy,  
Xtra Hot Buffalo, Reaper Buffalo ~~XXX~~ +\$1



# THE Tasty Bowl

subs 'n' such

**980-237-6006**

2900 Westinghouse Blvd. Suite 116

Charlotte, NC 28273

tastybowlcharlotte.com

## HOURS

Monday - Friday

10AM - 4PM

Closed Saturday & Sunday

**YOU WORK HARD  
PROBABLY KNOW  
MORE THAN YOUR**

**BOSS**

**WE MAKE FOOD  
FOOD YOU CAN**

**TASTE**

**NO YUPPY TALK**

**NO MENUS FOR THE OVERLY**

**SENSITIVE**

**JUST REAL FOOD  
FOR REAL PEOPLE**



# THE Tasty Bowl

subs 'n' such

**REAL FOOD.  
REAL PEOPLE.**

# 8" Grilled SUBS \$8.49

## Philly

Steak or chicken, peppers, onions, mushrooms, mayo & provolone

## Bull Rider Philly

Steak or chicken, jalapenos, onions, mushrooms, chipotle bbq sauce & provolone

## Buffalo Philly

Steak or chicken, grilled banana peppers, mushrooms, onions, creamy buffalo sauce & provolone (add Reaper Buffalo +\$1)

## Asian Philly

(PICK ONE: Teriyaki, Korean, Thai, or Curry)

Steak or chicken, grilled banana peppers, onions, mushrooms, chipotle & provolone

## Hot Italian

Salami, pepperoni, ham, banana peppers, lettuce, tomato, onion, oregano, mayo, italian dressing & provolone

## American Club

Chicken, bacon, lettuce, tomato, onion, oil-vinegar blend, mayo & american cheese

## Gyro 7" Pita

Traditional (Beef & Lamb) or chicken, lettuce, tomato, onion, tzatziki & feta

# CUSTOM COMBOS

Add \$1 for combos Additional Flavors add \$1 each

\*Barbalo 3 Curryean BBQ 3

\*Mexicurry 3 Thai Curry 3

\*Mango Curry 5 Jerked Bourbon 7

Jerked Korean 7

\*Reaper Buffalo x10x

# TASTY RICE & SALAD BOWLS

\*Seasoned rice topped with orange sauce, flavor sauce, protein & topping

\*Salads served with creamy dressing on the side

## STEP ONE Pick Your Size

Sm - \$6.99 Regular - \$8.99 Lg - \$10.99

## STEP TWO Pick Your Base

White Rice / Brown Rice / Romaine  
OR Half & Half

## STEP THREE Pick Your Flavor

\*BBQ 1 Bourbon 1 Korean BBQ 1

Sweet & Sour Pineapple 1

Teriyaki 1 \*Mexican 1

\*Buffalo 3 \*Curry 3 Sweet & Spicy 3

\*Mango Habanero 5 \*Curried Jerk 8

\*Jerk 8

\* = Gluten Free

Spice Scale 1(mild) - 10 (xx spicy)

# SPECIALTY BOWLS

\* The Mo Bryan x10x \$17.99

Hand mixed stoopid spiced curried jerk rice, chicken & shrimp, grilled veggies with pico de gallo

\* The Bullrider Bowl \$11.99

Steak OR chicken, jalapenos & mushrooms over chipotle BBQ seasoned rice with pico & cheddar

\* Greek Bowl \$12.99

Traditional meat OR chicken, banana peppers & onions over seasoned greek rice topped with pico, tzatziki & feta

\* The Texan \$12.99

Steak & Chicken over BBQ'd ranch rice topped with cheddar & bacon

## STEP FOUR Pick Your Protein

Chicken Meatballs

Beef ADD \$1 Shrimp ADD \$1

Veggies (broccoli, carrots, onions, bell perrers & mushrooms)

## STEP FIVE Pick A Topping

Pico De Gallo Pico (no onions)

Cheddar Feta Bacon

Black Bean & Corn Salsa

# EXTRAS

Chicken (4oz) - \$2.99 Beef (4oz) - \$4.49

Shrimp (10pcs) - \$4.49 Veggies (4oz) - \$2.99

Cheese (2oz) - \$0.99 Bacon (4pcs) - \$1.49

Pico (3.5oz) - \$0.99 Pico (no onion) - \$0.99

Black Bean & Corn - \$0.99

Orange Sauce (3.5oz) - \$0.99

Dip Sauce- \$0.99 Xtra Flavor(2oz) - \$0.99

# SIDES 'N SUCH

Xtra Chrispy Fries- \$2.29 Green Bean Fries - \$4.99

Fried Pickles - \$4.99 Onion Rings - \$3.99

Battered 'Shrooms - \$5.99

# DRINKS

Fountain Small- \$1.89 Large - \$2.49

Water - \$1.29 Tropical - \$2.99 Fanta - \$1.99