



CATERING
MENU

Sunny Bowls

SOUPER FOOD™

SIGNATURE SOUPS

Our hand-crafted soups are made fresh, with globally inspired ingredients. **All soups are served with your choice of Publican Quality Bread or gluten-free crackers. Bowls, spoons, serveware, and napkins provided.**

Ask about our seasonal soups!

INDIVIDUAL SERVINGS

Half Tray serves 6 \$57.50

Full Tray serves 12 \$110

FAMILY-STYLE

Quart serves 2-4 \$22

Gallon serves 8-10 \$87.50



THAI CHICKEN

Served with rice noodles
chicken, garlic, lemongrass, lime, salt, coconut milk, red curry paste, lime, fish sauce, bok choy, shiitake mushrooms, carrots, onions

GF + DF / Contains: Shellfish



BEEF CHILI

beef stew meat, Italian sausage, poblano & green peppers, paprika, onions, cayenne, cumin, tomatoes, black beans

Individual serving: +\$1.00

Quart (serves 2-4): \$24

Gallon (serves 10-11): \$95

GF + DF



BUBBIE'S CHICKEN SOUP

Served with matzo balls (or substitute rice noodles)
chicken, carrots, celery, bay leaves, garlic, salt, white pepper, parsley

DF + GF* (w/o matzo balls)



VEGAN CORN CHOWDER

corn, leeks, thyme, paprika, potatoes, coconut milk, gluten-free flour

V + GF + DF



TOMATILLO CHICKEN TORTILLA

chicken, garlic, carrots, poblano & jalapeño peppers, tomatillos, corn tortillas, hominy, spices, lime

GF + DF



WELLNESS

shiitake mushrooms, carrots, ginger, garlic, white miso, turmeric, tamari, bok choy, chickpeas, gluten-free soy sauce

V + GF + DF



SUNDRIED TOMATO BISQUE

whole, crushed & sun-dried tomatoes, onions, garlic, almond milk, chili crisp, vegetable stock

V + GF + DF / Contains: Almond



ROASTED MUSHROOM

porcini, cremini, button, oyster & portobello mushrooms, shallots, caramelized onions, brown sugar, dry sherry

V + GF + DF

SOUP ADD-ONS

\$6 ea.

Rice Noodles (V + GF + DF) serves 5

Udon Noodles (V + DF) serves 5

Matzo Balls (DF / Contains: Egg) serves 5

Couscous (V + DF) serves 5

EXTRAS

Tray of Publican Quality Bread \$10
serves 10

Tray of Gluten-Free Crackers \$4.50
serves 3

SPREADS

Served with Publican Quality Bread (or substitute for gluten-free crackers by request). Plates and serveware provided.

INDIVIDUAL SERVINGS

Half Tray <i>serves 12</i>	\$89
Full Tray <i>serves 24</i>	\$175

FAMILY-STYLE

Half Tray <i>serves 25</i>	\$184
Full Tray <i>serves 50</i>	\$365



APRICOT & ALMOND CHICKEN SALAD

dried apricots, chicken, almonds, celery, scallions, mayo, parsley, orange zest, lemon juice

GF + DF / Contains: Nuts, Egg



SPICY TUNA

tuna, lime, celery, scallions, red peppers, paprika, jalapeños, lemon juice, mayo

GF + DF / Contains: Egg



SMOKY GOAT CHEESE

goat cheese, oat milk, paprika, chipotle spice blend

GF / Contains: Dairy



ROASTED BEET HUMMUS

chickpeas, roasted beets, garlic, za'atar spice, red pepper flakes, tahini, vegetable oil, blue agave

V + GF + DF



TAPENADE HUMMUS

chickpeas, lemon, garlic, tahini, Kalamata olives, parsley, scallions

V + GF + DF



VEGAN RICOTTA

cashews, tofu, lemon, chickpeas, rosemary, fennel seed, garlic, nutritional yeast

V + GF + DF / Contains: Cashew

SANDWICHES

Made with our signature spreads or premium cheese on Publican Quality Bread.

FAMILY-STYLE

Half Tray **\$48**

*6 full-sized sandwiches
or 12 half-sandwiches*

Full Tray **\$93**

*12 full-sized sandwiches
or 24 half-sandwiches*



APRICOT & ALMOND CHICKEN SALAD

our signature Apricot & Almond Chicken Salad Spread with lettuce, tomato, and onion on toasted sourdough

DF / Contains: Nuts, Egg



SPICY TUNA

our signature Spicy Tuna Spread with lettuce, tomato, and onion on toasted sourdough

DF / Contains: Egg



GRILLED CHEESE

Muenster, mozzarella, cream cheese, sharp cheddar, and parmesan on toasted sourdough

Contains: Dairy

SALADS

Made fresh and served with your choice of dressing: Lemon Vinaigrette, Sesame Ginger, or Balsamic Fig. Plates and serveware provided.

FAMILY-STYLE

Half Tray serves 5-6 \$42
Full Tray serves 10 \$80



FIESTA SALAD

romaine, onions, chicken, black beans, corn, cherry tomatoes, cilantro

GF + DF



MEDITERRANEAN

romaine, chickpeas, cherry tomatoes, cucumber, onion, olives, feta

GF



ASIAN CHOPPED SALAD

white & red cabbage, red peppers, carrots, sugar snap peas, spinach, cashews

V + GF + DF / Contains: Cashew



SEASONAL FRUIT OR VEGGIE TRAY

V + GF + DF

BREAKFAST BOWLS

Available any time of day. Spoons, bowls, serveware, and napkins provided.

INDIVIDUAL SERVINGS

Half Tray serves 4 \$33
Full Tray serves 8 \$62

FAMILY-STYLE

Half Tray serves 10 \$80
Full Tray serves 20 \$155



STRAWBERRY SWISS OVERNIGHT OATS

strawberry kefir, rolled oats, blue agave, fuji apples, red currants, yogurt, oat milk

GF



TRIPLE BERRY OVERNIGHT OATS

dried cranberries, dried blueberries, goji berries, rolled oats, oat milk, blue agave, chia seeds

V + GF + DF



COCONUT CHIA PUDDING

coconut milk, chia seeds, blue agave

V + GF + DF

V = Vegan • GF = Gluten-Free • DF = Dairy-Free

Items are prepared in a kitchen shared with wheat and dairy. Cross-contamination can occur. For complete ingredient and nutrition information, visit sunnybowls.com.

LUNCHBOXES

Great for business lunches and any occasion where everyone wants a little something different.

For descriptions, see inside panel

\$16
EACH



12oz SOUP & SPREAD

Comes with your choice of Publican Quality Bread **or** gluten-free crackers



12oz SOUP + SANDWICH



12oz SOUP + SALAD

Served with your choice of dressing **and** your choice of Publican Quality Bread or gluten-free crackers

FRESH-SQUEEZED JUICE

Made in-house. Cups provided with gallon orders.

Individual \$7.75

Gallon serves 8-10 \$70



BEET BERRY BASH

CARROT GINGER TANG

GREEN GODDESS JUICE

MANGORANGE JUICE



Don't forget dessert!

BREAD PUDDING

\$4.50 PER PERSON

For all, we cater.

Sunny Bowls offers catering for a variety of events—whether you're planning a corporate meeting, a family reunion, or a cozy get-together, our delectable array of offerings is sure to delight your guests. Immerse them in a comforting culinary experience with our carefully crafted options, including vegan, dairy-free, and gluten-free varieties. Let us add a dash of comfort and flavor to your next event!

ORDERING INFORMATION

Call us at **312.965.5501**, email us at **catering@sunnybowls.com** or visit **sunnybowls.com/catering**.

Please allow 24 hours advance notice for standard catering orders (less than \$500), or 48 hours for orders \$500+.

DELIVERY AREA: 5-mile radius of 60654. Fees start at \$20.

All catering orders include serveware, bowls, plates, napkins, and utensils at no additional charge.

VISIT US

THE MART

222 W Merchandise Mart Plaza, Suite 201
Chicago, IL 60654
(312) 975-7514

NORTHWESTERN HOSPITAL

201 E Huron Street, Suite 200
Chicago, IL 60611
(312) 965-0067



SUNNYBOWLS.COM

UPDATED 01.2024. ITEMS AND PRICES SUBJECT TO CHANGE AND DO NOT INCLUDE TAX.