



Sunny Bowls
SOUPER FOOD™

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 sourdough 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



DF GF 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.

Contains: Shellfish



DF GF BEEF CHILI

Ground and beef stew, poblano and red pepper, black beans, tomato, onion, corn and spices.

Individual serving: +\$1.00

Quart (serves 2-4): \$24

Gallon (serves 10-11): \$95



DF GF BUBBIE'S CHICKEN SOUP

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

*** (w/o matzo balls)**



DF GF CORN CHOWDER

Leak, corn, potato, coconut milk and spices.



DF GF TOMATILLO CHICKEN TORTILLA

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



DF GF WELLNESS

Carrot, potato, garlic, ginger, bok choy, lentils, turmeric, onion, celery, lemon, spices.



DF GF SUNDRIED TOMATO BISQUE

Tomato, white beans, chili crisp, navy bean and spices.



DF GF CHICKEN MULLIGATAWNY

Chicken, onion, carrot, celery, green apple, shallot, chickpea, cilantro, yellow curry, coriander, cinnamon

ADD TO SOUP

\$6 ea.

Rice Noodles (V + GF + DF)

serves 5

Matzo Balls (DF / Contains: Egg)

serves 5

EXTRAS

Tray of Bread

\$10

serves 10

Tray of Gluten-Free Crackers

\$4.50

serves 3

SPREADS

Served with sourdough 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



DF GF APRICOT & ALMOND CHICKEN SALAD

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

Contains: Almond, Egg



DF GF TAPENADE HUMMUS

Chickpeas, lemon, garlic, tahini, Kalamata olives, parsley, scallions.



DF GF SPICY TUNA

Tuna, lime, celery, scallions, red peppers, paprika, jalapeños, lemon juice, mayo.

Contains: Egg



GF SMOKY GOAT CHEESE

with goat cheese, oat milk, paprika, and chipotle spice blend

Contains: Dairy

SANDWICHES

Made with our signature spreads or premium cheese on toasted sourdough bread.

INDIVIDUAL SERVINGS

Half Tray	\$48
<i>6 full-sized sandwiches or 12 half-sandwiches</i>	

Full Tray	\$93
<i>12 full-sized sandwiches or 24 half-sandwiches</i>	



DF APRICOT & ALMOND CHICKEN SALAD

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

Contains: Almond, Egg



DF SPICY TUNA

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

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: Caesar, Balsamic Vinaigrette, Chipotle House Ranch Plates and serveware provided.

FAMILY-STYLE

Half Tray serves 5-6

\$42

Full Tray serves 10

\$80



GF CAESAR SALAD

Romaine, parmesan, croutons, chicken

Contains: Dairy



GF MEDITERRANEAN

Romaine, chickpea, cherry tomato, cucumber, onion, olives, feta

Contains: Dairy



DF
GF

HOUSE SALAD

Romaine, red cabbage, cucumber, carrot, celery, red pepper and sliced almond

Contains: Almond

✓ = 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.

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.