

INTRODUCING BIRDIE BOWLS

Only at Birdie Bistro for Taste the Gables!
This summer, we're serving sunshine in a bowl —
bold flavors, fresh ingredients, and island vibes, all
for just \$15 including a soft drink from 11 AM to 2 PM



MONDAY – CARIBBEAN KICKOFF BOWL

Jerk Chicken | Jasmine Rice | Roasted Seasonal Vegetables
Topped with a drizzle BB sauce pineapple salsa, for that
tropical fire.

TUESDAY – SOUTHERN COMFORT BOWL

Homestyle Meatloaf | Garlic Mashed Potatoes |
Buttered Green Beans
Served with gravy



WEDNESDAY – HEALTHY BIRDIE BOWL (VEGAN)

Fluffy jasmine rice Crispy tofu, lightly seasoned and
flash-fried for the perfect crunch, carrots,
shredded purple cabbage
Cucumber Sliced avocado. Charred corn kernels
Drizzle of sweet chili sauce Fresh lime wedge
Toasted sesame seeds Chopped cilantro



THURSDAY – SOUTHERN BIRD BOWL

Buttermilk Fried Chicken | Braised Collards mac &
cheese
Drizzled with spicy honey and fresh herbs.



FRIDAY – SOUTHWEST BOWL (VEGAN)

Chipotle Black Beans | Brown Rice | Grilled Corn |
Avocado | Cherry Tomatoes | Shredded Romaine
Topped with lime-cilantro crema (vegan) and
tortilla crisps for crunch and kick.

Coconut Curry Lentils | Jasmine Rice | Carrots |
Fresh Herbs
Served with pineapple salsa and plantain chips.

