

Fast. Fresh. And Far From Ordinary!

At Bombay Bowl we use all natural chicken and beef, freshly cut vegetables, and high quality ingredients for making the dishes from scratch – now that's healthy food!

We use spices like tumeric, cumin, fenugreek, ginger, and garlic – each believed to have health benefits which make Bombay Bowl meals balanced, healthy, and delicious!

Bombay Bowl Nutritional Facts*:

- Sautéed Vegetables - 25 Cal
- Tikka Sauce - 88 Cal
- Vindaloo Sauce - 48 Cal
- Saag Sauce - 72 Cal
- Korma Sauce - 256 Cal
- Bombay Chicken - 230 Cal
- Braised Beef - 200 Cal
- Soft Tofu - 150 Cal
- Grilled Chicken - 230 Cal
- Chickpea Curry - 190 Cal
- Mango Lassi - 300 Cal
- 200 Mile Chai - 130 Cal

*Nutritional facts are approximate and rounded for clarity

**For complete ingredient information, visit our website
for Nutrition and Allergen Guides**