Build Your Own Bowl

Catering Menu Price

1. Choose Base
   Rice
   ✔ Brown Rice
   ✔ Romaine Lettuce

2. Choose Protein
   Bulgogi (Beef)
   Spicy Pork
   ✔ Spicy Chicken
   ✔ Miso Chicken
   ✔ Tofu

3. Choose Sides (Choose 7 items)
   Warm
   ✔ Sauteed Mushrooms
   ✔ Sauteed Broccoli
   ✔ Sauteed Zucchini
   Prepared
   ✔ Pickled Cucumber
   ✔ Pickled Turnip
   ✔ Mung Bean Sprouts
   ✔ Kimchi
   Fresh Vegetables
   ✔ Romaine Lettuce
   ✔ Carrots
   ✔ Green Onion
   ✔ Cabbage

4. Choose Sauce (house made)
   ✔ Spicy Gochujang
   ✔ Sweet Soy
   ✔ Sesame ginger (gluten-free)

• Includes your choice of Base (brown rice, romaine lettuce), 7 vegetable sides and our house-made sauces.

The Items will be delivered in trays along with utensils and napkins.

✔ Meets Eat Well Berkeley guidelines

Mad Seoul - Korean Rice Bowls
www.madseoul.co_1801 Shattuck Ave STE C Berkeley CA 94709
1. The Classic
This bowl is the traditional Korean bibimbap. Brown-Rice base, with Bulgogi (beef), mushrooms, mung bean sprouts, broccoli, zucchini, pickled cucumbers, pickled turnip, and cabbage.

$12.50

✓ 2. The Zen
Brown rice base, topped with Tofu with delicious pickled cucumber, mushrooms, zucchini, carrots, red cabbage and broccoli.

$11.00

✓ 3. Seoul Heat
Spicy chicken over brown rice base, with kimchi, pickled cucumber, prepared zucchini, carrots and mung bean sprouts.

$11.00

✓ 4. The Green
Fresh bed of crunchy romaine lettuce, topped with Tofu, prepared zucchini, broccoli, pickled turnip, mung bean sprouts, carrots, and cabbage.

$11.00

The Eat Well Berkeley Catering Program strives to increase access to healthier food and beverage choices on the UC Berkeley campus. Participating caterers must meet certain nutrition guidelines. Eat Well Berkeley options are indicated with a ✓ icon on menus.