

Fresh. Fast. Delicious.

'Bliss' is the feeling that comes from eating well. Superior quality ingredients, fresh, minimally processed and most importantly, delicious.

'Vinegar' is the accompaniment, the 'zing' that keeps it interesting, the dressings that complement and elevate the flavor of the ingredients.



Snack Bliss

Try one of our delicious, house-made natural snacks to get you through the day!

Chocolate Cherry Energy Bar: Dates, Oats, Almonds, Nuts, Dried Cherries, Chocolate Chips, Roasted Quinoa 1.99

Peanut Butter Protein Bar: Whey protein, peanut butter, honey, oats, wheat germ, raisins, sesame seeds, organic cocoa nibs, sunflower seeds 2.29

A Seedy Bar: Dates, Oats, Pumpkin Seeds, Sunflower Seeds, Poppy Seeds, Sesame Seeds, Coconut, Cocoa, Roasted Quinoa 1.99

Gluten Free Chocolate Chip Cookie: Delicious and crisp cookie sans gluten! 1.19

Quinoa Salads: A variety available daily in our take-out cooler.

Bigger Bliss

Large versions of our most popular salads. Perfect for office lunches, parties or just dinner at home.

Serves: 6-10 10-15

Michigan Cobb	\$45	\$89
Vegan Bliss	45	89
Peruvian Corn	45	89
Tokyo Spa	39	75
Caesar	35	65

Party Tray of Signature Wraps

(serves 8-10) \$65

Chili Cheese Fries (serves 8-10) \$49

We would be happy to bring the bliss to you — delivered to your home or business.

Some restrictions may apply.

LOCATIONS:

Forest Hills

888 Forest Hill Ave SE, GR 49546

616.288.2617

Monday-Saturday: 11am-8pm (Closed Sunday)

Downtown Market

435 Ionia Ave SW, GR 49503

616.279.3792

Sunday-Thursday: 10am - 7pm

Friday: 10am - 8pm

Saturday: 9am - 8pm

Menu items are subject to change.



bliss & vinegar

We're full of it!

Chopped Salads

Wraps • Soups • Bowls

Dine-In • Take-Out

Forest Hills: 616.288.2617

Downtown Market: 616.279.3792

blissandvinegar.net

Bowls of Warm Bliss

We make our chili and soups daily from scratch, using fresh ingredients.

Black Bean and Sweet Potato Chili (V, GF)

4.49

Great Add-ons:

Quinoa .99 • Cheddar Cheese .59

Jalapenos .59 • Greek Yogurt .59

Soup of the Day 4.49

Our warm quinoa makes a great base for meal that's more than a soup. Hearty and delicious!

Try one of our favorites or create your own:

Quinoa and dressing \$2.99

(Standard toppings .59 / Premium toppings vary)

BMB (Big Meat Bowl)

Heavy on the protein: Steak, herb roasted chicken and bacon over quinoa with red pepper, avocado, Greek Yogurt Ranch (GF) 9.99

Tuna Casserole

Quinoa blend topped with premium Albacore tuna, garbanzos, mushrooms, parmesan cheese, White Balsamic Vinaigrette (GF) 8.99

Southwest Chicken

Quinoa with herb roasted chicken, tomato, corn salad, queso fresco, topped with black bean chili (GF) 9.49

Chili Cheese Fries

Roasted & seasoned fingerling potato 'fries' topped with our sweet potato and black bean chili & shredded cheddar cheese. Relive those college bar nights, but in a healthier way, with less than half the fat.

(A night of over-indulgence not required!)

6.49

Salad Bliss

We have over 60 toppings and dressings for you to play with. Make something interesting. Or, try one of our creations. Then decide how you want it:

Cup It: Served in a bowl

Wrap It: Rolled up in a whole grain wrap (easy to handle)

The Todd

Organic baby spinach, shrimp, carrots, tomato, apple, parmesan, Balsamic Vinaigrette (GF)

Big Bowl 8.99 / Small Bowl 7.29 / Wrap 7.79

B & V Kale Caesar

Kale blend, shaved parmesan, red onion, croutons, Creamy Caesar Vinaigrette

Bowl 6.49 / Small Bowl 5.29 / Wrap 5.79

Michigan Cobb

Romaine, herb roasted chicken, tomato, onion, MI dried cherries, bacon, egg, Gorgonzola Vinaigrette (GF)

Big Bowl 9.99 / Small Bowl 7.99 / Wrap 8.49

Peruvian Corn

Spring mix, herb roasted chicken, corn salad, quinoa, queso fresco, kalamatas, Orange-Aji Vinaigrette (GF)

Bowl 9.99 / Small Bowl 7.99 / Wrap 8.49

Vegan Bliss

Kale blend, quinoa, broccoli, corn, garbanzos, avocado, walnuts, MI dried cherries, Balsamic (V) or Honey Dijon Vin (GF)

Bowl 9.49 / Small Bowl 7.69 / Wrap 7.99

Tokyo Spa

Spring mix, marinated tofu, red pepper, carrots, broccoli, garbanzos, sliced almonds, Rice Wine or Sriracha-Lime (V, GF)

Bowl 8.49 / Small Bowl 6.79 / Wrap 7.29

Create... your own Bliss

Your custom creation includes one lettuce, four standard toppings* and one dressing.

Big Bowl 6.99 • Small Bowl 5.59 • Wrap 5.99

(*Additional toppings .59 / Premium prices vary)

Wrap Bliss

These wraps are kind of like burritos; rolled in a whole grain wrap and easy to handle. So good!

Create your own combo or try one of ours.

The Bruce-urrito

Herb roasted chicken, spinach, black beans, tomato, red pepper, Green Machine Vinaigrette 7.99

The Gaucho

Steak, quinoa, arugula, corn salad, queso fresco, Chimichurri Vinaigrette 8.99

Tommy Smokes

Herb roasted chicken, bacon, tomato, corn, romaine, cheddar, Smoked Tomato Vinaigrette 8.49

* GF: Gluten Free | V: Vegan



Bliss & Vinegar came from a desire to eat fresh, healthier food that wasn't boring and bland but interesting and delicious!

Whether you choose one of our favorites or create your own, all Bliss & Vinegar salads are composed, chopped and dressed to order.

- Over 60 toppings and dressings (vinegars) for you to discover your own bliss!
- All of our dressings are **made from scratch** using only natural ingredients and no preservatives. *(No artificial anything here!)*
- Our produce is **organic** when possible and **locally sourced** when available.
- We use **naturally raised** beef and chicken that is free from hormones and antibiotics.

Be full of it!