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Bolay

Menu Prices — October 23, 2026

Bolay menu with prices in United States, updated March 2025: 43 items across 6 categories, prices from $1.29 to $74.10.

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Bolay Menu with Prices (United States)

Bolay menu with prices in United States, updated March 2025: 43 items across 6 categories, prices from $1.29 to $74.10. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/bolay

Menu categories: Chef Inspired Bols · Build Your Own Bol! · Sides · Beverages · Desserts · Fan Favorites

Chef Inspired Bols

ITEM	PRICE
Anniversary Baja Bol The Baja Bol is back! In honor of Bolay's 10-year anniversary, this nostalgic favorite returns with the bold flavors tha...	**$13.00**
Fiesta Garden Salad A fresh mix of naked artisan greens and kale, topped with lemon chicken, street corn, banana peppers, feta, and avocado,...	**$17.23**
Tuscan Market Salad A fresh mix of naked artisan greens and garlic broccoli, topped with lemon chicken, chimichurri tomatoes, pickled red on...	**$17.23**
Floridita Salad A vibrant mix of greens and kale, topped with miso-glazed tofu, pickled red onions, toasted almonds, banana peppers, avo...	**$17.23**
Taste the RainBol Jasmine rice and rotisserie chicken thigh, topped with chimichurri tomatoes, pickled red onions, and herb pesto for a fr...	**$13.98**
The Nood-trition Bol Double Asian noodles and garlic broccoli with teriyaki chicken, toasted almonds, cilantro, and smoky chipotle for a bold...	**$14.63**
Simply Grilled Chicken Bol Jasmine Rice, Power Bean Medley, Street Corn, Simply Grilled Chicken, with Pickled Red Onions & our Creamy Garlic & Herb	**$15.54**
Avocado Citrus Bol Jasmine rice and pesto noodles paired with garlic broccoli, lemon chicken, pickled red onions, and a fresh avocado half,...	**$17.23**
Omega Miso Bol Pesto noodles and kale salad with maple sweet potatoes, miso-glazed tofu, chimichurri tomatoes, and ginger turmeric dres...	**$14.63**
Warrior Steak Bol Fuel up with jasmine rice, spinach & almond salad, chilled street corn, and steak, topped with Parmesan, chimichurri tom...	**$19.18**
Teriyaki Zen Bol A flavorful fusion of jasmine rice and Asian sweet potato noodles, topped with garlic broccoli, teriyaki chicken, pickle...	**$14.63**
Steak Street Salad Mixed greens topped with chilled street corn, steak, chimichurri tomatoes, Parmesan, banana peppers, and cilantro, finis...	**$19.18**
Signature Build Your Own Bol Description: Start with your choice of base, add a flavorful protein, select a veggie, and top it off with a choice of o...	**$18.84**

Build Your Own Bol!

ITEM	PRICE
Kids Bol Select 1 from Grains, Greens or Veggies, 1 Protein, and Sauce it Up!	**$10.34**
Regular Bol Select 3 from Grains, Greens and Veggies, 1 Protein, up to 3 Toppings and Sauce it Up!	**$14.63**
Large Bol Select 4 from Grains, Greens and Veggies, 2 Protein, up to 3 Toppings and Sauce it Up!	**$19.18**
Build your own Family Meal Contains 4-6 servings to feed the family! 2 Grain and Greens 1 Veggies 1 Protein 3 Up to Extras & Sauce It Up!	**$74.10**

Sides

ITEM	PRICE
Garlic Broccoli Side	**$5.20**
Roasted Sweet Potatoes Side	**$5.20**
Power Bean Medley Side	**$5.20**
Street Corn Side	**$5.20**
Brussel Sprouts Side	**$5.20**

Beverages

ITEM	PRICE
Island Time (Beverages) Freshly squeezed strawberry Orange Juice.	**$5.79**
Hawaiian Healer - Pineapple Ginger Freshly squeezed pineapple juice with a hint of ginger.	**$5.79**
Sweet South Lemonade Freshly squeezed lemonade.	**$5.79**
Celsius Wild Berry A uniquely blended formula with healthy energy and key vitamins makes CELSIUS an ideal pre-workout drink. It's low in so...	**$4.49**
Celsius Fuji Apple Pear A uniquely blended formula with healthy energy and key vitamins makes CELSIUS an ideal pre-workout drink. It's low in so...	**$4.49**
San Pellegrino Sparkling Water	**$4.23**
Bubly Lime Sparkling water with a hint of lime! No sweeteners, all smiles.	**$3.19**
Kids Juice Box Giving Organic Juice Box! Tropical Flavor 100% Fruit Juice	**$1.29**
Iced Teas and Organic Frescas by the Gallon	**$19.50**
Lipton Peach Tea Bottled	**$4.23**
Open Water 16oz	**$3.24**
Strawberry Lemon Poppi	**$3.84**
Ginger Lemon Kombucha	**$5.14**

Desserts

ITEM	PRICE
Chocolate Chip Cookie Gluten-Free	**$2.28**
Snickerdoodle Cookie Gluten-Free	**$2.28**
Bundle 10 freshly baked cookies!	**$19.50**

Fan Favorites

ITEM	PRICE
Signature Bol Enjoy our Fan Favorites in one delicious bol - super scoops of teriyaki chicken, jasmine rice, ginger broccoli, pickled...	**$19.83**
Chocolate Chip Cookie Bundle (5 Pack)	**$10.00**
Snickerdoodle Cookie Bundle (5 Pack)	**$10.00**
Island Time Freshly squeezed strawberry Orange Juice.	**$5.79**
Build Your Own Game Day Meal Contains 4-6 servings to provide a delicious meal option for your family and friends during this holiday season. Let us...	**$63.70**