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Latest Best of NY

5 Best Healthy Meals In A Bowl In NYC

Looking for a [healthy](#) option when it comes to eating out in New York City? Here are five places that are serving up hearty and tasty bowls that are anything but a boring salad. *By Carly Petrone.*

Brass Health Bowl

Lexington Brass
517 Lexington Ave.
New York, NY 10017
212-392-5976
newyork.cbslocal.com/top-lists/6-best-outdoor-summer-movie-festivals-in-nyc/



More: [NYC's 5 Best Breakfast Tacos](#)



(credit: Lexington Brass)

Lexington Brass is also serving up a healthy breakfast bowl (\$14) filled with grains, berries, and some of the season's freshest ingredients. Spice up your usual morning egg order and opt for this tasty bowl. It's made with Farro wheat berries, heirloom tomatoes, spring onions, toasted sesame seeds, feta cheese, sunny side up egg, and sumac vinaigrette. Treat yourself with a side of Morning Potatoes (\$5) or Grapefruit Brulee (\$5). Because you deserve it.