

UNCLE JULIO'S

MEXICAN

from Scratch

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FOR IMMEDIATE DEVOURING

Work-day Refresh: Uncle Julio's Launches Lunch Bowls in Chicago Area

Study shows half of all working Americans don't get lunchtime nourishment

CHICAGO, Ill. (Oct. 25, 2018) – Have a lot on your plate? A new study finds that more than half of working Americans don't pause for lunch, leaving many unrefreshed. Uncle Julio's Mexican from Scratch is working to change that with the debut of a new set of lunch bowls full of fresh ingredients and packed with flavor to satisfy that lunchtime craving. Uncle Julio's lunch bowls make their debut November 5 in Chicago-area Uncle Julio's Mexican from Scratch locations.

Lunch bowls from Uncle Julio's Mexican from Scratch offer a convenient way to fit fresh flavor into a workday, each reflecting a different flavor profile:

- The **Chicken Tortilla Bowl** features sauteed pulled chicken with cilantro rice, roasted corn pico, black beans, sauteed peppers, mushrooms, onions and queso fresco. It's topped with crispy tortilla strips and a lime crema drizzle with pickled avocado escabeche.
- Mesquite grilled skirt steak is featured on the **Steak Fajita Bowl**, while the **Spicy Carnitas Bowl** is full of savory, braised pork in a spicy red chili sauce.
- For seafood lovers, the **Seared Chili Shrimp Bowl** puts succulent, mesquite-grilled shrimp with cilantro rice, sliced avocado and more.

Bowl prices range from \$9.99-14.99.

"We recommend that you bring a co-worker and each try a different bowl to enjoy the different flavors," Ron Vasquez, director of Culinary for Uncle Julio's Mexican from Scratch, said. "Fresh, made-from-scratch dishes taste their best when they are part of an experience you are sharing with a friend or colleague."

In the lunch study, commissioned by Egghand's Best and conducted by human resource experts at Temple University in June of this year, half of respondents said that leaving their desk to eat lunch and focus solely on their break left them feeling refreshed. For those who work through lunch with no break, they often find themselves coming home at the end of the day depleted. Eating at one's desk seems to have a slew of negative effects, including

feeling tired (44 percent), stressed (31 percent), overwhelmed (24 percent), and anxious (20 percent).

“Take the time to refresh your body with fresh ingredients while you also focus on building your network,” Vasquez said.

Uncle Julio’s Mexican from Scratch has locations in Chicago, Kildeer, Lombard, Naperville, Orland Park, Schaumburg, Skokie and Vernon Hills, Illinois.

Uncle Julio’s serves made-from-scratch Mexican cuisine, using fresh ingredients and authentic recipes to create its signature taste in everything from mesquite-grilled meats to hand-crafted margaritas. Guests find memorable dining experiences through a welcoming atmosphere and interactive menu, such as watching guacamole made tableside, looking into the open kitchen to see dishes being prepared, or cracking open a Chocolate Piñata. Headquartered in the Dallas, Texas area, the first Uncle Julio’s opened in 1986 and has since grown to 34 restaurants in nine states: Texas, Georgia, Illinois, Maryland, Virginia, Florida, Tennessee, North Carolina and Oklahoma and continues to expand to define the polished casual Mexican industry. To find a location near you or to peruse the mouth-watering menu, visit UncleJulios.com, or connect with Uncle Julio’s on Facebook [@UncleJulios](https://www.facebook.com/UncleJulios) and Instagram [@UncleJuliosMexican](https://www.instagram.com/UncleJuliosMexican).

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Editor’s note: High-res images of lunch bowls are available here:
<https://www.dropbox.com/sh/dualn2o2chla3ta/AACSv7DMvr13tjiLBfhd7gAVa?dl=0>