

UNCLE JULIO'S

MEXICAN

from Scratch

Media Contacts:

Suzanne Gentry Flodin
214.500.4289

suzanne@thegentryagency.com

Rachel Hedstrom
972.365.7741

rachel@thegentryagency.com

FOR IMMEDIATE DEVOURING

Upgrade Lunch: Uncle Julio's Launches Burrito Lunch Bowls in D.C. Area

Study shows many working Americans have failure to lunch

WASHINGTON, D.C. (June 25, 2019) – If you think you have too much on your plate to go out for lunch, you – like many Americans -- are missing out. A [study](#) on workplace behavior shows a disturbing failure to lunch among working professionals: Approximately 62 percent of American professionals eat lunch at their desks, and half of American adults each lunch alone. This sad state of affairs needs an upgrade, so Uncle Julio's is introducing **Burrito Lunch Bowls**, a contemporary, affordable way to upgrade your mid-day meal. Full of fresh ingredients and packed with flavor, Uncle Julio's lunch bowls make their debut June 24th at D.C.-area Uncle Julio's locations.

Burrito Lunch Bowls from Uncle Julio's offer a convenient way to fit a mid-day break into your day with your choice of four different Burrito Lunch Bowls:

- The **Chicken Tortilla Bowl** features sauteed pulled chicken with cilantro rice, roasted corn pico, black beans, sauteed peppers, 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**, with cilantro rice, roasted corn pico, black beans, sauteed peppers and onions, queso fresco, and topped with tumblewood onions and lime crema drizzle.
- The **Spicy Carnitas Bowl** is full of savory, braised pork in a spicy red chili sauce with cilantro rice, black beans, roasted corn pico, sauteed peppers, onions, and topped with a lime crema drizzle and pickled onions.
- For seafood lovers, the **Seared Chili Shrimp Bowl** features succulent, mesquite-grilled shrimp with cilantro rice, sliced avocado and more.

Bowl prices range from \$10-13.99.

Take a break from your desktop dining to improve your mood and productivity, recommends Ron Vasquez, vice president of culinary operations for Uncle Julio's.

"Bring a friend, so you can each try a different bowl to savor the flavors," Vasquez said. "Connecting with others and enjoying the experience of dining will help improve your happiness, while eating freshly prepared, made-from-scratch meals will fuel you better than the processed food you may have at your desk."

So come on out – the patio is open. And if you're feeling bold? Sneak in a margarita, while you're at it!

In the D.C. area, Uncle Julio's has locations in Annapolis, Maryland; Bethesda, Maryland; Columbia, Maryland; Gaithersburg, Maryland; Ashburn, Virginia; Ballston, Virginia; Fairfax, Virginia; Gainesville, Virginia; Reston, Virginia; and Woodbridge, Virginia.

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 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 Uncle Julio's Burrito Lunch Bowls are available here:
<https://www.dropbox.com/sh/dualn2o2chla3ta/AACsv7DMvr13tjiLBfhd7gAVa?dl=0>