



# BRICKS & BOWLS

BY GHOST KITCHEN ORLANDO

## MEDIA KIT



**Media Contact: Colton O'Dwyer**

**Chief Marketing Officer**

**(386) 843-3713**

 [media@bricksandbowls.com](mailto:media@bricksandbowls.com)

 [facebook.com/bricksbowls](https://facebook.com/bricksbowls)

 [instagram.com/bricksandbowls](https://instagram.com/bricksandbowls)

 [tiktok.com/@bricksandbowls](https://tiktok.com/@bricksandbowls)



Download high res logos & images **here.**

# OUR ROOTS



“As founders & Rollins College alumni, we are thrilled to introduce Bricks & Bowls to Winter Park. Our journey began at Rollins Graduate School of Business, where our shared drive for creating an innovative & unique dining concept led us to create **Bricks & Bowls**.

Our latest endeavor is more than just a restaurant; it's a tribute to our beginnings, to the place where our ideas sprouted and blossomed. Situated just down the road from Rollins College, our Park Avenue location represents a full-circle moment for us—coming home to Winter Park, where it all began.

With B&B, we're proud to bring a fast-casual dining experience focused on healthy, flavorful options to Park Avenue. We are dedicated to creating a space that embodies the ethos of good eating and good company. We invite the Winter Park community and beyond to experience our passion for nutrition and taste in every meal we serve. We hope to feed you soon!”

*John Nasim*      *Colton O'Donoghue*



# OUR TEAM

## **Johnny Nartowicz**

*Owner & Co-Founder*

Johnny Nartowicz, owner and co-founder of Ghost Kitchen Orlando, attended Rollins College where he earned his bachelor's degree in International Business. He then went on to pursue his master's degree in Business Administration at Rollins College Crummer Graduate School of Business.



## **Colton O'Dwyer:**

*Co-Founder & Chief Marketing Officer*

Colton O'Dwyer is the CMO of Ghost Kitchen Orlando. He is responsible for all aspects of Ghost Kitchen Orlando's marketing efforts including brand awareness, social media outreach, paid advertising and more. Colton also obtained his MBA at Rollins College Crummer Graduate School of Business.



## **Jay Nartowicz**

*Co-Founder & Chief Culinary Officer*

Jay Nartowicz has experienced an extraordinary career in the restaurant industry as a professional chef. Jay is a graduate of Johnson & Wales University in Providence, Rhode Island. His culinary career has included senior positions for some of the largest branded chains in the United States and UK.



## **Julie Nartowicz**

*Co-Founder & Managing Member*

Julie Nartowicz, managing member of Ghost Kitchen, assists with new concepts and crafting recipes, while being exceptionally skilled at dessert creation and bakery.





# “BY GHOST KITCHEN ORLANDO”?

In March 2020, we ambitiously launched Ghost Kitchen Orlando (yes, impeccable timing). This initiative not only laid the groundwork but also became the central culinary hub for our subsequent venture, Bricks & Bowls. Most of the culinary creations you savor at Bricks & Bowls are meticulously crafted at Ghost Kitchen Orlando before being delivered fresh daily.

Additionally, Ghost Kitchen Orlando operates independently as a unique "virtual kitchen." Rather than offering traditional dine-in options, all its dishes are exclusively available for takeout or delivery through third-party apps.

# GHOST KITCHEN ORLANDO



## Uber Eats

Ghost Kitchen Orlando




[Website](#) [Directions](#) [Save](#) [Call](#)

4.9 ★★★★★ 58 Google reviews

\$ · Delivery Restaurant

### Ghost Kitchen Orlando

 DashPass · American, Gluten-Free · 4.9 ★ (421 ratings) · 50 ft · \$\$

971 reviews

# 4.9



5 stars

Watch Full “**Ghost Stories**” Mini Documentary



# PRESS COVERAGE & MEDIA

<https://www.clickorlando.com/news/local/2022/06/29/ghost-kitchen-orlando-opens-brick-and-mortar-location-owner-plans-on-expanding-business/>

<https://www.gottagoorlando.com/post/orlando-sandwich-and-salad-bowl-concept-bricks-bowls-to-open-second-area-location>

<https://www.thedailycity.com/post/orlando-ghost-kitchen-guide>

<https://scottjosephorlando.com/ghost-kitchen-orlando/>

[https://www.youtube.com/watch?v=DP8q\\_5P78Os&t=1s](https://www.youtube.com/watch?v=DP8q_5P78Os&t=1s)





## MISSION STATEMENT

At Bricks & Bowls, we are committed to redefining the dining experience by offering delicious and nutritious meals crafted with care. Our mission is to delight our customers with a menu that celebrates superfoods, showcases chef-crafted creations, and embodies the essence of scratch-made cooking. Let's dive into what that really means.

## "CHEF-CRAFTED"

Behind every dish at Bricks & Bowls lies the passion and expertise of our talented chefs. With a dedication to culinary excellence, our chefs bring years of experience to the table, infusing each creation with creativity and flavor. From signature bowls to artisan sandwiches, every item is a testament to our commitment to delivering a dining experience that is both delightful and memorable.







## **“SCRATCH-MADE”**

In a world of shortcuts, we believe in the art of scratch-made cooking. From handcrafted focaccia bread to house-made sauces & dressings, every element of our menu is crafted in-house with care. By starting from scratch, we ensure the freshest ingredients and the highest quality, resulting in dishes that are as unique as they are delicious. At Bricks & Bowls, scratch-made isn't just a method—it's a commitment.

## **“SUPERFOOD CENTRIC”**

Nourishing your body shouldn't mean sacrificing flavor. Our menu is a celebration of superfoods, meticulously curated to offer dishes packed with essential nutrients and vibrant flavors. From nutrient-rich greens like kale and spinach to antioxidant-rich berries and wholesome nuts, every ingredient is thoughtfully selected to nourish and energize our customers.



# MENU HIGHLIGHTS



## **Build Your Own Bowl**

Choose from any of our 5 greens, 6 bases, 11 proteins, 32 toppings, & 9 dressings options to create your perfect bowl.

## **Ghost Pepper Focaccia Sandwich**

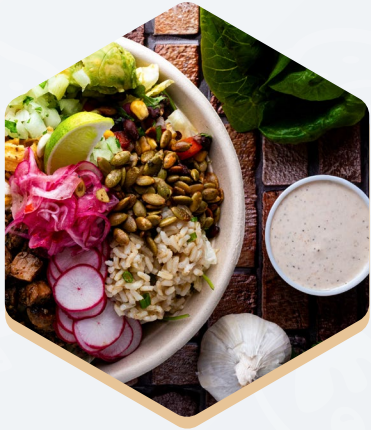
Thinly sliced grilled chicken breast and Swiss cheese, with a hint of heat from our smoked ghost chili sauce, complemented by fresh lettuce, crispy onions, and pickles, all on our freshly baked focaccia.



## **Foc'n Hot Focaccia Pizza**

Housemade tomato sauce, imported cheese blend, parmesan cheese, pepperoni, Sicilian spicy relish, hot honey, dried oregano, and a crispy gremolata topping.





## Carne Asada Bowl

Certified Angus Flank Steak, corn & black bean pico, smashed avocado, queso fresco, sliced radish, pickled red onions, pepitas, cilantro onion mix, scallion-garlic brown rice, tortilla strips, and fresh lime on a bed of fresh-chopped mixed greens.

## GKO Turkey Focaccia Sandwich

All-natural thinly sliced turkey breast, aged cheddar cheese, signature GKO sauce, herb aioli, arugula, tomato, red onion, and pickles, served on our signature housemade focaccia bread.



## Belgian Chocolate Caramel Cookies

Housemade cookies featuring decadent Belgian dark-cacao chocolate chunks, premium pink Himalayan salt, and rich caramel bites.



# LOCATIONS OVERVIEW

## **Mall at Millenia**

4200 Conroy Rd No. 247,  
Orlando, FL 32839

Monday - Friday | 11:00AM – 9:00PM

Saturday | 10:00AM – 9:00PM

Sunday | 11:00AM – 7:00PM



## **Park Avenue, Winter Park**

331 South Park Avenue Unit B  
Winter Park, FL 32789

Monday - Friday | 11:00AM – 9:00PM

Saturday | 10:00AM – 9:00PM

Sunday | 11:00AM – 7:00PM







# BRICKS & BOWLS PARK AVENUE

## Address

331 South Park Avenue Unit B  
Winter Park, FL 32789

## Store Hours

M - F | 11:00AM – 9:00PM

Saturday | 10:00AM – 9:00PM

Sunday | 11:00AM – 7:00PM

Takeout & Dine-In Available  
Delivery on all 3rd Party Apps





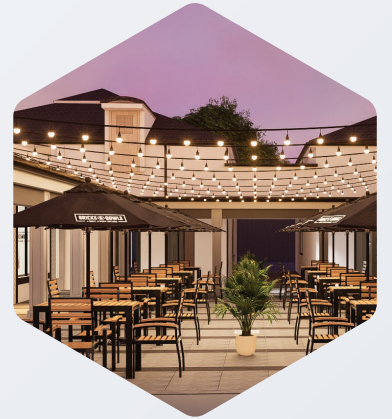
# WHY WINTER PARK?



Introducing Bricks & Bowls Winter Park, our latest culinary gem nestled in the heart of Park Avenue, Winter Park, Florida. Our newest flagship location promises to elevate the dining experience to new heights. Building upon our cherished menu favorites, we're thrilled to introduce exciting additions such as our irresistible focaccia pizza and a curated list of beers, wines, and seltzers.



At Bricks & Bowls Winter Park, we've thoughtfully designed an outdoor space for our customers. Our expansive 1600 square ft courtyard offers a serene escape, where guests can indulge in our menu amidst lush greenery and shaded umbrellas, providing respite from the Florida sun. For those seeking the buzz of Park Avenue, we offer inviting tables right along the bustling street, allowing diners to soak in the vibrant atmosphere. View Full 3D design [here](#).



In honor of our roots at Rollins College, we extend a perpetual **10% discount** to Rollins students and staff and we gladly accept the Rollins "R" card, embodying our commitment to community and connection. With convenience and wellness at the forefront, Bricks & Bowls Winter Park emerges as a beacon of health-conscious dining that doesn't compromise on flavor or quality. Join us in savoring the intersection of nourishment and indulgence, where every bite tells a story of passion, heritage, and culinary innovation.



Welcome to ***Bricks & Bowls Winter Park***



# FREQUENTLY ASKED QUESTION



## What kind of food will you serve?

At Bricks & Bowls Park Avenue we will have several stand-out menu items. Our sandwiches and focaccia pizza which are made using our freshly baked focaccia bread, our Chef-Crafted and Build your Own Bowls, and our world famous Belgian Caramel Chocolate Chunk Cookies. This location will also have some great beverage options including several beer and wine selections.

Full menu can be viewed at [bricksandbowls.com](http://bricksandbowls.com)

## How is your food prepared?

At Bricks & Bowls, we believe that the best way to create delicious, high-quality food is to start from scratch. That's why we make everything in-house, from our signature focaccia bread to our sauces and dressings. We cut all our produce in-house to ensure that it's fresh and of the highest quality. Being scratch-made means that we have control over the entire process, from the ingredients we use to the way our food is prepared. This approach allows us to create unique and flavorful offerings that simply can't be replicated by using pre-packaged or processed ingredients.

## How does the ordering work?

At Bricks & Bowls we've designed our ordering process to be convenient and flexible for our guests. There's no indoor seating, but we've created a spacious and inviting outdoor courtyard for our guests to relax in while we prepare their orders. They can place their orders in three convenient ways: by walking in and ordering at the counter, using the kiosk located by the entrance for a quick and hassle-free experience, or by ordering directly through our website for pickup at our designated station inside, bypassing the line entirely. Once the order is ready, we'll call out the customer's number over our intercom system.

## Will you deliver?

Yes we plan on offering delivery directly through our website [BricksandBowls.com](http://BricksandBowls.com) as well as delivering all throughout Orlando on all 3rd party delivery applications like Uber Eats, Doordash, Grubhub, etc.

## Are you hiring for your new location?

Yes we are hiring for all positions. Please apply here: [bricksandbowls.com/jobs](http://bricksandbowls.com/jobs)

## Is there parking nearby?

We know parking on Park Avenue can be a bit of a struggle sometimes. We have been granted a few designated spots in our lot off of Lyman avenue. If there are no spots in this lot, there is another large lot slightly farther down Lyman or several parking garages located closer to Rollins College (we recommend the parking garage directly behind Starbucks).

## Can I interview a Bricks & Bowls representative?

Yes, we would love to! All media inquiries can be sent to [media@bricksandbowls.com](mailto:media@bricksandbowls.com)

## So, when are you opening?

B&B Winter Park will be our flagship location. That being the case, we really want to get it right. As of right now, we don't have an exact date, but please sign up to our newsletter at [BricksandBowls.com](http://BricksandBowls.com) or keep an eye on our Instagram [@bricksandbowls](https://www.instagram.com/bricksandbowls) for updates.



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