

# create your own bowl



**1**  large 13€  small 9,50€

**2 choose your base** 2 included then 0,50€ per ingredient

- sweet potatoes  rice  fried potatoes  cantonese Rice  duo quinoa  
 mixed salad  iceberg salad  rocket salad  spinach shoot  romaine

subtotal \_\_\_\_

**3 add some greens** 4 included then 0,50€ per ingredient

- pineapple  wakame seaweed  carrots  edamame  red radish  
 beetroot purée  hummus  olives  tomatoes  guacamole  
 melon  pomegranate  onion pickles  jalapeños  eggs  corn  
 artichoke tapenade  eggplants  onions  watermelon  chickpeas  
 peppers  cucumber  broccoli  mushrooms  courgette with mint

subtotal \_\_\_\_


**4 crunch it** 1 included then 0,50€ per ingredient

- sesame grissini  sunflower seed  croutons  
 crispy onions  sesame  muesli  shrimp chips  pumpkin seeds

subtotal \_\_\_\_

**5 dress it**

1 included then 0,50€ per sauce

- tarragon sauce  
 hummus-tomato sauce  
 caesar sauce  
 sesame sauce  
 white dressing  
 traditional vinaigrette sauce  
 hot-cherry sauce 

**6 top off**

- chicken fillet +4,50€  
 marinated chicken fillet +4,70€  
 beef kefta +4,50€  
 salmon poke +5€  
 scampi in oil +5,50€  
 fillet of sea bream +5€  
 mozzarella +4,50€  
 falafel +2,00€  
 feta +1,50€  
 parmesan +1,50€  
 emmental cube +1,50€

TOTAL : \_\_\_\_\_

