

create your own bowl



1 big 13€ small 9,50€

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

- sweet potatoes rice roasted potatoes quinoa mixed salad
 iceberg salad rocket salad romaine salad

subtotal ____

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

- pineapple celery wakame seaweed grated carrots edamame
 radish beetroot leeks with vinaigrette olives tomatoes
 guacamole kidney beans pomegranate lentils jalapeños
 eggs corn eggplants onions chickpeas courgette peppers
 cucumber broccoli mushrooms vichy-style carrots

subtotal ____

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

- peanuts sunflower seeds croutons crispy onions almonds
 pink ginger pita bread raisins

subtotal ____

5 dress it

1 included then 0,50€ per sauce

- teriyaki sauce
 warm pepper sauce
 pesto rosso sauce
 ras el hanout sauce
 caesar herb sauce
 white dressing
 warm tomato salsa sauce
 traditional vinaigrette

subtotal ____

6 top off

- chicken fillet +4,50€
 spicy chicken fillet +4,70€ 
 beef rump steak +5,70€
 salmon poke +5,20€
 fried mozzarella & oregano steak +4,50€
 sea bream fillet +5,20€
 falafel +2,00€
 baby mozzarella +1,90€
 feta +1,90€
 parmesan +1,90€
 refined goat cheese +1,90€

TOTAL : _____

BOWLS