

# create your own bowl



1  big 13,90€  small 9,90€

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

- sweet potatoes  rice  roasted potatoes  bulgur  quinoa  
 mixed salad  iceberg salad  rocket salad  lamb's lettuce

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






- pineapple  celery  wakame seaweed  grated carrots  olives  
 edamame  radish  beetroot  tomatoes  jalapeños  eggs  
 guacamole  kidney beans  pomegranate  lentils  corn  
 onions  chickpeas  soybean sprout  cucumber  broccoli  
 red cabbage  roasted butternut »  onion confit »  fennel confit »  
 eggplants »  peppers »  mushrooms »  courgette »

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


- peanuts  sunflower seeds  croutons  goji berries  
 flaxseeds  peanut puffs  pink ginger  raisins  crispy onions

5 dress it

1 included then 0,50€ per sauce

- teriyaki sauce   
 warm pepper sauce »  
 kipik sauce    
 warm cheesy cumin sauce »  
 caesar herb sauce  
 white dressing  
 fig sauce   
 traditional vinaigrette 

6 top off

- beef rump steak +5,90€  
 blue  rare  medium  well done  
 chicken fillet +4,70€  
 gyros chicken fillet +4,90€  
 salmon poke +6,00€  
 crispy quorn & reblochon cheese +4,80€  
 falafel +2,20€   
 vegetarian gyoza +4,80€  
 baby mozzarella +1,90€  
 feta +1,90€  
 parmesan +1,90€  
 refined goat cheese +1,90€

BOWLS

your name:

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