

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 buckwheat with basil
- quinoa mixed salad iceberg salad rocket salad
- lamb's lettuce chinese cabbage

subtotal ____

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

- ananas orange wakame seaweed carrots edamames
- black radish beet red cabbage olives tomatoes guacamole
- kidney beans pomegranate lentils jalapeños eggs corn
- eggplants onions chickpeas courgette peppers cucumber
- broccoli mushrooms pumpkin cauliflower

subtotal ____


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

- peanuts sunflower seeds croutons crispy onions
- organic tortilla pink ginger garlic bruschetta

subtotal ____

5 dress it

1 included then 0,50€ per sauce

- prune-vanilla ketchup
- pepper-whisky sauce
- truffle sauce
- oriental coconut sauce
- caesar herb sauce
- white dressing
- peru spicy sauce 
- asia sauce
- traditional vinaigrette

subtotal ____

6 top off

- turkey fillet +4,50€
- spicy turkey fillet +4,70€ 
- beef rump steak +5,50€
- salmon poke +5€
- tofu gyoza +4,90€
- sea bream fillet +5€
- mozzarella di bufala +4,50€
- falafel +2,00€
- feta +1,50€
- parmesan +1,50€
- gouda +1,50€

TOTAL : _____

BOWLS