

create your own bowl

large 12€ small 9€

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

- mesclun iceberg kale beetroot couscous
 cold rice noodles hot mixed rice sweet potatoes

Subtotal ____

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

- edamame rocket spinach chili black lentils chiggoia
 broccoli carrot steamed mushrooms rhubarb pineapple
 chickpeas red onions corn lamb's lettuce tomatoes
 kidney beans mixed peppers red radish asparagus
 cucumber olives boiled eggs peas guacamole humus

Subtotal ____

#3 crunch it 1 included then 0,50€ per ingredient

- goji berries cashew nuts strawberry slices coconut flakes
 sunflower seeds peanuts cranberries

Subtotal ____

#4 dress it

- wild garlic sauce
 mango-chili dressing
 green Caesar dressing
 honey-mustard yogurt
 spicy sriracha sauce
 peanuts sauce

#5 top off

- salmon fillet +4,50€
 sea bream +4,50€
 grilled turkey +4,50€
 rump steak strips +5,50€
 black beans hash brown +1,50€
 falafel +1,50€
 chopped parmesan +1,50€
 cottage cheese +1,50€
 feta +1,50€
 goat cheese +1,50€

TOTAL : _____

