

create your own bowl



1 large 13€ small 9,50€

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

- mixed salad romaine salad iceberg kale mixed rice
- couscous with olives & dried tomatoes roasted potatoes sweet potatoes

Subtotal ____

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

- rocket salad lamb's lettuce quinoa black lentils edamames
- red beans beetroot broccoli carrots tomatoes cucumber
- eggplant grilled zucchini green asparagus chickpeas peas
- warm steamed mushrooms red onions corn mixed peppers
- red radish orange fillets pineapple chili guacamole
- hummus olives boiled eggs

Subtotal ____

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

- goji berries croutons banana chips pomegranate seeds
- peanuts cranberries sunflower seeds

Subtotal ____

5 **dress it**

- honey-mustard yogurt
- mango-chili dressing
- green caesar dressing
- wasabi-peach dressing
- spicy sriracha dressing
- carrot-ginger dressing

6 **top off**

- salmon poke +5€
- salmon sashimi +5€
- pike perch fillet +4,50€
- grilled turkey +4,50€
- beef rump steak strips +5,50€
- black bean hash browns +1,50€
- falafel +1,50€
- chopped parmesan +1,50€
- herbs mozzarella +1,50€
- feta +1,50€
- gouda +1,50€

TOTAL : _____

