

# create your own bowl



1  big 13,90€  small 9,90€

2 **choose your base** 2 included then 0,70€ per ingredient

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

3 **add some colors** 4 included then 0,70€ per ingredient

- pineapple  hummus  wakame seaweed  grated carrots
- olives  edamame  green beans  beetroot  tomatoes
- guacamole  kidney beans  pomegranate  lentils  jalapeños
- egg  corn  soybean sprout  onions  chickpeas  broccoli
- cucumber  leeks  red radish  melon  artichoke tapenade
- peppers  mushrooms  eggplants  courgettes

4 **crunch it** 1 included then 0,70€ per ingredient

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

5 **dress it**

1 included then 0,70€ per sauce

- teriyaki sauce
- warm pepper sauce
- kipik sauce
- caesar herb dressing
- white dressing
- tzatziki sauce
- cheese sauce
- tomato-tarragon sauce
- traditional vinaigrette

6 **top off**

- beef rump steak +7,50€
  - blue  rare  medium  well done
- chicken fillet +5,30€
- gyros chicken fillet +5,30€
- sea bream +6,90€
- salmon poke +7,90€
- mozzarella di bufala +5,60€
- herbed tofu mix +5,90€
- grilled scampis +7,50€
- falafel +3,20€
- greek-style beef meatball +6,50€
- gyoza +5,90€
- feta +2,50€
- parmesan +2,50€
- refined goat cheese +2,50€

your name:

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BOWLS