

# WRAPS

**SPICY FALAFEL WRAP**  **6.35**

Vegan • Dairy free

Mixed Salad, Hummus, Red Cabbage, Mint, Falafel, Hot Sauce

**MEXICAN WRAP**  **5.90**

Mixed Salad, Black Beans, Jalapenos, Nachos, Cheddar, Corn Salsa, Yoghurt Coriander Dressing

**CHIPOTLE MEATBALL WRAP** **6.90**

Tomato Meatballs, Shiso-Spitzkohl, Cheddar, Röstzwiebeln, Chipotle Sauce

**CAESAR CHICKEN WRAP** **6.65**

Mixed Salad, Parmesan, Roasted Chicken, Caesar Dressing

**CAESAR VEGGIE CHICKEN WRAP** **6.65**

Mixed Salad, Parmesan, Vegan Chicken, Caesar Dressing

**TOP UP YOUR DISH**

ROASTED CHICKEN	3.65
VEGAN CHICKEN	3.65
SESAME TOFU	2.75
ORGANIC EGG	1.90
AVOCADO	2.75
PULLED SALMON	3.45
TOMATO MEATBALLS	3.45
GRILLED PITA	1.50

**NUT FREE?  
LOW CARB?  
VEGAN?**

**CUSTOMISE  
YOUR  
BOWL  
ONLINE**



**CHAMPIONS OF**

**GOOD  
AND  
HEALTHY  
FOOD!**

## SEASONAL BOWLS

NEU

### CRUNCHY TOFU BOWL 8.25

Vegan • Dairy free

Ginger Carrots, Edamame Peas, Pak Choi, Buckwheat, Wheat Berry, Sesame Tofu, Pomegranate, , Miso Dressing

### INDIAN WATERMELON BOWL 8.65

Gluten free

Watermelon, Papadam, Cucumber, Sweet Potatoes, Baby Spinach Sour Cream, Indian Chickpeas, Mango Dressing

### SPICY CHICKEN BOWL 9.95

Dairy free

Roasted Chicken, Chili Broccoli, Sticky Wild Rice, Pak Choi, Red Onions, Soy Vinegar, Coriander, Sesame, Szechuan Pepper Dressing

### SPICY VEGGIE CHICKEN BOWL 9.95

Vegan • Dairy free

Vegan Chicken, Chili Broccoli, Sticky Wild Rice, Pak Choi, Red Onions, Soy Vinegar, Coriander, Sesame, Szechuan Pepper Dressing

### CALIFORNIA SALMON BOWL 11.35

Gluten free • Dairy free

Pulled Salmon, Homemade Tabasco, Cauliflower Rice, Corn Salsa, Nachos, Baby Spinach, Red Onions, Coriander, Lime

## SIGNATURE BOWLS

### AVOCADO BOWL 9.25

Gluten free • Vegan • Dairy free

Avocado, Beluga Lentils, Sweet Potatoes, Baby Spinach, Pomegranate, Coriander, Chickpeas, Nut Mix, Yuzu Dressing

### THAI RICE BOWL 7.95

WARM

VEGAN

Dairy free

Red Thai Curry Soup, Sticky Wild Rice, Baby Spinach, Shiso Cabbage, Coriander, Peanuts, Roasted Onions, Thai Dressing

### BURRITO BOWL 8.35

NEU

AVOCADO

Vegan • Gluten free

Sesame Tofu, Corn Salsa, Quinoa, Cucumber, Nachos, Coriander, Chipotle Dressing, Lemon Dressing

MEATBALLS 9.95

### JAPANESE SALMON BOWL 12.65

Dairy free

Pulled Salmon, Sticky Wild Rice, Edamame Peas, Cucumber, Yuzu Dressing, Avocado, Masago, Coriander, Hot Mayo

### ORIENTAL BOWL 8.95

Hummus, Curry Cauliflower, Feta, Pomegranate, Tabouleh, Red Cabbage, Mint, Almonds, Sour Cream

### PROTEIN BOWL 8.75

VEGAN

Vegan • Dairy free

Butternut Squash, Chili Broccoli, Quinoa, Beetroot, Edamame Peas, Mint, Almonds, Lemon Dressing

CHICKEN 9.95

## SALAD BOWLS

### CALIFORNIA SALAD 7.85

Gluten free

Mixed Salad, Cheddar, Avocado, Corn Salsa, Yoghurt Coriander Dressing

### QUINOA CAESAR SALAD 7.95

VEGGIE

Mixed Salad, Parmesan, Quinoa, Croutons, Organic Egg, Caesar Dressing

CHICKEN 9.45

### THAI WATERMELON SALAD 8.25

NEU

Gluten free • Vegan • Dairy free

Mixed Salad, Watermelon, Carrots, Peanuts, Mint, Coriander, Edamame Peas, Thai Dressing

### NEW FALAFEL SALAD 8.25

Mixed Salad, Falafel, Feta, Red Cabbage, Pomegranate, Dukkah, Tahini Dressing

