



BUILD YOUR BOWL  
€ 8.50

DO YOU WANT YOUR SALAD CHOPPED?

Yes

No

**INGREDIENTS CHOOSE 3**  
additional ingredients 50c each

- Pickled Red Cabbage
- Red Cabbage
- Spring Onion
- Miso Root Veg
- Balsamic Beets & Onions
- Grated Carrot
- Gluten Free Croutons
- Sesame, Chilli & Ginger Broccoli
- Bean Sprouts
- Sundried Tomato
- Grated Aged Parmesan
- Roasted Squash
- Pomegranate
- Apple
- Mixed Seeds
- Hummus
- Tzatziki

**GREENS CHOOSE 2**  
additional greens 75c each

- Curly Kale
- Cos Lettuce
- Mixed Farm-House Greens

**PROTEINS CHOOSE 1**  
additional proteins €4.5 each

- Green Falafels
- Soy Glazed Chicken
- Roast Chicken
- Crispy Bacon
- Honey Glazed Ham
- Sliced Turkey
- Sliced Beef
- Salmon

**GRAINS CHOOSE 1**  
additional grain €1 each

- Brown Rice
- Quinoa
- Bulghar Wheat
- Rice Noodles
- Cous Cous

**DRESSINGS CHOOSE 1**  
additional dressing €1 each

- Sesame Ginger Dressing
- French Dressing
- Basil Caesar Dressing
- Nam Jim Dressing

**PREMIUM TOPPINGS €1.5 each**

- Feta Cheese
- Kale Pesto
- Guacamole
- Grated Aged Parmesan

NAME: \_\_\_\_\_

COLLECTION TIME: \_\_\_\_\_

NUMBER: \_\_\_\_\_

DATE: \_\_\_\_\_