

# HEALTHY POKE BOWL & SIGNATURE NUTRITION BOWLS



**Eat Well • Feel Great**

**Eat and feel better with our fresh, balanced, customisable bowls**

## CREATE YOUR OWN HEALTHY POKE BOWL \$98

### BASE – Choose ONE

- Brown Rice (200g)
- Soba Noodle (200g)
- Quinoa (200g)
- Baby Spinach (150g)
- Shredded Kale (150g)
- Mixed Leaf (150g)

### INGREDIENTS – Choose THREE (additional +\$10 each)

- Red Onion
- Cucumber
- Cherry Tomato
- Roasted Mushroom
- Green Apple
- Sweetcorn
- Red Kidney Bean
- Edamame
- Carrot
- Chickpeas
- Cauliflower
- Broccoli
- Pumpkin
- Lentils

- Bean Sprouts
- Red & White Cabbage

### DRESSING – Choose ONE

- Extra Virgin Olive Oil
- Balsamic Vinegar & Olive Oil
- Soy & Yuzu Dressing
- Soy Sauce and Wasabi
- Sesame Dressing
- Cider Vinegar & Mustard Dressing
- Extra Virgin Olive Oil & Lime
  
- Dressing on Side
- Tossed Light Dressing (Dine in Only)
- Tossed Heavy Dressing (Dine in Only)

### TOPPINGS – Choose ONE

- Mixed Nuts (Walnut, Pine Nuts, Cashews)
- Furikake
- Nori Seaweed
- Mixed Seeds (Sunflower, Pumpkin & Sesame)
- Za'atar (Sesame, Sumac & Dried Herbs)

## ADD ON PROTEINS & HEALTHY FATS

- Grilled Salmon (80g) **+\$48**
- Salmon Sashimi (80g) **+\$48** (Dine in Only)
- Tuna Sashimi (80g) **+\$58** (Dine in Only)
- Smoked Salmon (80g) **+\$48**
- Grilled Chicken Breast (100g) **+\$38**
- Black Angus Sirloin Steak (140g) **+\$98**

- Tofu (100g) **+\$28**
- Boiled Egg (1pc) **+\$12**
- Half Avocado **+\$32**
- Marinated White Anchovies (5g) **+\$18**
- Cottage Cheese (50g) **+\$28**
- Paneer Tikka (80g) **+\$28**

## SIGNATURE NUTRITION BOWL

Brown Rice  
Grilled Salmon  
Boiled Egg  
Avocado  
Edamame  
Furikake  
Spring Onion  
Soy & Yuzu Dressing

**738 kcal**

A perfectly portioned bowl with optimal protein, healthy fats,  
and complex carbohydrates.

**\$158**

## VEGAN RAINBOW BOWL

Soba Noodles  
Chickpea  
Avocado  
Cherry Tomato  
Cucumber  
Red Kidney Bean  
Edamame  
Tofu  
Extra Virgin Olive Oil & Lime

**1,010 kcal**

**\$128**

## GLUTEN - FREE FEAST

Shredded Kale  
Paneer Tikka  
Avocado  
Boiled Egg  
Cherry Tomato  
Sesame Seeds  
Balsamic Vinegar & Olive Oil

**852 kcal**

**\$128**

OMEGA-3 IN SEAFOOD – Supports heart & brain health

WHOLE GRAINS – Sustained energy & digestion support

LEAFY GREENS – Vitamins, minerals & antioxidants

NUTS & SEEDS – Healthy fats & vitamin E

EGGS – Complete, high-quality protein