



SIGNATURE BOWLS

Made Fresh. Built to Fuel Your Day.

CHICKEN BALANCE ★ MOST LOVED

€14.90

Mixed leaves, grilled chicken strips, datterini tomatoes, grilled courgettes, Grana Padano cheese, yogurt dressing, crispy onions. + FOCACCIA CROUTONS 0.50

590 kcal

SALMON BREEZE

€14.90

Basmati rice, smoked salmon, red cabbage, fresh mango, cucumbers, teriyaki dressing, sesame seeds.

570 kcal

VEGGIE POWER VEGETARIAN

€13.90

Cous cous, feta cheese, boiled egg, grilled courgettes, julienne carrots, herb dressing, raisins, pumpkin seeds.

640 kcal

VEGAN ENERGY VEGAN

€13.90

Basmati rice, organic plain tofu, edamame, julienne carrots, grilled courgettes, teriyaki, cashew nuts.

590 kcal

LA MEDITERRANEA

€13.90

Mixed leaves, mozzarella cheese, datterini tomatoes, sweetcorn, chickpea hummus, yogurt dressing, walnuts.

+ FOCACCIA CROUTONS 0.50

580 kcal

Create your own Bowl.



BUILD YOUR OWN BOWL



1 START FROM THE BASE

€3.90

- BASMATI RICE
- COUS COUS
- MIXED LEAVES

2 CHOOSE YOUR PROTEINS

€3.00

- SMOKED SALMON + 0.50
- SHRIMPS + 0.50
- GRILLED CHICKEN STRIPS
- SPICY CHICKEN STRIPS 🌶️
- ORGANIC BOILED EGGS
- GREEK FETA
- GRANA PADANO CHEESE
- MOZZARELLA BITES
- ORGANIC PLAIN TOFU
- CHICKPEA HUMMUS
- EDAMAME

3 ADD YOUR VEGGIES & FRESH FRUIT

€1.50

- AVOCADO + 0.50
- FRESH MANGO + 0.50
- DATTERINI TOMATOES + 0.50
- GRILLED COURGETTES + 0.50
- OLIVES
- JULIENNE CARROTS
- RED CABBAGE
- CUCUMBERS

4 CHOOSE THE DRESSING

€0.50

- YOGURT
- HERB YOGURT-BASED
- TABASCO 🌶️
- TERIYAKI + 0.50
- SOY SAUCE
- OLIVE OIL
- FRESH LEMON
- VINAIGRETTE

5 TOP IT UP WITH SOME CRUNCH

€1.00

- SESAME SEEDS
- CRISPY ONIONS
- PUMPKIN SEEDS
- CASHEW NUTS
- FOCACCIA CROUTONS
- WALNUTS
- RAISINS

Enhance your Bowl with
a Fresh Juice.



FRESH JUICES

R L
€5.90 €6.50

Freshly pressed. Full of flavour.

LONGEVITY

Orange, carrot, lemon, ginger.

110 – 180 kcal

GREEN MACHINE

Pineapple, cucumber, apple, lemon.

100 – 170 kcal

THE GOLDEN AURA

Orange, carrot, pineapple, apple.

140 – 230 kcal

PURPLE DREAM

Red cabbage, apple, lemon.

110 – 190 kcal

SMOOTHIES & PROTEIN SHAKES

R L
€5.90 €6.50

Built for recovery. Creamy. Naturally energizing.

SKIN-GLOW

Pineapple, mango, orange. + FRESH LEMON/GINGER SHOT 0.50

160 – 235 kcal

PINK VELVET

Strawberries, mango, banana, apple.

200 – 275 kcal

TROPICAL BOOST + 0.50

Pineapple, banana, coconut milk, protein.

165 – 195 kcal

BERRY BLISS + 0.50

Strawberries, mango, banana, almond milk, protein.

210 – 265 kcal



CREATE
YOUR OWN
SMOOTHIE

+ 0.90



FRESH FRUIT BUBBLE TEA

R
€5.50

L
€6.50

Made fresh with real tea, fresh fruit and popping boba.



FRESH FRUIT.
REAL TEA.
YOUR FLAVOUR.

PREMIUM MILKY BOBA

Our signature recipes, with real tapioca and lactose-free milk.
Vegan options available.

BROWN SUGAR ★ MOST LOVED

Original taste from Taiwan.
Black tea, regular milk, raw cane sugar, tapioca.

250 – 360 kcal

R
€6.00

L
€7.00

TARO BOBA CHA

Smooth and full of flavour.
Mix of Ube and Taro, regular milk, tapioca.

220 – 320 kcal

R
€6.00

L
€7.00

COCONUT MATCHA 🌿 VEGAN

Exotic and sophisticated.
Premium matcha with organic coconut milk.

160 – 230 kcal

R
€6.00

L
€7.00

BERRY MATCHA

Delightful and vibrant. Your Matcha Latte poured
on to a delicious fresh strawberry puree.

190 – 270 kcal

R
€6.00

L
€7.00

MANGO MATCHA

Tropical vibes in a cup. Your Matcha Latte poured
on to a fresh homemade mango puree.

200 – 280 kcal

R
€6.00

L
€7.00

INFORMATION FOR OUR CUSTOMERS



Food safety and allergens.



ALLERGENS

For your safety, our staff is always available to provide detailed information about the ingredients and allergens present in our preparations.

The main allergens used in our kitchen are:



Cereals containing gluten



Peanuts*



Eggs



Sesame seeds



Milk and dairy products



Celery



Fish



Mustard



Crustaceans



Sulphur dioxide and sulphites



Soy



Lupin*



Tree nuts



Molluscs*

* Present exclusively as possible cross-contamination of some ingredients.



CROSS-CONTAMINATION

All our preparations are made in the same kitchen. Although we follow strict food safety procedures, **we cannot guarantee the absolute absence of cross-contamination.**

If you have severe allergies, we kindly invite you to always inform our staff before placing your order.



BUBBLE TEA

Some popping boba used in our preparations contain food colourings that are subject to European regulations.

Flavours:

Pineapple

Strawberry

Blueberry

Green Apple

Watermelon

Peach

contain food colourings that may have an adverse effect on children's activity and attention.



INGREDIENTS

A complete list of ingredients and allergens is available upon request.

Our staff will be happy to help you choose the preparation that best suits your dietary needs.



Healthy food, made with care. ❤️