



**WELCOME TO
YOUR HOUSE**



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POKE BOWLS

SUNNY SALMON®

SMALL 9.90€ MEDIUM 10.90€ LARGE 13.90€

White Rice, Juicy Salmon, Avocado Hass, Edamame, Red Cabbage, Special Dressing, Avocado Cream, Sesame Seeds



Small: Low
Medium/Large: Medium

SMALL
Kcal 615 / 345g

MEDIUM
Kcal 800 / 440g

LARGE
Kcal 1190 / 650g

ICONIC

SPICY TUNA

SMALL 10.90€ MEDIUM 12.90€ LARGE 15.90€

White Rice, Tuna**, Goma Wakame*, Red Cabbage, Carrots, Cucumber, Ponzu Dressing, Spicy Peanuts Dressing, Jalapeño, Crispy Onion, Tobiko*,***, Sesame Seeds

Small/Medium: Low
Large: Medium

SMALL
Kcal 525 / 335g

MEDIUM
Kcal 665 / 425g

LARGE
Kcal 940 / 610g



ROAST BEEF

SMALL 10.90€ MEDIUM 12.90€ LARGE 15.90€

Brown Rice, English Style Roast Beef, Cherry Tomatoes, Avocado Hass, Soybean Sprouts, Feta Cheese, Aromatic Herbs Oil, Tartar Mayo, Almonds, Sesame Seeds



Small: Medio
Medium/Large: Alto

SMALL
Kcal 770 / 350g

MEDIUM
Kcal 895 / 425g

LARGE
Kcal 1235 / 615g

CHICKEN

SMALL 9.90€ MEDIUM 10.90€ LARGE 13.90€

White Rice, Teriyaki and Ginger Chicken, Zucchini, Cherry Tomatoes, Red Cabbage, Teriyaki Dressing, Spicy Mayo, Almonds, Sesame Seeds

Small/Medium: Low
Large: Medium

SMALL
Kcal 590 / 330g

MEDIUM
Kcal 745 / 430g

LARGE
Kcal 1040 / 630g



SUPER PROTEIN

SMALL 10.90€ MEDIUM 12.90€ LARGE 15.90€

Quinoa and Fresh Baby Spinach, Teriyaki and Ginger Chicken, Edamame, Avocado Hass, Cherry Tomatoes, Lemon Flavoured EVO Oil, Grana Padano Shavings, Almonds, Sesame Seeds



Small/Medium: Low
Large: Medium

SMALL
Kcal 700 / 365g

MEDIUM
Kcal 771 / 435g

LARGE
Kcal 1079 / 635g

VERY VEGAN

SMALL 9.90€ MEDIUM 10.90€ LARGE 13.90€

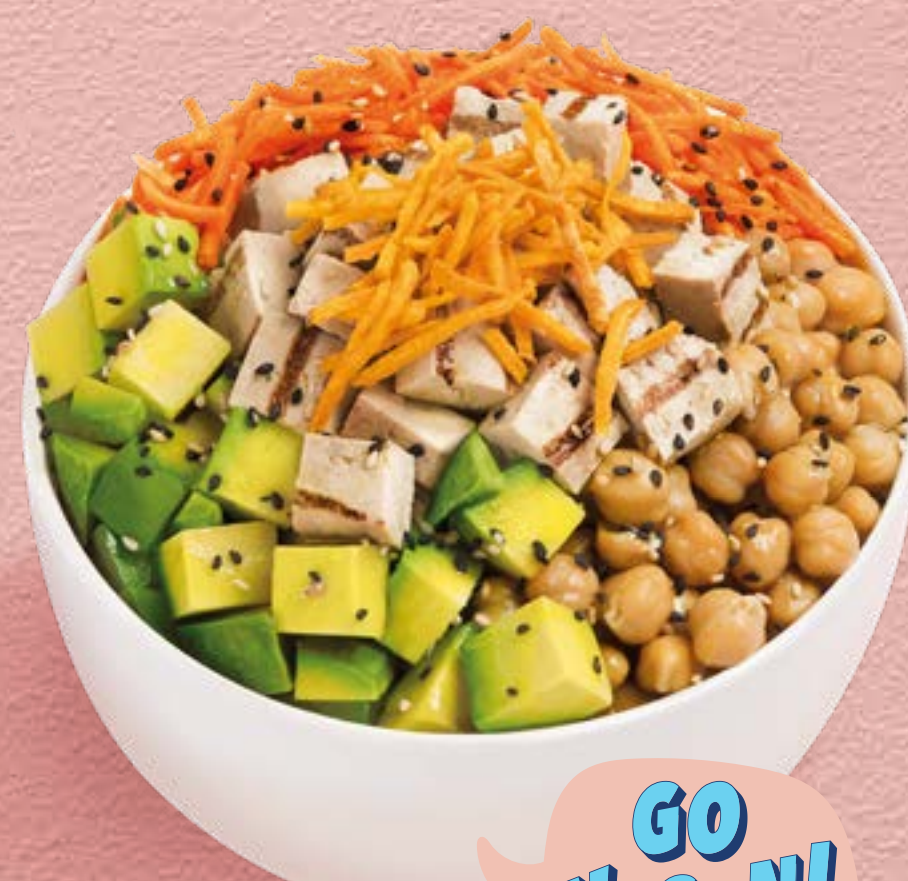
Quinoa, Organic Grilled Tofu, Chickpeas, Carrots, Avocado Hass, Teriyaki Dressing, Crispy Sweet Potato, Sesame Seeds

Low

SMALL
Kcal 505 / 300g

MEDIUM
Kcal 605 / 375g

LARGE
Kcal 870 / 555g



GO VEGAN!

Extra: Protein 1.50€; Greens 1.00€;
Dressing 0.30€; Crispy 0.30€

CREATE YOUR POKE BOWL

1. SIZE IT

SMALL: 10.90€ MEDIUM: 11.90€ LARGE: 14.90€

MAKE IT
YOUR WAY

2. BASE IT

CHOOSE UP TO 2 BASES

WHITE RICE
BROWN RICEE

BLACK RICE
BASMATI RICE

BICOLOUR QUINOA
FRESH BABY SPINACH

3. GREEN IT

SMALL / MEDIUM: 4 GREENS LARGE: 5 GREENS

AVOCADO HASS + 0.50€
GOMA WAKAME* + 0.50€
FRESH MANGO + 0.50€
CREAM CHEESE + 0.50€
PINEAPPLE COSTA RICA
EDAMAME*
CHERRY TOMATOES

RED CABBAGE
COURGETTE
CARROT
CUCUMBER
CHICKPEAS
CHARRED CORN
GREEK FETA CHEESE

GRANA PADANO
SHAVINGS
SOYBEAN SPROUTS
RED ONION
JALAPEÑO

PARSLEY COURGETTES 

ROASTED SWEET POTATOES WITH ROSEMARY 

4. PROTEIN IT

SMALL: 1 PROTEIN MEDIUM: 2 PROTEINS LARGE: 3 PROTEINS

NORWEGIAN SALMON
SALMON TARTARE
JUICY SALMON
TUNA**
SHRIMPS*

ENGLISH STYLE ROAST BEEF
SLOW COOKED CHICKEN
TERIYAKI AND GINGER CHICKEN
VEGAN NUGGETS*
ORGANIC GRILLED TOFU
GRILLED SALMON FILLET  + 0.50€



5. DRESS IT

CHOOSE 1 DRESSING



SOY BASED

GLUTEN-FREE SOY
TERIYAKI
PONZU
SPECIAL

MAYO BASED

SPICY MAYO 
WASABI MAYO*** 
HOUSE MAYO
TARTAR MAYO

HOUSE DRESSINGS

AVOCADO CREAM
MUSTARD AND HONEY
SPICY PEANUTS 
YUZU WASABI*** 

OIL BASED

LEMON FLAVOURED EVO OIL
AROMATIC HERBS OIL
MINT AND BASIL

6. CRISP IT

CHOOSE 1 TOPPING, ADDITIONAL TO SESAME SEEDS

CRISPY ONION
CRISPY SWEET POTATO
NORI SEAWEED

ALMONDS
TOBIKO*,***

Extra: Protein 1.50€; Grilled Salmon Fillet 2.00€; Greens 0.50€;
Dressing 0.30€; Crispy 0.30€

HEALTHY BREAK

ACAI BOWLS

AÇAI HOUSE BOWL

Açai*, Banana, Raspberries, Almonds, Chocolate Chips, Nut Butter

7.50€

AÇAI TROPICAL BOWL

Açai*, Strawberries, Pineapple, Granola, Honey

7.50€

TOAST

AVOCADO TOAST SIMPLE

Toasted Bread*, Avocado, Sesame Seeds

5.00€

AVOCADO HOUSE TOAST

Toasted Bread*, Avocado, Feta Cheese, Chilli Flakes, Sesame Seeds

6.00€

AVO & SALMON TOAST

Toasted Bread, Philadelphia, Avocado, Norwegian Salmon, Sesame Seeds

6.50€

SMOOTHIES

SWEET PINK - 30cl

Milk, Banana, Strawberry

5.50€

INTO THE SUN - 30cl

Coconut Milk, Mango, Pineapple, Banana

5.50€

SO GREEN - 30cl

Apple Juice, Avocado, Spinach, Cucumbers, Fresh Ginger, Lime

5.50€

CHOCO BOOST - 30cl

Coconut Milk, Vegan Chocolate Protein, Banana, Chocolate, Peanut Butter

6.00€



BEVERAGES

WATER - 50cl Still / Sparkling	1.50€
COCA COLA - 33cl Original / Zero	2.90€
LIMONADA MATHÉ - 27,5cl Organic Iced Tea	3.50€
KOMBUCHA - 33cl Sunny: Pear, Quince, Orange Blossom Tropical: Rooibos, Mango, Rose Petals	3.90€
WHOLE EARTH - 33cl Organic Elderflower Sparkling Drink	3.50€

COLD PRESSED

YELLOW - 15cl Mango, Pineapple and Lime	3.50€
ORANGE - 15cl Pineapple, Carrot, Papaya and Lime	3.50€
BOMB SHOT - 6cl Lime, Ginger and Turmeric	2.50€

BEERS

AMERICAN LAGER - 33cl Unfiltered Blond Beer	4.00€
RED ALE - 33cl Red Beer	4.00€

MINI FRUIT BOWL

MANGO AND LIME	4.00€
PINEAPPLE	3.00€

HAWAIIAN MOCHI*

CHOCOLATE, MANGO, VANILLA, GREEN TEA, COCONUT	
1 PIECE	2.00€
2 PIECES	3.00€
3 PIECES	4.00€