



Composez votre propre Bol

1. Size-it



Medium 10,90 €



Large 13,90 €

2. Base-it

Choisissez 1 ou 2

- Riz Blanc
- Riz Complet
- Salade
- Nacho's

3. Mix-it

Choisissez 5 - Extra Mix-it 1,90 €

- Concombre
- Mais
- Guacamole
- Tomate
- Chou Rouge
- Poivron
- Radis
- Wakamé
- Carotte
- Oignon Rouge
- Avocat
- Mangue
- Chou-Fleur
- Edamame
- Epinard

4. Protein-it

Choisissez 1 - Extra Protein 2,90 €

- Poulet
- Saumon +1 €
- Thon Rouge +2 €
- Crevettes +1 €
- Poulet Végan
- Tofu

5. Sauce-it

Choisissez 1 - Extra Sauce-it 0,90 €

- Wasabi Aioli
- Spicy Mayo
- Creamy Togarashi
- Sauce Sésame
- Ponzu Fresh
- Shoyu Soy
- Sweet Teriyaki

6. Top-it

Choisissez 3 - Extra Top-it 0,70 €

- Mix de Sésame
- Flocons de Piment
- Masago
- Jalapenos
- Nacho's
- Raisins Secs
- Oignons Frits
- Oignons Verts
- Gingembre Rose
- Graines de Chia
- Feta
- Noix de Cajou
- Graines de Tournesol



Signature Bowls

Medium : 10,90 € Large : 13,90 €



Classy Chicken



Protein-it's: Poulet / Poulet Végan

Mix-it's: Guacamole, Radis, Poivron, Tomate, Oignon Rouge, Mangue

Sauce: Sweet Teriyaki

Top-it's: Oignons Frits, Mix de Sésame, Nacho's



SUNNY SALMON +1 €



Protein-it's: Saumon

Mix-it's: Avocat, Mangue, Edamame, Wakamé, Concombre

Sauce: Wasabi Aioli

Top-it's: Raisins Secs, Oignons Verts, Masago



Tasy Tofu



Protein-it's: Tofu

Mix-it's: Avocat, Carotte, Edamame, Tomate, Concombre

Sauce: Sauce Sésame

Top-it's: Graines de Chia, Mix de Sésame, Oignons Verts



Volcano Chicken



Protein-it's: Poulet / Poulet Végan

Mix-it's: Guacamole, Maïs, Tomate, Oignon Rouge, Poivron

Sauce: Spicy Mayo

Top-it's: Jalapenos, Flocons de Piment, Nacho's



SPICY SHRIMP +1 €



Protein-it's: Crevettes

Mix-it's: Guacamole, Edamame, Tomate, Oignon Rouge, Poivron

Sauce: Creamy Togarashi

Top-it's: Jalapenos, Flocons de Piment, Nacho's



TUNA ORIGINAL +2 €



Protein-it's: Thon Rouge

Mix-it's: Guacamole, Edamame, Tomate, Concombre, Poivron

Sauce: Spicy Mayo

Top-it's: Oignons Verts, Mix de Sésame, Nacho's