



# my bowl for the WINTER

Breakfast : 10am-11:30am Lunch : 11:30am-2pm Dinner : 5pm- only reservation



## SOUP

HOLIDAY Onion gratin soup	680		
VEGAN Butternut squash soup (VV,GF)	780	<b>add ons</b>	
VEGAN Tomato soup (VV,GF)	780	+baguette (VV)	+220
VEGAN Mushroom soup (VV,GF)	880	+Ayurveda kitchari (VV,GF)	+330

## SIDE

House-made Roast Beef (GF)	980
<small>Beef / butter sauteed spinach / grilled cauliflower+potato / house-made harrisa spicy green goddess sauce / agave / balsamico</small>	
House-made Hummus + Turmeric grilled cauliflower w/ bread (VV)	580
Vegan Lasagna (VV)	550
Vegan MAC 'n' CHEESE (VV)	550
Burrata + Tomato house-made basil / agave / balsamico (V,GF)	680
House-made Basil Rice w/fried egg+kale (V)	770
Pouched egg w/beet yogurt sauce (V,GF)	580
AVOCADO Herb hummus (VV,GF)	680

## SALAD

House-made Roast BEEF salad w/ spicy green goddess (GF)	1,490
<small>kale / spinach / lettuce / house-made roast beef / grilled cauliflower / grilled potato / grilled broccoli / tomato / mixed nuts / parmesan cheese w/ spicy green goddess (+burrata cheese 480)</small>	
KALE CHICKEN CAESAR w/burrata+parmesan+feta cheese (GF)	1,450
<small>kale / spinach / lettuce / grilled chicken / burrata cheese / parmesan cheese / feta cheese / celery / tomato / grilled broccoli w/caesar (+avocado 280)</small>	
MEXICAN WAGYU TACOS TOSTADA	1,290
<small>kale / spinach / lettuce / house-made tortilla / tacos A5 WAGYU beef / avocado / parmesan cheese / mixed beans / bell peppers / tomato w/ spicy green goddess (+grilled cheese 110)</small>	
MISO TOFU QUINOA (VV,GF)	1,100
<small>kale / spinach / lettuce / quinoa / miso tahini tofu steak / pickled carrot&amp;apple / pickled red onion w/ miso ginger+ beet miso</small>	
Avocado hot QUINOA (VV,GF)	1,390
<small>fried kale / warm quinoa / avocado / griled broccoli / dukkha w/spicy cashew (+grilled vegetables 440)</small>	

## TOAST

AVO TOAST (VV)	1,155
<small>pain de campagne / avocado / sea salt / dukkha / spicy cashew sauce</small>	
Salmon Toast w/ house-made basil sauce	1,250
<small>pain de campagne / salmon / carrot / pickled red onion / house-made basil sauce</small>	

<b>add ons</b>	+vegan soup of the day (VV,GF)	+330
	+pouched egg (V,GF)	+240
	+kale salad (VV,GF)	+550
	+Ayurveda kitchari (VV,GF)	+330

## VEGAN DELI

Indy kitchari dukkha buddha bowl (VV,GF)	1,390
<small>organic soy tomato soup / kitchari / kale / spinach / lettuce / baked falafel / turmeric grilled cauliflowerpotato/ pickled carrot+apple /pickled red onion / house-made hummus / dukkha (+ PERI PERI chicken 480 + warm quinoa(VV,GF) 240)</small>	
Vegan cheese plate (VV)	1,250
<small>vegan lasagna / vegan mac and cheese / kale / lettuce / spinach / spice mixed beans / avocado / house-made hummus / white sauce (+ house-made baked falafel (VV,GF) 330 + grilled vegetables(VV,GF) 330 +vegan soup of the day(VV,GF) +330)</small>	
MISO TOFU steak + basil cauliflower rice bowl (VV,GF)	1,390
<small>House-made basil cauliflower rice / kale / miso tahini tofu steak / grilled vegetable (+avocado(VV,GF) 280)</small>	
JYUWARI SOBA Kale TOFU salad (VV)	1,290
<small>soba made with only buckwheat flour / tahini tofu steak / avocado w/MISO ginger + agave balsamico (+kimchi(VV,GF) 165 +organic natto(VV) 240)</small>	

## MEAT+FI SH DELI

House-made Roast BEEF DON	1,490
<small>house-made roast beef / fried brown+barley rice / grilled cauliflower+potato / pickled carrot+apple / pickled red cabbage / green salad w/ spicy green goddess+harrisa (+extra rice 150 +pouched egg(V,GF) 240 +Vegan Mac and cheese(VV) 275)</small>	
PERI PERI spicy chicken plate	1,290
<small>PERI PERI chicken / fried brown+barley rice / avocado / pickled carrot+apple / pickled red onion / green salad w/creamy curry dressing (+extra rice 150 +pouched egg(V,GF) 240 +Vegan Mac and cheese(VV) 275)</small>	
Grilled MAPLE SALMON RICE BOWL	1,450
<small>grilled maple salmon / fried brown+barley rice / avocado / pickled red onion / pickled carrot+apple / w/ honey apple vinaigrette + beet miso</small>	
Turmeric tahini Paella w/honey lemon chicken	1,250
<small>turmeric tahini / fried brown+barley rice / honey lemon chicken / bell pepper / pickled red onion / mixed beans w/ yogurt sauce + herbal hummus (+griled vegetable(VV,GF) 440 +grilled cheese(V,GF) 110)</small>	

### HOUSE- MADE Organ c

## Granola bowl



HOUSE-MADE GRANOLA YOGURT BOWL (VV,GF)	1,350
<small>choice of house-made granola / SOY yogurt / house-made jam / seasonal fruits / chiseeds / coconuts (+coconut ghee(V,GF) 300)</small>	
CHOOSE GRANOLA <input type="checkbox"/> classic <input type="checkbox"/> MATCHA CACAO CRUMBLE <input type="checkbox"/> STRAWBERRY VANILLA(+200) <input type="checkbox"/> Chocolate	
Organic ACAI STRAWBERRY GRANOLA BOWL (VV,GF)	1,490
<small>organic acai / house-made STRAWBERRY VANILLA granola / seasonal fruits / coconut (+SOY yogurt(VV,GF) 300)</small>	

“MATCHAMEAL” (VV,GF)	1,250
<small>house-made MATCHA CACAO CRUMBLE granola / house-made almond milk / dates / cardamon / orange / blueberry / SOY yogurt(+300)</small>	

ENERGY YELLOW BOWL (VV,GF)	1,590
<small>house-made classic granola / mango / banana / turmeric / dates / blueberry / ginger / pumpkin seeds / house-made almond milk (+CBD 480)</small>	

## HOUSE- MADE SWEETS

Banana spice cake (VV,GF)	680
<small>w/house-made coconut caramel ice cream+buckwheat seeds</small>	
Chocolate fondant (V,GF)	680
Chocolate granola parfait (VV,GF)	891
Caramel Brownie w/house-made ice cream (VV,GF)	750
Maple Anno sweet potato w/house-made ice cream (VV,GF)	880
Coconut cake (VV,GF)	680
Sweet potato caramel ice cream cookie sand (V,GF)	680
House-made Ice cream	2scoop 660
<small>*MILK•Raspberry cheese cake (vv)•Coconut Caramel (vv) *Banana soy yogurt (vv)•Truffle w/extra virgin olive oil +110</small>	



♥ fan favorite VV vegan V vegetarian GF gluten-free

\* If you have any dietary requiremets, please feel free to talk to the staff.