



UN-BOWL-LEAVEABLE

CONTACT: 063 574 6189
UBER EATS AND MR.DELIVERY
MON-FRI: 7AM-5PM
SAT: 7AM-2PM

ORDER THE DAY BEFORE FOR NEXT DAY DELIVERY.
ORDER BEFORE 1PM FOR DINNER DELIVERY.

BREAKFASTS

BREAKFAST BAGEL 50

Egg | Bacon | Labneh | Doritos | Basil Mayo | Chives

SALMON BAGEL 75

Labneh | Salmon | Cucumber | Red Onion | Capers | Dill | Coriander | Lime

TURKISH EGGS 60

Spiced Labneh | Paprika Butter | 2 Poached Eggs | Sesame Seeds | Coriander | Flatbread

TRUFFLE FRIES 35

Hand Cut Fries | Truffle Oil | Parmesan

ROASTED POTATO SALAD 70

Roasted Baby Potatoes | Aioli | Pickles | Red Onion | Fried Capers | Chili Flakes

BRAAI BROODTJIE 45

Tomato Sauce | Roasted Garlic & Paprika Aioli | Onion | Tomato | Mozzarella | Cheddar

CORN RIBS 65

Corn Ribs | Lime Yoghurt | Coriander | Honey Soya Sauce | Sesame seeds

BUTTERNUT SALAD 65

Charred Butternut | Pine Nuts | Parsley | Lime Yoghurt | Salsa Verde

CRACK CHICKEN 70

Chicken Bites | Sweet Chilli | Sesame Seeds | Coriander

CAPRESE BOWL 75

Medley Tomatoes | Bocconcini Balls | Basil | Aubergine | Salsa Verde | Crumb

BRAISED SHORT RIB 85

Sticky Asian BBQ | Short rib | Coriander

RED 35

Watermelon | Cucumber | Strawberry

GREEN 35

Basil | Pineapple | Coconut

ORANGE 35

Orange | Apple | Ginger | Turmeric

JUICES

SHAWARMA BOWL 95

Red Cabbage | Lamb | Red Onion | Cucumber | Tomato | Rocket | Hummus | Brinjal | Flatbread

CAULI & BEET BOWL 75

Bulgar Wheat | Beetroot | Cauliflower | Rocket | Halloumi | Avo | Tahini Yoghurt | Sesame Seeds | Feta

ORZO PASTA BOWL 80

Orzo | Labneh | Cucumber | Tomato | Red Onion | Feta | Olives | Olio Dressing | Za'atar

NOODLE BOWL 110

Rice Noodles | Garlic Chilli Sauce | Vegetarian Parcels | Baby Spinach | Broccoli | Coriander | Spring Onion | Sesame Seeds

POKE BOWL 120

Black Rice | Red Cabbage | Spring Onion | Edamame | Seared Tuna | Avo | Coriander | Nori Mayo | Nam Pla Dressing | Sesame Seeds

BOWLS

All bowls containing meat and fish can be substituted for Halloumi or Tofu at no extra charge

ADD ONS

25 Lamb	10 Roasted
20 Chicken Beef	Garlic & Paprika
20 Tofu Halloumi	Aioli Hummus
35 Tuna Salmon	Tahini Yoghurt
15 Bacon Avo	Chimichurri
10 Feta Egg	Nam Pla
8 Labneh Aioli	Dressing

LAMB FLATBREAD 65

Flatbread | Labneh | Lamb | Lime

CAULIFLOWER FLATBREAD 50

Flatbread | Tandoori Cauliflower | Labneh | Sesame Seeds | Coriander

BEEF FLATBREAD 55

Flatbread | Short rib | Labneh | Chimichurri | Rocket | Red Onion

CHICKEN FLATBREAD 60

Flatbread | Chicken | Sweet Chilli Sauce | Spring Onion | Coriander | Sesame Seeds

FLATBREADS