

# COMPONI LA TUA BOWL CREATE YOUR BOWL

REGULAR  
10.90 €



1 BASE, 2 PROTEINE  
4 INGREDIENTI

1 BASE, 2 PROTEINS, 4 INGREDIENTS

LARGE  
+2.50 €



1 BASE, 3 PROTEINE  
5 INGREDIENTI

1 BASE, 3 PROTEINS, 5 INGREDIENTS

# COMPONI I TUOI TACOS CREATE YOUR TACOS

1 TACO  
5.00 €



2 TACOS  
8.00 €

1 PROTEINA, 1 INGREDIENTE  
1 TOPPING

1 PROTEIN, 1 INGREDIENT, 1 TOPPING



MSC-C-58965  
Siamo certificati MSC. Cerca il marchio blu MSC. / We are MSC certified. Look for the blue MSC label.

● PRODOTTO CONGELATO ALL'ORIGINE. / FROZEN FOOD AT THE ORIGIN.  
Tutti i nostri prodotti ittici da consumarsi crudi o praticamente crudi sono conformi al Reg. CE 853/04 e S.M.I. In particolare per quanto riguarda i requisiti all'Allegato III, Sezione VIII, Capitolo III, Punto D. / All our fish products that are intended to be eaten raw or practically raw comply with EC Reg. 853/04 and subsequent amendments and additions, particularly regarding the requirements in Annex III, section VIII, chapter III, point D.

Info: I nostri prodotti contengono allergeni, chiedi al nostro personale di consultare la lista ingredienti e allergeni. / Our products contain allergens; ask our staff to consult the ingredients and allergens list.

VEGANO / VEGAN VEGETARIANO / VEGETARIAN   
PICCANTE / SPICY SERVITO CALDO / WARM SERVED

Alga Wakame: per somministrazione a bambini e minori si consiglia di consultare il libro Ingredienti. / Goma Wakame: for administration to children and minors, it is advisable to consult the Ingredients Book.

## SCEGLI 1 BASE CHOOSE YOUR BASE



**RISO BIANCO**  
WHITE RICE



**RISO INTEGRALE**  
BROWN RICE



**RISO NERO**  
BLACK RICE  
+0.30 €



**COUS COUS**  
COUS COUS



**INSALATA**  
ORGANIC SALAD



**METÀ E METÀ**  
HALF AND HALF

## SCEGLI GLI INGREDIENTI CHOOSE YOUR INGREDIENTS



● **TRIS DI VERDURE**  
TRIO OF VEGETABLES



● **CREMA DI ZUCCA**  
PUMPKIN CREAM  
+0.50 €



● **CARCIOFI**  
ARTICHOKEs  
+0.50 €



● **FUNGHI GRIGLIATI**  
GRILLED MUSHROOM  
+0.50 €



● **CREMA DI AVOCADO**  
AVOCADO CREAM  
+0.50 €



● **MANGO**  
MANGO  
+0.50 €



● **AVOCADO**  
AVOCADO  
+0.50 €



● **FETA GRECA**  
GREEK FETA CHEESE  
+0.50 €



● **ALGHE WAKAME**  
GOMA WAKAME  
+0.50 €



● **HUMMUS DI CECI**  
CHICKPEA HUMMUS  
+0.50 €



● **CREAM CHEESE**  
CREAM CHEESE  
+0.50 €



● **POMODORINI**  
CHERRY TOMATOES



● **MAIS**  
CORN



● **EDAMAME**  
EDAMAME



● **ANANAS**  
PINEAPPLE



● **CIPOLLA ROSSA**  
RED ONION



● **ZENZERO**  
GINGER



● **CAVOLO ROSSO**  
RED CABBAGE



● **CAROTE**  
CARROTS



● **CETRIOLI**  
CUCUMBER



● **CECI**  
CHICKPEAS



● **JALAPEÑO**  
JALAPEÑO

### TOPPING



● **ANACARDI**  
CASHEW NUTS  
+0.50 €



● **CRISPY PATATE**  
CRISPY POTATOES  
+0.50 €



● **MANDORLE**  
ALMONDS  
+0.50 €



● **SESAMO**  
SESAME SEEDS



● **CIPOLLA CROCCANTE**  
CRISPY ONION



● **MAIS TOSTATO**  
TOASTED CORN

EXTRA  
+0.50 €

## SCEGLI LE PROTEINE CHOOSE YOUR PROTEINS

EXTRA  
+2.00 €

### CRUDO RAW



● **TARTARE SALMONE**  
SALMON TARTARE  
+0.50 €



● **SALMONE AL NATURALE**  
NATURAL SALMON



● **SALMONE MARINATO ALL'HAWAIIANA**  
HAWAIIAN MARINATED SALMON



● **TONNO AL NATURALE**  
NATURAL TUNA

### COTTO COOKED

NEW



● **STRACCETTI DI MANZO AROMATIZZATO**  
BEEF SPICED STRIPS



● **GAMBERI AL VAPORE**  
STEAMED SHRIMPS



● **BOCCONCINI DI POLLO**  
CHICKEN BITES



● **TENTACOLI PREZZEMOLO E LIMONE**  
PARSLEY AND LEMON TENTACLES



● **SALMONE AL VAPORE**  
STEAMED SALMON

### PLANT BASED

VEGETARIANO VEGETARIAN

VEGANO VEGAN

NEW



● **POLPETTE DI SOIA GARDEN GOURMET®**  
GARDEN GOURMET® SOY BALLS

NEW



● **STRACCETTI PLANTED**  
PLANTED STRIPS

## SCEGLI 1 SALSA CHOOSE YOUR SAUCE

EXTRA  
+0.30 €



● **HAWAIIAN SPECIAL**  
HAWAIIAN SPECIAL  
+0.30 €



● **BBQ**  
BBQ  
+0.30 €

NEW



● **GUACAMOLITO**  
GUACAMOLITO  
+0.30 €



● **MAIO VEGANA**  
VEGAN MAYO  
+0.30 €



● **YOGURT**  
YOGURT  
+0.30 €



● **MAIO PICCANTE**  
SPICY MAYO  
+0.30 €



● **AGROPICCANTE TROPICALE**  
TROPICAL SWEET AND SOUR  
+0.30 €



● **MAIO WASABI**  
WASABI MAYO  
+0.30 €



● **TERIYAKI**  
TERIYAKI



● **PONZU**  
PONZU



● **OLIO EVO**  
EVO OIL



● **VINAIGRETTE**  
VINAIGRETTE



● **SOIA SENZA GLUTINE**  
GLUTEN FREE SOY



● **SRIRACHA**  
SRIRACHA