

# BOWL ME OVER

**SCAN QR CODE TO ORDER FROM  
YOUR TABLE**



Or we can help you at the counter



bowlme.over

03 7038 0506

bowlmeover.com.au

Open 7 days

## DRINKS

Latte, Flat White, Cappacino, Mocha	<b>\$4.5</b>
Large	<b>+\$0.5</b>
Ice Coffee, Chai, Chocolate	<b>\$5</b>
Espresso	<b>\$3.5</b>
Short black	<b>\$3.5</b>
Hot Chocolate	<b>\$5</b>
Chai Latte	<b>\$5</b>
Babycino	<b>\$2</b>
Tea by Love Tea	<b>\$4.5</b>
English Breakfast, Earl Grey, Green, Peppermint, Lemongrass and ginger	
Oat, Almond or Soy milk	

## SWEETS

Fudge Brownie	<b>\$7</b>
Blackforest Hazelnut Superball	<b>\$4.5</b>
Salted Caramel Peanut Butter Slice	<b>\$7</b>

## KIDS MENU

<b>KIDS AVO</b> Avocado + cherry tomatoes on one slice of sourdough	<b>\$8</b>
<b>PB + JELLY</b> Peanut butter + strawberry chia jam on one slice of sourdough	<b>\$8</b>
<b>ACAI BOWL</b>	<b>\$10</b>
Acai, banana and strawberry blend topped with granola, bananas, strawberries + coconut flakes. <i>Add peanut butter, chocolate sauce, coconut yoghurt +\$1.5</i>	
<b>SMOOTHIES</b>	<b>\$8</b>
<b>BANANARAMA</b> Banana, peanut butter, dates + oat milk	
<b>BERRY GOOD</b> Banana, mixed berries, dates + coconut milk	

## ALL DAY BREAKFAST

**AVO TOAST** Avocado, cherry tomatoes, feta, seed mix, balsamic + lemon. **\$12**

**BREAKFAST BOWL** Sourdough toast, scrambled tofu, baked beans, spinach, tomatoes, avocado, tomato relish + parsley **\$18**

**BIRCHER MUESLI** Oats soaked in orange juice with grated apple, cinnamon + nutmeg, topped with strawberries, banana, blueberries, coconut yogurt + coconut flakes **\$14**

**TOAST**  
Two slices with strawberry chia jam, peanut butter or vegemite **\$8**  
One slice with tofu scramble + relish **\$12**  
*Gluten Free + \$2*

**ACAI BOWLS** **\$14**

**PICK ME UP** Acai blended with strawberries and bananas, topped with granola, goji berries, strawberries, blueberries, banana + flaked coconut

**PEANUT BUTTER BOWL** Acai blended with strawberries and bananas, topped with flaked coconut, granola, cacao nibs, banana, strawberries + peanut butter

**Extras - \$1.5** Coconut flakes, Cacao nibs, Goji berries, Peanut butter, Coconut yoghurt, Almond butter, Chocolate sauce, Strawberry chia jam

**SMOOTHIES** **\$12**

**GREEN GOODNESS** Spinach, kale, orange, chia seeds, mango, coconut water, passionfruit + flax

**THE NUTTER** Banana, peanut butter, dates, cacao powder, chia seeds + oat milk

**SUPER BERRY** Banana, mixed berries, coconut milk, dates + chia seeds

**PIÑA COLADA** Pineapple, banana, coconut yoghurt, coconut milk + dates

**MINT CHOC** Banana, almond butter, spinach, spirulina, oat milk, peppermint oil, maple + cacao

**KICK STARTER** Espresso, banana, dates, oat milk + peanut butter

**POWER UP** Banana, oats protein powder, strawberries, oat milk + almond butter

**STAYCATION** Mango, banana pineapple, coconut milk + dragonfruit

## SIGNATURE BOWLS

FROM 8AM

**\$18**  
**Extra side \$2**  
**Extra main \$4**

### SESAME MUSHROOM

Rice, sesame mushroom, carrots, red cabbage, edamame, zesty coconut sauce, bean sprouts, crispy shallots + mint

### CHICKPEA CURRY

Rice, chickpea + lentil curry, carrots, red cabbage, spinach, zesty coconut sauce, bean sprouts, crispy shallots + coriander

### BURRITO BOWL

Rice, burrito bean mix, avocado, tomato, cucumber, nacho cheese sauce, coconut yoghurt, corn chips + coriander

### TOFU SATAY

Rice, satay tofu, marinated broccoli, spinach, carrots, edamame, peanut satay sauce, crispy shallots, bean sprouts + mint

### LOADED GREEN SALAD **\$16**

Spinach, marinated broccoli, edamame, avocado, zesty coconut sauce, crispy shallots, pickled ginger, bean sprouts, sesame seeds + mint

## BUILD YOUR OWN BOWL

FROM 8AM

**\$18**  
**Extra side \$2**  
**Extra main \$4**

**BASE** pick 1  
Rice  
Quinoa  
Greens  
Corn chips +\$2

**MAIN** pick 1  
Sesame mushroom  
Chickpea lentil curry  
Burrito bean mix  
Satay tofu  
Tofu scramble  
Baked beans

**FRESH** pick 5  
Avocado +\$2 Edamame  
Beetroot, steamed Pickled onions  
Broccoli, marinated Red cabbage  
Carrot Sauerkraut  
Coconut yoghurt Spinach  
Corn chips Tofu Feta +\$2  
Cucumber Tomato

**SAUCE** pick 1  
Nacho cheese Zesty coconut  
Peanut satay Tomato relish  
Spicy tahini Tamari  
Sriracha

**TOPPING** pick 2  
Bean sprouts Mint  
Chilli flakes Parsley  
Coriander Pickled ginger  
Crispy shallots Sesame seeds  
Jalapeños