

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

100% Plant Based

DRINKS

Latte, Flat White, Cappacino, Mocha	\$4.5
Large	+\$0.5
Ice Coffee, Chai, Chocolate	\$5
Cold Brew	\$5
Espresso	\$3.5
Short black	\$3.5
Hot Chocolate	\$5
Chai Latte	\$5
Turmeric Latte (Root'd by Healr)	\$5
Babycino	\$2
Tea by Love Tea	\$4.5
English Breakfast, Earl Grey, Green, Peppermint, Lemongrass and ginger	
Oat, Almond or Soy milk	

SWEETS

Fudge Brownie	\$7
Blackforest Hazelnut Superball	\$4.5
Salted Caramel Peanut Butter Slice	\$7

KIDS MENU

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

ALL DAY BREAKFAST

AVO TOAST Sourdough toast, avocado, cherry tomatoes, \$12
tofu feta, seed mix, balsamic + lemon.

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

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

SCRAMBLED TOFU TOAST Sourdough toast, tofu scramble + relish \$12
Two slices with strawberry chia jam, peanut butter or
vegemite \$8

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 cashew 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 cashew cheese Zesty coconut
Peanut satay Tomato relish
Spicy tahini Tamari
Smokey chipotle aioli Sriracha

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

ALLERGENS: Many of our dishes contain nuts, gluten and soy. Please speak with staff for any allergen information. This is a shared kitchen and all food may contain traces of nuts, gluten and soy.