

# TAKE-OUT MENU

CHOOSE 1 OF OUR 4 FIXED BOWLS OR CREATE YOUR OWN.

YOU CAN SEND YOUR REQUEST TO +297 641 8919 (WHATSAPP MESSAGE ONLY!) DURING OUR BUSINESS HOURS (MON-SAT: 8.30 AM - 8 PM, SUN: 9 AM - 5 PM).



## FIXED HAPPY BOWLS

IF YOU FIND IT DIFFICULT TO CREATE YOUR OWN HAPPY BOWL YOU CAN CHOOSE 1 OF OUR 4 FIXED BOWLS.

### 1. CHOOSE YOUR BASE:

BROWN RICE	WHITE RICE	QUINOA
------------	------------	--------

### 2. PICK YOUR FAVORITE FIXED BOWL:

<p><b>CRUNCHY LOVER</b></p> <p>SPICY TEMPEH (FIRM FERMENTED SOYBEAN MEAT REPLACER) (S)(SW)</p> <p>ZUCCHINI</p> <p>CARROTS</p> <p>SPRING ONION</p> <p>RED CABBAGE</p> <p>THAI PEANUT SAUCE (N)(S)(SW)</p> <p>FINAL TOUCH: LOCAL SPROUTS</p>	<p><b>SUSHI VIBES</b></p> <p>WATERMELON TUNA (MOCK TUNA MADE FROM WATERMELON) (O)(SW)(S)</p> <p>MANGO</p> <p>EDAMAME BEANS</p> <p>CUCUMBER</p> <p>AVOCADO</p> <p>TAMARI SOY GINGER SAUCE (S)(SW)(O)</p> <p>FINAL TOUCH: FRESH CILANTRO - MINT - RED CHILI PEPPER</p>
<p><b>PROTEIN EXPLOSION</b></p> <p>ROASTED CHICKPEAS (O)</p> <p>MIXED BELL PEPPERS</p> <p>CORN</p> <p>BLACK BEANS</p> <p>SWEET POTATO (O)</p> <p>CREAMY SRIRACHA SAUCE (O)(SW)</p> <p>FINAL TOUCH: DUKKAH (NUT MIX WITH SPICES) (N)</p>	<p><b>FRESH ENERGY</b></p> <p>TOFU FETA (MOCK FETA CHEESE MADE FROM TOFU) (S)(SW)</p> <p>CHERRY TOMATOES</p> <p>FRESH SPINACH</p> <p>CUCUMBER</p> <p>CHICKPEAS</p> <p>LEMON-TAHINI SAUCE (O)(SW)</p> <p>FINAL TOUCH: POMEGRANATE</p>

# CREATE YOUR OWN HAPPY BOWL

CREATE YOUR OWN FAVORITE HAPPY BOWL, FOLLOW THE 5 STEPS BELOW:

## 1. CHOOSE YOUR BASE:

BROWN RICE	WHITE RICE	QUINOA
------------	------------	--------

## 2. CHOOSE 1 PREMIUM:

TOFU FETA (S)(SW) (MOCK FETA CHEESE MADE FROM TOFU)	SPICY TEMPEH (S)(SW) (FIRM FERMENTED SOYBEAN MEAT REPLACER)	ROASTED CHICKPEAS (O)
WATERMELON TUNA (MOCK TUNA MADE FROM WATERMELON) (O)(SW)(S)	OR ASK FOR OUR CHANGING SPECIALS OR CHECK OUR SOCIAL MEDIA.	

## 3. CHOOSE 4 TOPPINGS:

SWEET POTATO (O) FRESH SPINACH CHERRY TOMATOES ZUCCHINI CUCUMBER	AVOCADO CORN MIXED BELL PEPPERS RED CABBAGE CARROTS	SPRING ONION EDAMAME BEANS CHICKPEAS KIDNEY BEANS MANGO OR PINEAPPLE APPLE
--	---	---

## 4. CHOOSE YOUR SAUCE:

- LEMON TAHINI (O)(SW)
- CREAMY SRIRACHA (O)(SW)
- TAMARI SOY-GINGER (S)(SW)(O)
- THAI PEANUT (N)(S)(SW)

## 5. CHOOSE YOUR FINAL TOUCH:

- DUKKAH (NUT MIX WITH SPICES) (N)
- PEANUT - CHILI - COCONUT CRUNCH (N)
- FRESH CILANTRO - MINT - RED CHILI PEPPER
- LOCAL SPROUTS
- POMEGRANATE
- SPICY SUNFLOWER SEEDS

## HUNGRY?

ALL EXTRAS:

TOPPING, SAUCES & FINAL TOUCHES: \$1

PREMIUMS: \$2

## ALLERGY INFO:

(N) = CONTAINS NUTS

(S) = CONTAINS SOY

(SW) = CONTAINS SWEETENER (MAPLE SYRUP, AGAVE SYRUP AND/OR RAW CANE SUGAR)

(O) = CONTAINS OIL (EXTRA VIRGIN OLIVE OIL, SESAME OIL AND/OR SUNFLOWER OIL)

ALL OUR TOPPING ARE PLANT-BASED (-VEGAN) AND GLUTEN FREE!

## MORE INFO

CHECK OUR GENERAL MENU WITH ALL WE HAVE TO OFFER AT: [ONEHAPPYBOWL.COM/MENU](https://onehappybowl.com/menu)

FOLLOW US ON [INSTAGRAM](#) AND [FACEBOOK](#) TO STAY UP-TO-DATE ABOUT NEW MENU ITEMS, SPECIALS AND EVENTS.