



 @onehappybowl  
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# Happy Bowl

- HEALTHY FOOD CAFE -

## Menu

> ORDER INSIDE PLEASE! <

20% DISCOUNT IF YOU ARE LOCAL ON ALL MENU ITEMS!

OPENING HOURS:  
 TUE - SUN: 10 AM - 4 PM

### - BREAKFAST -

*All day*

ALL ITEMS \$ 9.50

LOCAL GREEN SMOOTHIE BOWL,  
HOMEMADE GRANOLA, NUTS/SEEDS  
& FRESH FRUITS

OR

COCONUT YOGHURT,  
HOMEMADE GRANOLA & FRESH FRUITS

OR

NUTTY BANANA SPLIT  
COCONUT YOGHURT,  
NUTS/SEEDS, PEANUT BUTTER

OR

FLAMINGO OATMEAL  
WITH PROTEIN & BEET POWDER, SEED MIX, BANANA,  
RED BERRY SAUCE & COCONUT FLAKES

### Breakfast Happy Bowls

#### TOFU SCRAMBLE BREAKFAST BOWL

CHOOSE YOUR OWN BASE & SAUCE  
 TOPPINGS: TOFU SCRAMBLE, TOMATOES,  
 SPINACH, AVOCADO & BLACK BEANS.  
 FINAL TOUCH: COCONUT 'BACON' OR SPROUTS

\$ 13.50



STICK HOUSE POPSICLES  
100% FRUITS

\$ 4.50

SEVERAL  
HEALTHY SWEETS  
FROM \$ 3

SEE DISPLAY  
INSIDE FOR ALL  
FLAVORS!

### - HAPPY BOWLS -

MEET OUR DELICIOUS POKE BOWLS! ON THE BOARD INSIDE YOU CAN SEE ALL AVAILABLE BASES, TOPPINGS, FINAL TOUCHES AND SAUCES. CREATE YOUR OWN FAVORITE OR LET US DECIDE :-)

#### HAPPY BOWL

CHOOSE YOUR BASE,  
 5 TOPPINGS, SAUCE  
 & FINAL TOUCH

#### SURPRISE BOWL

WE CHOOSE YOUR BASE,  
 5 TOPPINGS, SAUCE  
 & FINAL TOUCH

\$ 13.50

#### HUNGRY?

ALL EXTRAS:

TOPPINGS + \$ 1  
 PREMIUMS + \$ 2



### FIXED BOWLS

OR CHOOSE 1 OF OUR SIGNATURE BOWLS:

#### FRESH ENERGY

TOFU FETA  
 CHERRY TOMATOES  
 FRESH SPINACH  
 CUCUMBER  
 CHICKPEAS  
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#### SUSHI VIBES

WATERMELON TUNA  
 MANGO  
 EDAMAME  
 CUCUMBER  
 AVOCADO  
 ---

#### CRUNCHY LOVER

SPICY TEMPEH  
 ZUCCHINI  
 CARROTS  
 CUCUMBER  
 RED CABBAGE  
 ---

#### PROTEIN EXPLOSION

ROASTED CHICKPEAS  
 MIXED BELL PEPPERS  
 CORN  
 BLACK BEANS  
 SWEET POTATO  
 ---  
 CREAMY SRIRACHA  
 DUKKAH

LEMON - TAHINI  
SPROUTS

TAMARI - GINGER  
PEANUT - CHILI  
- COCONUT

THAI PEANUT  
SPRING ONION

### - DRINKS -

COFFEE \$2.50

ESPRESSO \$2

CAPPUCCINO \$3.50

CAFFE LATTE \$4

ORGANIC TEA \$2.50

CHAI/TURMERIC LATTE \$4

FRESH MINT TEA \$3.50

FRESH GINGER/LEMON TEA \$3.50

JUST WATER \$4

LOCAL KOMBUCHA \$5.50

COLD PRESSED JUICES \$6

### Attention please!

OUR BOWLS AND OTHER DISHES ARE MADE WITH  
 SPECIAL CARE AND ARE  PLANT-BASED &  
 GLUTEN FREE.

PLEASE LET US KNOW IF YOU HAVE ANY ALLERGIES.