

Healthy happiness  
in a bowl! 11 AM - 4 PM

# Lunch Menu

ALL PLANT-BASED & \*GLUTEN FREE



\$ 13.50



## Signature Bowls

CHOOSE YOUR OWN BASE: WHITE RICE / BROWN RICE / QUINOA / ZOODLES

### FRESH ENERGY

TOPPINGS: TOFU FETA, FRESH SPINACH, CUCUMBER, CHICKPEAS, CHERRY TOMATOES  
SAUCE: LEMON-TAHINI  
FINAL TOUCH: ALFALFA SPROUTS

### CRUNCHY LOVER

TOPPINGS: SPICY TEMPEH, CUCUMBER, ZUCCHINI, CARROTS, RED CABBAGE  
SAUCE: THAI PEANUT  
FINAL TOUCH: SPRING ONION

### SUSHI VIBES

TOPPINGS: WATERMELON TUNA, EDAMAME, CUCUMBER, MANGO, AVOCADO  
SAUCE: TAMARI SOY - GINGER  
FINAL TOUCH: PEANUT - CHILI - COCONUT CRUNCH



### PROTEIN EXPLOSION

TOPPINGS: ROASTED CHICKPEAS, SWEET POTATO, BELL PEPPERS, CORN, BLACK BEANS  
SAUCE: CREAMY SRIRACHA  
FINAL TOUCH: DUKKAH (SPICED NUTS MIX)

### CRAVING BREAKFAST

TOPPINGS: TOFU SCRAMBLE, FRESH SPINACH, AVOCADO, BLACK BEANS, CHERRY TOMATOES  
SAUCE: YOU PICK!  
FINAL TOUCH: COCONUT BACON OR ALFALFA SPROUTS



Monthly special

ASK OUR STAFF!

\$ 15

\$ 9.50



## ALL DAY BREAKFAST

### Coconut Yoghurt

WITH OUR SIGNATURE HOMEMADE GRANOLA & FRESH FRUITS

### Nutty Banana Split

WITH COCONUT YOGHURT, CHIA/FLAX/QUINOA SEEDS, PEANUT BUTTER & ALMONDS

### Flamingo Oatmeal

PINK OATMEAL WITH FLAX/CHIA SEEDS, FRESH FRUITS, COCONUT FLAKES & AGAVE SYRUP

### Protein Cookie Dough Dip

WITH FRESH FRUITS, SWEET NACHOS & CHOCOLATE CHIPS

### Oat Banana Pancakes

WITH FRESH FRUITS & AGAVE SYRUP



### Various Smoothie Bowls

SEE ALL OUR SMOOTHIE BOWLS ON THE BACK SIDE OF THIS MENU!

### Pastechi

ASK FOR OUR SEPARATE PASTECHEI MENU. MADE FROM SPELT FLOUR (NOT GLUTEN FREE).

SINGLE: \$3 COMBO \$5  
3 PASTECHEI: \$8



### Thirsty?

SEE ALL OUR DRINKS ON THE BACK SIDE!

## CREATE YOUR OWN

From \$ 13.50

Create your own happy bowl (poke/buddha bowl) with more than 20 toppings to choose from!

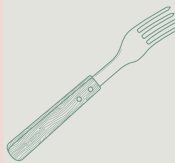
1. Choose your base

2. Choose 1 premium & 4 toppings

3. Choose your sauce

## How it works

Done!

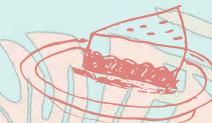


4. Choose final touch

HUNGRY?  
ADD MORE TO YOUR BOWL!

EVERY EXTRA TOPPING/FINAL TOUCH/BASE: +\$1  
EVERY EXTRA PREMIUM/SAUCE: +\$2

Healthy sweet tooth?  
ASK OUR STAFF FOR ALL OUR OPTIONS!



FOLLOW US  
@ONEHAPPYBOWL

Locals 20% discount!



# Breakfast Menu

All day healthy food experience!  
7 AM - 11 AM

ALL PLANT-BASED & \*GLUTEN FREE

## Smoothie Bowls

### GREEN ENERGY

BASE: BANANA, CUCUMBER, PINEAPPLE, MINT, FLAXSEED POWDER  
TOPPINGS: GRANOLA, SEEDS MIX, BANANA, STRAWBERRIES, BLUEBERRIES & GOLDENBERRY

\$ 9.50

### NUTS FOR CHOCOLATE

BASE: BANANA, COCOA POWDER, COCONUT MILK  
TOPPINGS: BANANA, COCONUT FLAKES, ALMONDS, PEANUT/CHIA SEEDS CRUMBLE & CHOCOLATE CHIPS

### BLUEBERRY MUFFIN

BASE: BLUEBERRIES, BANANA, LEMON ZEST, COCONUT MILK, VANILLA  
TOPPINGS: OAT COOKIE GRANOLA, ALMONDS, BANANA, STRAWBERRIES, BLUEBERRIES & GOLDENBERRY

### TROPICAL IMMUNE BOOSTER

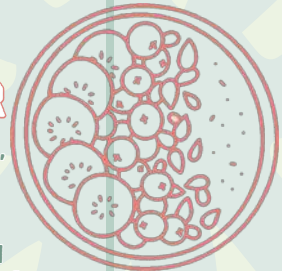
BASE: MANGO, BANANA, FRESH GINGER & TURMERIC  
TOPPINGS: PUMPKIN SEEDS, COCONUT FLAKES, ALMONDS, BANANA, KIWI & STRAWBERRIES

### PINK ELIXIR

BASE: WATERMELON, PAPAYA, BANANA, STRAWBERRY  
TOPPINGS: COCOA RAWNOLA, PUMPKIN SEEDS, KIWI, BANANA & BLUEBERRY

### +ADD-ONS

PEANUT BUTTER SEEDS / NUTS / COCO FLAKES GRANOLA/RAWNOLA \$2  
VEGAN PROTEIN (NEUTRAL/VANILLA) SPIRULINA \$3



## SAVORY BREAKFAST

### Pastechi

ASK FOR OUR SEPARATE PASTECHI MENU. MADE FROM SPELT FLOUR (NOT GLUTEN FREE).  
SINGLE: \$3 COMBO \$5  
3 PASTECHI: \$8



\$ 9.50

### Chickpea veggie frittatas

COMES WITH LETTUCE, CUCUMBER, TOMATO & AVOCADO. TOPPED WITH TOMATO SALSA, COCONUT SOUR CREAM, SPRING ONION & VEGAN PARMESAN.



### Breakfast wraps

\$ 9.50

CHEEZE & COCONUT BACON  
BASE: SPINACH, AVOCADO & TOMATO

ZALMON & CREAM CHEEZE  
BASE: LETTUCE, AVOCADO & CUCUMBER

TOFU SCRAMBLE  
BASE: SPINACH, AVOCADO & TOMATO



Choose sauce: lemon-tahini, creamy sriracha or sweet n sour sesame



## SWEET BREAKFAST

### Coconut Yoghurt

WITH OUR SIGNATURE HOMEMADE GRANOLA & FRESH FRUITS

### Nutty Banana Split

WITH COCONUT YOGHURT, CHIA/FLAX/QUINOA SEEDS, PEANUT BUTTER & ALMONDS

### Flamingo Oatmeal

PINK OATMEAL WITH FLAX/CHIA SEEDS, FRESH FRUITS, COCONUT FLAKES & AGAVE SYRUP

### Oat Banana Pancakes

WITH FRESH FRUITS & AGAVE SYRUP

### Protein Cookie Dough Dip

WITH FRESH FRUITS, SWEET NACHOS & CHOCOLATE CHIPS

### Sunday Brunch!

EVERY SUNDAY  
9 AM - 12 PM!

onehappybowl.com/sundaybrunch



## All Day Drinks

### HOT

- ESPRESSO \$ 2.50
- LUNGO \$ 3
- AMERICANO \$ 3
- CAPPUCCINO \$ 3.50
- LATTE \$ 4
- LATTE MACCHIATO \$ 4
- CHAI LATTE \$ 4
- TURMERIC LATTE \$ 4
- MATCHA LATTE \$ 4
- FLAMINGO LATTE \$ 4
- HOT COCOA \$ 4
- ORGANIC TEA \$ 2.50
- FRESH MINT TEA \$ 3.50
- FRESH GINGER/LEMON TEA \$ 3.50

### COLD

- FRESH SMOOTHIES \$ 6.50
- COLD-PRESSED JUICES \$ 6.50
- LOCAL KOMBUCHA \$ 6.50
- FRESH COCONUT \$ 6.50
- GINGER SHOT \$ 4
- ICED COFFEE \$ 4
- SPRING WATER \$ 4
- SPARKLING WATER \$ 4

See separate menu for all smoothie, juice & kombucha flavors.



## Pastries

CHECK OUR DISPLAY INSIDE OR ASK OUR STAFF!



Locals 20% discount!



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