

# YOU DEAL!

Personalize your Healthy Meal by choosing the formula which you prefer: **BOWL** or **PLATE**. You'll get a colourful, balanced and healthy meal with magic flavour

## COMPOSE YOUR BOWL €12,00

Our Healthy Bowls are designed to offer you a balanced taste that you can compose as follows:

CHOOSE 2 BASES + 2 GREENS + 1 TOPPING + 1 DRESSING  
IF YOU WANT CHOOSE SOME EXTRAS (VARIABLE PRICE)

### CHOOSE 2 BASES

- REBEL RICE**  
Low carb rice
- ORGANIC BICOLOR QUINOA**
- WHOLEMEAL BASMATI RICE**
- BABY GEM SALAD**
- BABY SPINACH**

### CHOOSE 2 GREENS

- MANIA-KALE SALAD**  
Kale salad, kale, cherry tomatoes, feta cheese, olives and vinaigrette 403030 7
- LIGHT COLESLAW**  
White cabbage and carrots with sesame seeds, tahina and yogurt and dill dressing 7 - 11
- PAPRIKA BATATA**  
Low carb roasted american potato with paprika and rosemary
- ARTICHOKE CAPONATA**  
Artichoke\* caponata, cherry tomatoes, taggiasca olives and basil
- AUBERGINES AND COURGETTES**  
Aubergines and courgettes with mint oil and almond crumble 8
- AVOCADO**

**CHOOSE 1 TOPPING**

- PEACAN WALNUTS 8**
- CASHEW NUTS 8**
- WALNUTS 8**
- ALMONDS 8**
- VEGETABLE CHIPS**
- OLIVE POWDER**

**CHOOSE 1 DRESSING**

- VINAIGRETTE 403030**
- SOY (GF), MUSTARD AND LEMON DRESSING 6 - 10**
- DRESSING C - VITAMIN MANGO**
- LIGHT CAESAR DRESSING 1 - 3 - 4 - 6 - 7 - 10 - 12**
- YOGURT AND DILL DRESSING 7**
- BASIL VEGAN PESTO**
- MEDITERRANEAN PESTO 8**
- TERIYAKI SOUCE 1 - 6 - 10**
- EVO OIL**
- GF SOY SOUCE 6**

### ADD SOME EXTRAS

#### PROTEINS

- ROASTED HERB CHICKEN BREAST** + € 5,00
- BUTTONS OF SEARED SALMON WITH HERBS 4 - 6** + € 7,00
- STEAMED MARINATED PRAWNS\* 2** + € 7,00
- BOILED PURPLE EGG 3** + € 3,00
- FETA CHEESE 7** + € 3,00
- CRISPY VEGAN MEATBALL 1 - 6 - 8** + € 5,00  
Vegan meatball with crispy lowcarb breading
- HERB ROASTED TOFU STEAK 6** + € 6,00

#### DIP

- CHICKPEA HUMMUS** + € 2,00  
Cream of chickpea and tahina with origan 11
- BEET HUMMUS** + € 2,00  
Cream of chickpea and beetroot with poppy seeds 11
- AVOCADO MASH** + € 2,00  
Cream of guacamole and lime
- TZATSIKY** + € 2,00  
Greek yogurt cream with cucumber and mint 7

MAKE IT 403030  
CHOOSE A BASE OF CEREAL AND ONE OF SALAD, TWO GREENS, A TOPPING, A DRESSING AND A PROTEIN OF YOUR CHOICE. STAY BALANCED!

## COMPOSE YOUR DISH

Our Healthy Dish are designed to offer you a balanced taste that you can compose as follows:

CHOOSE 1 PROTEIN (VARIABLE PRICE) + 2 SIDES AT YOUR CHOICE (€8) + 1 DRESSING (EXTRA PRICE)

### CHOOSE 1 PROTEIN

- ROASTED HERB CHICKEN BREAST** € 6,00
- BUTTONS OF SEARED SALMON WITH HERBS 4 - 6** € 10,00
- STEAMED MARINATED PRAWNS\* 2** € 10,00
- TWO BOILED PURPLE EGGS 3** € 6,00
- FETA CHEESE 7** € 4,00
- CRISPY VEGAN MEATBALL** € 6,00  
Vegan meatball\* with crispy lowcarb breading 1 - 6 - 8
- HERB ROASTED TOFU STEAK 6** € 6,00

### CHOOSE 2 SIDES

- MANIA-KALE SALAD**  
Kale salad, kale, cherry tomatoes, feta cheese, olives and vinaigrette 403030 7
- LIGHT COLESLAW**  
White cabbage, red cabbage and carrots with sesame seeds, tahina and yogurt and dill dressing 7 - 11
- PAPRIKA BATATA**  
Low carb roasted american potato with paprika and rosemary
- ARTICHOKE CAPONATA**  
Artichoke\* caponata, cherry tomatoes, taggiasca olives and basil
- AUBERGINES AND COURGETTES**  
Aubergines and courgettes with mint oil and almond crumble 8
- AVOCADO**

**ADD SOME EXTRAS**

- CHOOSE THE DRESSINGS € 1,00**
- VINAIGRETTE 403030**
- SOY (GF), MUSTARD AND LEMON DRESSING 6 - 10**
- DRESSING C - VITAMIN MANGO**
- LIGHT CAESAR DRESSING 1 - 3 - 4 - 6 - 7 - 10 - 12**
- YOGURT AND DILL DRESSING 7**
- BASIL VEGAN PESTO**
- MEDITERRANEAN PESTO 8**
- TERIYAKI SOUCE 1 - 6 - 10**
- EVO OIL**
- GF SOY SOUCE 6**

STAY HEALTHY,  
TASTE GOOD!

#### LEGEND

SENZA LATTOSIO LACTOSE FREE	SENZA GLUTINE GLUTEN FREE	CARNE MEAT
VEGETARIANO VEGETARIAN	VEGANO VEGAN	PESCE FISH

ALLERGENS	1 GLUTINE GLUTEN	5 ARACHIDI PEANUTS	9 SEDANO CELLERY	12 ANIDRIDE SOLFOROSA E SOLFITI SULPHUR DIOXIDE AND SULPHITES
	2 CROSTACEI CRUSTACEANS	6 SOIA SOYA	10 SENAPE MUSTARD	13 LUPINI LUPINE
	3 UOVA EGGS	7 LATTE MILK	11 SESAMO SESAME	14 MOLLUSCHI MOLLUSCS
	4 PESCE FISH	8 FRUTTA A GUSCIO FRUITS IN SHELL		

\*Some ingredients may be fresh or frozen depending on market availability. As the production of the dishes takes place in an environment, the dishes may contain traces of nickel and other allergens due to cross-contamination.