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HEALTHY
KITCHEN

COMPOSE YOUR BOWL €12

CHOOSE:

- 2 BASES
- 2 GREENS
- 1 TOPPING
- 1 DRESSING

IF YOU WANT CHOOSE SOME EXTRAS:

- PROTEIN
- DIP

Special Price

CHOOSE 2 BASES

- BLACK RICE
- WHOLEMEAL SPELLED ⁷
- QUINOA ^{1 - 6 - 10}

- REBEL RICE
low carb ricw
- MIXED SALAD
- BABY SPINACH

CHOOSE 2 GREEN

- BAKED SPROUTS
baked Brussels sprouts with turmeric
- BAKED PUMPKIN
Baked pumpkin with thyme
- SAUTÈED FRIARIELLI
- ROASTED VEGETABLES
Baked mixed vegetables with thyme and marjoram
- SIMPLY DIVINE SALAD
Mixed salad, kale, carrots, fennel, walnuts, pumpkin seeds, olive powder and vinaigrette 403030 ⁸
- MANIA-KALE SALAD
Kale, cherry tomatoes, feta cheese, olives and vinaigrette 403030 ⁷
- LOVE CABBAGE SALAD
White cabbage, broccoli, caramelized onions, cashew ⁸
- LENTIL SALAD
Crispy lentils salad with beetroots, red cabbage, pumpkin
- AVOCADO



Do you wanna make your bowl 403030?
Put one grain and one salad in your 2 bases, add a protein of your choice, close your meal with one topping and 1 dressing **THAT'S IT!**

CHOOSE 1 TOPPING

- CASHEW 8
- WALNUTS 8
- ALMONDS 8
- VEGETABLE CHIPS 8
- OLIVE POWDER
- SESAME SEEDS 11
- FLAX SEEDS
- HEMP SEEDS
- PUMPKIN SEEDS
- POPPY SEEDS

SCEGLI 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
- SOY SOUCE (GF) ⁶

ADD SOME EXTRA:



PROTEINS

- CHICKEN TAGLIATA* ⁺€ 5,00
Roasted chicken breast
- SALMON STEAK* ^{4 - 11 - 12} ⁺€ 8,00
Baked salmon in mixed seeds crust
- REAL PRAWNS* ^{2 - 12} ⁺€ 8,00
Baked mega prawns
- PURPLE EGG ^{3 - 12} ⁺€ 3,00
Our iconic boiled egg
- VEGAN MEATBALL* ^{6 - 8} ⁺€ 6,00
vegan meatball in tomato and basil souce
- TOFU ⁶ ⁺€ 6,00
herb roasted tofu
- FETA ⁷ ⁺€ 3,00

DIP

- BABAGANOUSH ⁺€ 2,00
Eggplant cream with thyme and lemon ¹¹
- BEEF HUMMUS* ⁺€ 2,00
Cream of chickpea and beetroot with poppy seeds ¹¹
- CHICKPEA HUMMUS ⁺€ 2,00
Cream of chickpea and tahina with origan ¹¹
- HOLY GUACAMOLE ⁺€ 3,00
Rich cream of avocado, tuna and pomegranate ⁴
- TZATSIKY ⁺€ 2,00
Greek yogurt cream with cucumber and mint ⁷

#Allergens on the back.

*The fish intended to be eaten raw has undergone a preventive treatment in compliance with the requirements of EC Reg. 853/2004. The dishes production takes place in a single environment, for contamination they may contain nickel and other allergens traces.

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HEALTHY
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CHOOSE YOUR MAIN COURSE

Create your dish with the ingredients you like from our drop in!

PROTEINE

- CHICKEN TAGLIATA*** € 6,00
Roasted chicken breast
- SALMON STEAK*** 4 - 11 - 12 € 10,00
Baked salmon in mixed seeds crust
- REAL PRAWNS*** 2 - 12 € 10,00
Baked mega prawns
- 2 PURPLE EGG** 3 - 12 € 6,00
Our iconic boiled egg
- VEGAN MEATBALL*** 6 - 8 € 6,00
vegan meatball in tomato and basil sauce

CHOOSE 2 SIDES € 8,00

- BAKED SPROUTS**
baked Brussels sprouts with turmeric
- BAKED PUMPKIN**
Baked pumpkin with thyme
- SAUTÈD FRIARIELLI**
- ROASTED VEGETABLES**
Baked mixed vegetables with thyme and marjoram
- SIMPLY DIVINE SALAD**
Mixed salad, kale, carrots, fennel, walnuts, pumpkin seeds, olive powder and vinaigrette 403030 8
- MANIA-KALE SALAD**
Kale, cherry tomatoes, feta cheese, olives and vinaigrette 403030 7
- LOVE CABBAGE SALAD**
White cabbage, broccoli, caramelized onions, cashew 8
- LENTIL SALAD**
Crispy lentils salad with beetroots, red cabbage, pumpkin

FINISH YOUR DISH WITH OUR TASTY DRESSING € 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**
- SOY SOUCE (GF)** 6

#FOODHEALTHHAPPINESS

STAY TUNA

 403030_HEALTHYKITCHEN

 403030 HEALTHY KITCHEN

 403030LIFESTYLE.IT



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