

BOWL & BEAN

SALAD & BOWLS

REG \$13.5 • LGE \$15.5

TUNA SALAD VG, GF, EF \$18.5

Mixed leaves and chopped lettuce with citrus vinaigrette, cucumber, cherry tomato, feta, olives, red onion, beetroot, avocado & seed mix

BB SALAD VG, GF, NF, EF

Mixed legumes with citrus vinaigrette, capsicum, onion, roasted tomato, olives, basil, cucumber & feta

MIDDY EAST V, VG, DF, NF, EF

Mixed leaves with pomegranate molasses dressing, cherry tomato, cucumber, chickpeas, mint, parsley, red onion, za'atar crouton, sumac & tahini drizzle

COBB HILLY GF, NF

Chopped lettuce with yoghurt ranch dressing, corn, tomato, avocado, onion, egg, bacon & crumbled feta

UMAMI HIT VG, DF, NF

Shredded cabbage with yuzu sesame dressing, shredded carrot, edamame, daikon, shallot, seaweed, tobiko, sesame, crispy noodles & wasabi peas

CALI MEX BOWL (WARM) VG, NF, GF

Brown rice, citrus vinaigrette, chunky pico, beans, avocado, corn, cheddar cheese, shallot & jalepeño crema

RECHARGE BOWL (WARM) V, VG, DF, GF, EF

Cauliflower rice & lentils with pomegranate dressing, kale, cabbage, roasted pumpkin, pickled onion, sultanas, roasted seeds & almonds

ADD A HERO

PULLED BEEF	\$7.5
PULLED PORK	\$5.5
SALMON CEVICHE	\$7.5
POACHED CHICKEN	\$5.5
MARINATED TOFU	\$4.5

SOUP

REG \$12.9 • LGE \$15.9

Please ask our friendly team for today's selection of delicious soups

CHICKEN BROTH GF, NF, EF, DF

Chicken miso broth, shallot, kale,

PUMPKIN SOUP V, VG, DF, NF, EF

Pumpkin curry soup, shallot, chilli, almonds, crispy onion

MUSHROOM SOUP VG, NF, EF

Mushroom soup, croutons, soft herbs

CAULIFLOWER SOUP V, VG, DF, NF, EF

Cauliflower coconut soup, crispy onion, shallot

TARTINES

WHITE

Plain toasted slice	\$3
Smoked salmon, cream cheese cucumber, dill, pickled onion, capers <small>NF, EF</small>	\$14
Prosciutto, edamame, parmesan <small>NF, EF</small>	\$12
Avocado, boiled egg, roasted tomato, feta, balsamic, seed mix, basil <small>VG, NF</small>	\$14

TOPPINGS & ADD-ONS

+\$1.5	Croutons Chilli Crispy noodle Jalepeño crema Tahini drizzle
+\$2	Seed mix Almonds Bacon bits Feta Wasabi peas
+\$3	Avocado Boiled egg

SANDWICHES & WRAPS

On display - \$12.5

Poached chicken club on sourdough bread with crispy bacon, lettuce, tomato, mayonnaise DF, NF

Tuna mayo wrap, tuna salad, lettuce, tomato, avocado, onion DF, NF

Eggplant wrap, cabbage, cucumber, onion, parsley, pickles, tahini, hummus V, VG, DF, NF

Peri Peri chicken wrap, marinated cabbage, tomato, Peri Peri mayonnaise DF, NF

Prosciutto sandwich on sourdough bread with tomato, olives, rocket, Swiss cheese, mayonnaise NF

V	Vegan	GF	Gluten Free
VG	Vegetarian	NF	Nut Free
DF	Dairy Free	EG	Egg Free

Please inform our friendly staff of any allergies before ordering.

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MORE
BEHIND

BOWL & BEAN

SMOOTHIE

REG \$9.7 • LGE \$10.9

ORANGE CLEANSER V, VG, DF, GF, NF, EF
Carrot, mango, turmeric, orange

BERRY BUSTER VG, GF, EF
Mixed berries, yoghurt, almond milk, banana, honey (Add protein + 3.5)

CITRUS CRUSH V, VG, DF, GF, NF, EF
Orange, mandarin, grapefruit, pineapple, mint

HELLO VERA V, VG, DF, GF, NF, EF
Watermelon, lychee, lime juice, aloe vera

CHOCO LOCO VG, DF, GF, EF
Dark dutch cocoa, coconut milk, honey, banana, peanut butter

AÇAÍ CUPS

REG \$16 • LGE \$18

BREAKFAST AÇAÍ VG, DF, EF
Granola, mixed berries, hemp seed, bee pollen, banana

PEANUT BUTTER AÇAÍ V, VG, DF, GF, EF
Cocoa nibs, banana, blueberries, raspberries, peanut butter, almonds, crispy banana

ADD TOPPINGS

+\$1.5	+\$2
Seed mix	Peanut butter
Almonds	Granola
Toasted coconut	Hemp seed
Banana	Bee pollen
Crispy banana	Strawberries
Honey	

While we take extreme caution to minimise the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, dairy, egg or wheat allergies.

V	Vegan	GF	Gluten Free
VG	Vegetarian	NF	Nut Free
DF	Dairy Free	EG	Egg Free

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  @BOWLANDBEANERY



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Open Mon - Fri 7:30 am - 3 pm
E205/32 Lexington Drive, Bella Vista NSW 2153

www.bowlbean.com.au

