

B W L ' D

Cafe edition

CUPS

Milk Options (+0.80) 
Almond, Oat, Soy & Coconut

St Ali Coffee	S	\$4.20
Hot/Iced Chocolate	L	\$5.20
Golden Grind Turmeric		

DROPS BY TEA CULTURE	S	\$4.20
Organic Japanese Matcha	L	\$5.20
Vegan Sticky Chai		

LOOSE LEAF BY TEA CULTURE		\$4.20
English Breakfast		
Lemongrass & Ginger		
Green Sencha		
Peppermint		
Earl Grey		

KOMBUCHA - BUCHA OF BYRON		\$6.00
Ginger, Acai Berry, Lemon Myrtle, Original & Tropical.		

SMOOTHIES

Choc Protein - Banana, vegan choc protein, cacao powder, raw cashews, brown rice syrup & organic almond milk \$9.00

Creamy Banana - Peanut butter, banana, cinnamon, raw cashews, brown rice syrup & organic coconut milk \$9.00

Cookie Crunch - Banana, almond butter, brown rice syrup, vegan choc protein, organic almond milk & cacao nibs \$9.00

Espress Yo'Self - Double shot of espresso, vegan vanilla protein, banana, raw cashews, brown rice syrup & organic almond milk \$9.00

Tropical Mango - Mango, passionfruit, banana, shredded coconut & coconut water \$9.00

Green Machine - Spinach, kale, banana, mango & coconut water \$9.00

Very Berry - Acai, mixed berries, banana, brown rice syrup, organic almond milk & raw cashews \$9.00

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ADD YOUR EXTRAS

Vegan Vanilla or Choc Protein (+1.50) Peanut Butter (+1.50)
Passionfruit (+1.50) Shot of Coffee (+2.00)

ORGANIC COLD PRESSED JUICES

100% Pure Orange Juice \$8.00

Beets by Bowl'd \$8.00
Beetroot, apple, lemon, ginger

Go Green (or go home) \$8.00
Apple, spinach, kale, cucumber,
celery, lettuce, lemon, ginger

Good Times & Tan Lines \$8.00
Orange, mango, passionfruit,
lucuma

Immunity \$8.00
Orange, carrot, pineapple,
celery, turmeric, lemon

BOWLS

Acai Bowl \$16.00
Acai, berries, banana blended
with coconut water, topped with
cacao & goji granola,
fresh seasonal fruits.

Granola \$15.00
Cacao & goji granola, fresh berry
coulis, fresh berries & coconut yoghurt,
with a side of almond milk.

PB Smoothie Bowl \$16.00
Banana, peanut butter, brown rice syrup blended with coconut milk topped with cacao nibs, caramelised buckinis, sliced banana & peanut butter

Tropical Smoothie Bowl \$16.00
Mango, banana, passionfruit blended with coconut water, topped with caramelised buckinis, passionfruit, sliced banana and shredded coconut

Birch, Please. \$14.00
Oats soaked in almond milk, chia seeds, vanilla bean and coconut yoghurt, topped with fresh berries, crushed almonds, chervil, green apple & honey. (Vegan option)



ADD YOUR EXTRAS

- Cacao Goji Granola (vg/gf) \$3.00
- Caramelised Buckinis \$2.00
- Choc Coated Coffee Beans \$2.00
- Peanut Butter \$2.00
- Almond Butter \$2.00
- Passionfruit \$1.50
- Coconut Flakes \$1.00
- Cacao Nibs \$1.00
- Chia Seeds \$1.00
- Chopped Almonds \$1.00

PLATES

Avo Good One

\$17.00

Smashed avo on GF sourdough, cherry tomatoes, plant based feta, radish, snow pea tendrils, lemon & dukka

Nice Buns

\$17.00

Chilli fried egg, kale, crispy bacon, sriracha mayo, spring onion & coriander on a GF burger bun

Tofu Scramble

\$17.00

Scrambled tofu, ginger & garlic asian greens, red chilli, fresh herbs, crispy shallots on GF sourdough

The BIG Breaky - But make it healthy.

\$24.00

Poached egg , broccolini, vegan basil pesto, smashed avocado, miso mushrooms, dukka roasted roma tomato & crispy bacon on GF sourdough.

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ADD YOUR EXTRAS

Scrambled Tofu	\$6.00
Bacon	\$5.50
Miso Mushrooms	\$4.00
Plant Based Feta	\$4.00
Dukka Roasted Roma Tomato	\$4.00
Ginger & Garlic Asian Greens	\$4.00
Smashed Avo	\$4.00
Egg - Poached Or Fried	\$3.00
Relish	\$2.00

KIDS

KIDS MEALS

"I Wanna Go Home" \$12.00

Buckwheat pancakes with berry jam

"I'm Hungry" \$10.00

Coconut yoghurt & fresh berries

"I Don't Know" \$12.00

Eggs & bacon on toast

KIDS SMOOTHIES

Berry Good \$7.00

Mixed berries, acai, banana, brown rice syrup, organic almond milk.


Choccas \$7.00

Banana, cacao powder, brown rice syrup & organic almond milk.

Boo Nana \$7.00

Banana, brown rice syrup & organic coconut milk.

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www.bowld.com.au