



2022 menu

choose one main

acai smoothie bowl (v)

sugar-free acai berry blended w banana / strawberries bowl made classic granola or gf sprouted choc granola

superfood salad (gf/veg)

kale / rocket / beetroot / red quinoa / radish / pomegranate / flaked almonds / za'tar labne / avocado / hemp seed / apple cider vinegar dressing

green chicken chilli verde bowl

free range chicken, tomatillo + white giant bean chilli verde / coriander rice / sour cream / coriander / jalapeno chilli

panzanella bowl (veg)

seasonal tomatoes / burrata / sourdough monk bread crutons / basil / caperberries / balsamic dressing

choose one juice or coffee

akaliser / cucumber / green apple / celery / lime / kiwi

detoxer / beetroot / lemon / celery / ginger / carrot

refresher / strawberry / orange / mint / ice

hydrator / watermelon / cucumber / mint / ice

seasonal fresh juices

orange juice

apple juice

pink grapefruit

health shots

energiser / superfood greens / fresh time / green apple

reviver / ginger / turmeric / lemon / orange

ginger shot / pure (strong)

coffee

espresso

double espresso

americano

long black

freddo espresso

freddo cappuccino

piccolo

cappuccino

latte

flat white

mocha

bowl.



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