

DIY A BOWL

Name: _____ Allergic To: _____ Dine In / Take Away

1. CHOOSE YOUR SIZE :

MEAT-FREE

MYR

- ☐ **Glow Bowl** **new!*
: 1 base + 2 main + 2 supplement + 2 dressing
- ☐ **Wholesome Bowl**
: 1 base + 6 main + 2 dressing
- ☐ **Lean Bowl**
: 1 base + 6 main + 2 supplement + 2 dressing

15⁹⁰18⁹⁰25⁹⁰

MEAT LOVER

MYR

- ☐ **Cravings Bowl**
: 1 base + 4 main + 1 prime + 2 dressing
- ☐ **Hungry Bowl**
: 1 base + 4 main + 1 supplement + 1 prime + 2 dressing
- ☐ **Protein Bowl** **new!*
: 1 base + 3 main + 2 supplement + 2 prime + 2 dressing

21⁹⁰25⁹⁰29⁹⁰

2. CHOOSE YOUR BASE :

- ☐ Garden Greens
- ☐ Kale (+RM2)
- ☐ Brown Rice
- ☐ Cous Cous 𣎵
- ☐ Pasta Fusili 𣎵
- ☐ Soba Noodle 𣎵 (+RM3)
- ☐ Spaghetti 𣎵

3. CHOOSE YOUR MAIN :

- ☐ Herb Chickpeas
- ☐ Pasta Fusili 𣎵
- ☐ Soba Noodle 𣎵
- ☐ Sweet Corn
- ☐ Herb Sweet Potatoes
- ☐ Apple
- ☐ Baked Capsicum
- ☐ Nachos Chip 𣎵
- ☐ Black Olive
- ☐ Herb Carrot
- ☐ Croutons 𣎵
- ☐ Gherkin
- ☐ Jalapeno
- ☐ Japanese Cucumber
- ☐ Spicy Garlic Edamame
- ☐ Boiled Egg
- ☐ Soy Glazed Tofu 𣎵
- ☐ Grilled Cherry Tomato
- ☐ Crushed Peanuts 𣎵
- ☐ Pineapple
- ☐ Raisins & Mixed Seeds
- ☐ Tangerine
- ☐ White Onion
- ☐ Cajun Potato
- ☐ Purple Cabbage
- ☐ Dried Freeze Veggie

(additional: add RM1.90)

4. CHOOSE YOUR SUPPLEMENT :

- ☐ Australian Avocado (+RM1)
- ☐ Broccoli
- ☐ Chuka Wakame
- ☐ Kimchi (+RM1)
- ☐ Cheddar Cheese 𣎵
- ☐ Egg Mayo 𣎵
- ☐ Parmesan Cheese 𣎵
- ☐ Almond Flakes 𣎵
- ☐ Cashew Nuts 𣎵
- ☐ Onsen Egg
- ☐ Roasted Eggplant 𣎵
- ☐ Mango
- ☐ Pomegranate

(additional: add RM3.90)

5. CHOOSE YOUR PRIME :

POULTRY

- ☐ Chicken Meatballs 𣎵 (4pcs)
- ☐ Teriyaki Chicken 𣎵 (80g)
- ☐ Lemongrass Chicken (80g)
- ☐ Roasted Chicken (80g)
- ☐ Smoked Duck (40g)
- ☐ Tandoori Chicken 𣎵 (80g)

RED MEAT AND SEAFOOD

- ☐ Gyudon Beef (+RM2) (40g) **new!*
- ☐ Shoyu Salmon 𣎵 (+RM3) (50g)
- ☐ Sous Vide Salmon (+RM7) (70g)

MEATLESS

Made from Non-GMO soy, peas, mushrooms & fibre blend

- ☐ Squidee 𣎵 (60g)
- ☐ Prawniee 𣎵 (60g)

(additional: add RM5.90)

6. CHOOSE YOUR DRESSING :

- ☐ Avocado Lemon 𣎵
- ☐ Caesar
- ☐ French Onion
- ☐ Japanese Shoyu 𣎵
- ☐ Korean BBQ 𣎵 𣎵
- ☐ Roasted Jalapeno 𣎵
- ☐ Roasted Sesame
- ☐ Tangy Mango
- ☐ Thai Dressing
- ☐ Thousand Island
- ☐ Korean Gochujang (+RM2)
- ☐ Korean Sweet Chili (+RM1)
- ☐ Korean Soy Garlic 𣎵 (+RM2)
- ☐ Black Vinegar Onion 𣎵 (+RM1)
- ☐ Creamy Spices 𣎵 (+RM1)

(additional: add RM1.90)

𣎵 contains gluten

𣎵 contains dairy

𣎵 contains nuts

𣎵 vegan friendly

Take away packaging +RM0.5 / Own container -RM1 bill | Price inclusive 6% SST

DIY A WRAP

Name: _____ Allergic To: _____ Dine In / Take Away

1. CHOOSE YOUR SIZE :

MEAT-FREE

MYR



Glow Wrap ^{*new!}

1 base + 2 main + 1 supplement + 1 garnish + 1 dressing

14⁹⁰

Wholesome Wrap

1 base + 3 main + 2 supplement + 2 garnish + 1 dressing

17⁹⁰

MEAT LOVER

MYR



Cravings Wrap

1 base + 3 main + 1 prime + 2 garnish + 1 dressing

18⁹⁰

Protein Wrap ^{*new!}

1 base + 3 main + 1 supplement + 2 prime + 2 garnish + 1 dressing

24⁹⁰

2. CHOOSE YOUR BASE :

- ☐ Garden Greens ☐ Cajun Potato ☐ Kale (+RM2) ☐ No Base

3. CHOOSE YOUR MAIN :

- | | |
|---|---|
| ☐ Herb Chickpeas | ☐ Jalapeno |
| ☐ Pasta Fusilli 🍝 | ☐ Japanese Cucumber |
| ☐ Sweet Corn | ☐ Spicy Garlic Edamame |
| ☐ Herb Sweet Potatoes | ☐ Boiled Egg |
| ☐ Apple | ☐ Soy Glazed Tofu 🍲 |
| ☐ Baked Capsicum | ☐ Grilled Cherry Tomato |
| ☐ Nachos Chip 🍷 | ☐ Pineapple |
| ☐ Black Olive | ☐ Tangerine |
| ☐ Herb Carrot | ☐ White Onion |
| ☐ Croutons 🍞 | ☐ Purple Cabbage |
| ☐ Cajun Potato | ☐ Dried Freeze Veggie |
| ☐ Gherkin | |

(additional: add RM1.90)

4. CHOOSE YOUR SUPPLEMENT :

- | | |
|---|--|
| ☐ Australian Avocado (+RM1) | ☐ Almond Flakes 🌰 |
| ☐ Broccoli | ☐ Cashew Nuts 🌰 |
| ☐ Chuka Wakame 🍱 | ☐ Onsen Egg |
| ☐ Kimchi (+RM1) | ☐ Roasted Eggplant 🍆 |
| ☐ Cheddar Cheese 🧀 | ☐ Mango |
| ☐ Egg Mayo 🍳 | ☐ Pomegranate |
| ☐ Parmesan Cheese 🧀 | |

(additional: add RM3.90)

5. CHOOSE YOUR PRIME :

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MEATLESS

Made from Non-GMO soy, peas, mushrooms & fibre blend

- ☐ Squidiee 🍤 (60g)
- ☐ Prawniee 🍤 (60g)

(additional: add RM5.90)

6. CHOOSE YOUR GARNISH:

- ☐ Furikake
- ☐ Sesame Seeds
- ☐ Nori
- ☐ Raisins & Mixed Seeds
- ☐ Chili Flakes
- ☐ Fried Garlic
- ☐ Black Pepper
- ☐ Crushed Peanuts 🌰

7. CHOOSE YOUR DRESSING :

- | | | |
|--|--|--|
| ☐ Avocado Lemon 🍋 | ☐ Roasted Jalapeno 🍷 | ☐ Korean Gochujang (+RM2) |
| ☐ Caesar | ☐ Roasted Sesame | ☐ Korean Sweet Chili (+RM1) |
| ☐ French Onion | ☐ Tangy Mango | ☐ Korean Soy Garlic 🍲 (+RM2) |
| ☐ Japanese Shoyu 🍲 | ☐ Thai Dressing | ☐ Black Vinegar Onion 🍷 (+RM1) |
| ☐ Korean BBQ 🍲 | ☐ Thousand Island | ☐ Creamy Spices 🍷 (+RM1) |

(additional: add RM1.90)



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