

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

15⁹⁰

Wholesome Bowl

: 1 base + 6 main + 2 dressing

18⁹⁰

Lean Bowl

: 1 base + 6 main + 2 supplement + 2 dressing

25⁹⁰

MEAT LOVER

MYR



Cravings Bowl

: 1 base + 4 main + 1 prime + 2 dressing

21⁹⁰

Hungry Bowl

: 1 base + 4 main + 1 supplement + 1 prime + 2 dressing

25⁹⁰

Protein Bowl **new!*

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

29⁹⁰

2. CHOOSE YOUR BASE :

- ☐ Garden Greens
- ☐ Kale (+RM2)
- ☐ Brown Rice
- ☐ Cous Cous 𦵇
- ☐ Cajun Potato
- ☐ Quinoa (+RM3)
- ☐ Pasta Fusilli 𦵇
- ☐ Soba Noodle 𦵇 (+RM3)
- ☐ Spaghetti 𦵇

3. CHOOSE YOUR MAIN :

- ☐ Herb Chickpeas
- ☐ Pasta Fusilli 𦵇
- ☐ Cajun Potato
- ☐ Cajun Pumpkin
- ☐ Soba Noodle 𦵇
- ☐ Sweet Corn
- ☐ Herb Sweet Potatoes
- ☐ Apple
- ☐ Baked Capsicum
- ☐ Nachos Chip 𦵇
- ☐ Black Olive
- ☐ Herb Carrot
- ☐ Croutons 𦵇
- ☐ Gherkin
- ☐ Jalapeno
- ☐ Japanese Cucumber
- ☐ Spicy Garlic Edamame
- ☐ Boiled Egg
- ☐ Scrambled Egg 𦵇
- ☐ Soy Glazed Tofu 𦵇 (4pcs)
- ☐ Grilled Cherry Tomato
- ☐ Crushed Peanuts 𦵇
- ☐ Grapes
- ☐ Pineapple
- ☐ Raisins & Mixed Seeds
- ☐ Salsa
- ☐ Tangerine
- ☐ Furikake
- ☐ White Onion
- ☐ Purple Cabbage
- ☐ Dried Freeze Veggie
- ☐ Herb Cauliflower **new!*

(additional: add RM1.90)

4. CHOOSE YOUR SUPPLEMENTS :

- ☐ Australian Avocado (+RM1)
- ☐ Broccoli
- ☐ Chuka Wakame
- ☐ Guacamole (+RM1)
- ☐ Kimchi (+RM1)
- ☐ Cheddar Cheese 𦵇
- ☐ Egg Mayo 𦵇
- ☐ Feta Cheese 𦵇 (+RM1)
- ☐ Parmesan Cheese 𦵇
- ☐ Almond Flakes 𦵇
- ☐ Cashew Nuts 𦵇
- ☐ Onsen Egg
- ☐ Roasted Eggplant 𦵇
- ☐ Walnut 𦵇
- ☐ Mango
- ☐ Pomegranate
- ☐ King Oyster Mushroom **new!*

(additional: add RM3.90)

5. CHOOSE YOUR PRIME :

POULTRY

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

MEATLESS

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

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

RED MEAT AND SEAFOOD

- ☐ Garlic Shrimp (+RM2)(40g)
- ☐ Roasted Beef (+RM2)(40g)
- ☐ Spicy Shrimp (+RM2)(40g)
- ☐ Gyudon Beef (+RM2)(60g) **new!*
- ☐ Shoyu Salmon 𦵇 (+RM3)(50g)
- ☐ Sous Vide Salmon (+RM7)(70g)

(additional: add RM5.90)

6. CHOOSE YOUR DRESSING :

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

(additional: add RM1.90)



contains gluten



contains dairy



contains nuts



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 :

- | | |
|---|---|
| ☐ Brown Rice 🍚 | ☐ Boiled Egg |
| ☐ Cous-cous 🍚 | ☐ Pineapples |
| ☐ Cajun Potato | ☐ Salsa |
| ☐ Quinoa | ☐ Cajun Pumpkin |
| ☐ Herb Sweet Potatoes | ☐ Spicy Garlic Edamame |
| ☐ Black Olive | ☐ Tangerine |
| ☐ Herb Carrot | ☐ White Onion |
| ☐ Gherkin | ☐ Nachos Chips 🍷 |
| ☐ Jalapeno | ☐ Herb Chickpeas 🌱 |
| ☐ Japanese Cucumber | ☐ Scrambled Egg 🍳 |
| ☐ Baked Capsicum | ☐ Soy Glazed Tofu 🍚 |
| ☐ Sweet Corn | ☐ Purple Cabbage |
| ☐ Grilled Cherry Tomato | ☐ Herb Cauliflower <i>*new!</i> |

(additional: add RM1.90)

4. CHOOSE YOUR SUPPLEMENT :

- | | |
|---|---|
| ☐ Australian Avocado (+RM1) | ☐ Parmesan Cheese 🧀 |
| ☐ Broccoli | ☐ Chuka Wakame |
| ☐ Cheddar Cheese 🧀 | ☐ Mango |
| ☐ Roasted Eggplant | ☐ Pomegranate (+RM1) |
| ☐ Almond Flakes 🌰 | ☐ Kimchi (+RM1) |
| ☐ Cashew Nut 🌰 | ☐ Guacamole (+RM1) |
| ☐ Egg Mayo 🍳 | ☐ Onsen Egg |
| ☐ Feta Cheese 🧀 (+RM1) | ☐ King Oyster Mushroom <i>*new!</i> |

(additional: add RM3.90)

5. CHOOSE YOUR PRIME :

POULTRY

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

MEATLESS

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

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

RED MEAT AND SEAFOOD

- ☐ Garlic Shrimp (+RM2)(40g)
- ☐ Roasted Beef (+RM2)(40g)
- ☐ Spicy Shrimp (+RM2)(40g)
- ☐ Gyudon Beef (+RM2)(60g) **new!*
- ☐ Shoyu Salmon 🍣 (+RM3)(50g)
- ☐ Sous Vide Salmon (+RM7)(70g)

(additional: add RM5.90)

6. CHOOSE YOUR GARNISH:

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

7. CHOOSE YOUR DRESSING :

- | | | | |
|---------------------------------------|--|--|--|
| ☐ Asian Sesame 🌱 | ☐ Honey Yogurt 🍯 | ☐ Roasted Sesame | ☐ Korean Gochujang (+RM2) |
| ☐ Avocado Lemon 🍋 | ☐ Japanese Shoyu 🍚 | ☐ Sauteed Garlic 🍷 | ☐ Korean Sweet Chili (+RM1) |
| ☐ Caesar | ☐ Korean BBQ 🍷 | ☐ Tangy Mango | ☐ Korean Soy Garlic 🍚 (+RM2) |
| ☐ French Onion | ☐ Ranch 🍷 | ☐ Thai Dressing | ☐ Black Vinegar Onion 🍚 (+RM1) |
| ☐ Honey Wasabi 🍚 | ☐ Roasted Jalapeno 🌱 | ☐ Thousand Island | ☐ Creamy Spices 🍷 (+RM1) |

(additional: add RM1.90)



contains gluten



contains dairy



contains nuts



vegan friendly



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