

# OUR BOWLS

WARM & FRESH

COLORFUL, BALANCED



& TASTY!



Our website



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# THE CURRY OF VEGETABLES



*Our timeless vegetable curry is available all year round!  
It varies in colour and flavour according to the seasonal vegetables.  
So you will never get bored of it!*

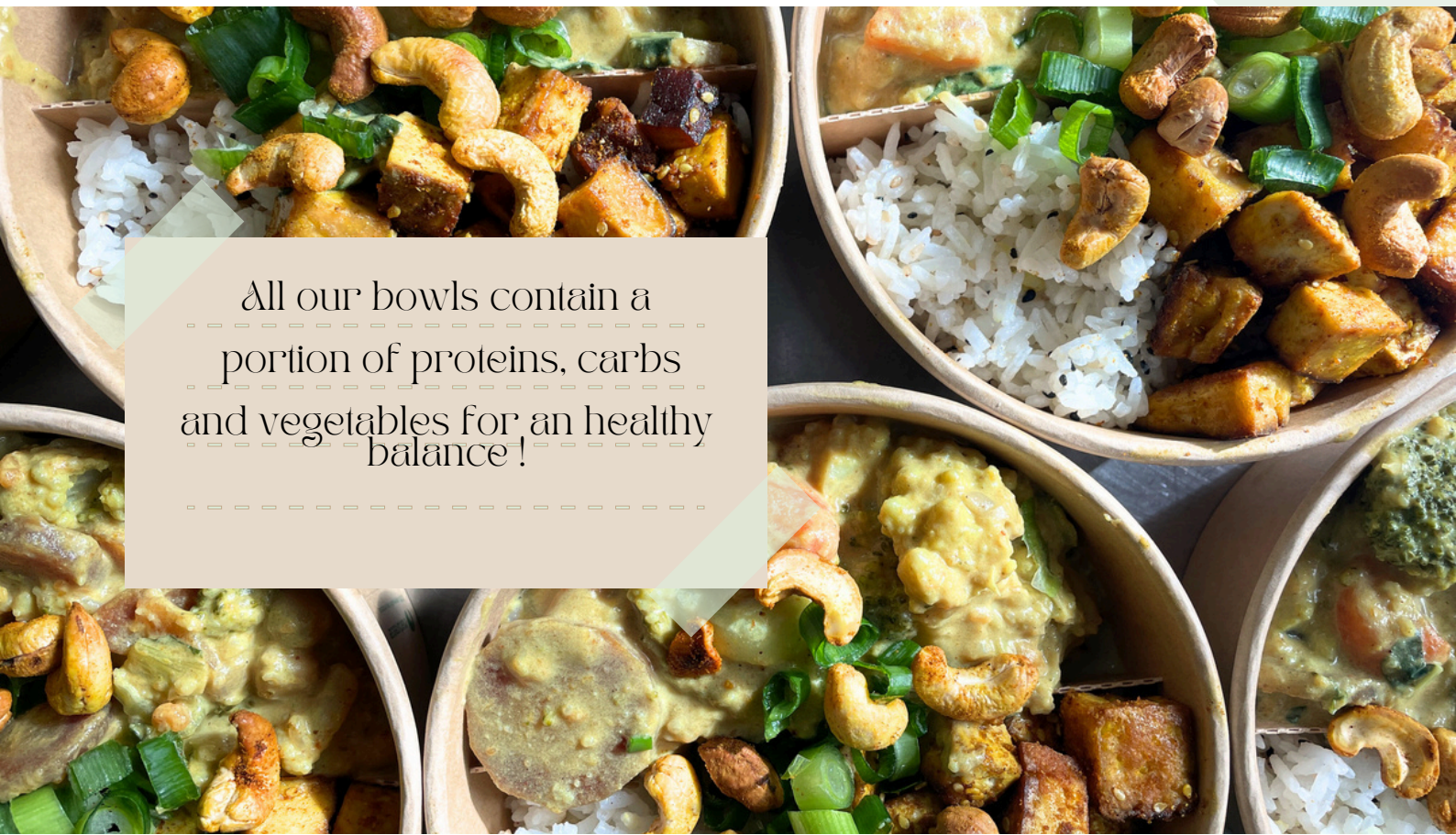
**Simmered Vegetables**  
with **Coconut Milk, Curry Paste**  
& **Chickpeas**

**Smoked Tofu**  
marinated & grilled

**Jasmine Rice**  
with black sesame

**Roasted Cashews**

**Fresh Coriander**

A collage of several bowls of the vegetable curry, showing different variations of the dish with various vegetables and toppings.

All our bowls contain a  
portion of proteins, carbs  
and vegetables for an healthy  
balance!

# OUR WINTER BOWLS

## THE CHILI SIN CARNE



A dish inspired by **Tex-Mex cuisine**  
**Simmered vegetables** with **Seitan** or **Tofu**  
(your choice)

**Red beans, winter vegetables and corn**

**White & Red Rice with Lemon**

**Crispy Onions & Fresh Parsley**

## THE MAFÉ



Dish inspired by **Senegalese cuisine**

**Vegetables** simmered with **Seitan**

Homemade **Peanut Butter** Sauce

**Wild rice** with garlic

Fresh **coriander** & Spring **Onion**

**Crushed** roasted peanuts

## THE CREAMY SEITAN



**Artisanal Seitan**  
with Soya Cream & **Curry**

**Broccoli and Roasted Carrots**

Fragrant **Small Spelt**

**Caramelised Onions** & Fresh **Parsley**

Roasted **Hazelnuts**

# OUR SPRING BOWLS

## THE PALAK PANEER



A dish inspired by **Indian cuisine**

Simmered **Spinach** with **Tomato Sauce** & **Coconut Milk Sauce**

Diced **Paneer**

**Rice** with **Indian spices** & **Peas**

Roasted **Cashew Nuts**

## THE SCRAMBLED TOFU

**Scrambled Tofu** with **Turmeric**  
**Seasonal Vegetables** in **Asian Sauce**  
**Cauliflower Rice** with **Turmeric**  
Fresh **Coriander** & **Spring Onion**  
**Sesame Seeds** & **Crispy Onions**



## ZUCCHINI SPAGHETTI & MINCED VEGETABLES



**Textured Soy Protein** cooked **Bolognese** style

**zucchini spaghetti** sautéed in **garlic**

**Roast Potatoes** & **Beetroot** with **Provencal Herbs**

Fresh **Parsley** & **Roasted Hazelnuts**

# OUR SUMMER BOWLS

## THE COUSCOUS



Dish inspired by **Moroccan cuisine**

**Sun vegetables**

**Carrots & Potatoes**

**Chickpeas & Dried Figs**

**Whole Wheat Semolina with Raisins**

Fresh **Coriander** & Roasted **Almonds**

## THE ASIAN WOK

Oven Roasted **Smoked Tofu**  
with a **Sweet & Sour Sauce**

**Summer Vegetables** & **Mung Bean Sprouts**

**Black Rice** & **Sesame Seeds**

Crushed **Peanuts** & Fresh **Coriander**



## LASAGNE DU SOLEIL



**Wheat Lasagne Pasta**  
with layers of :

**Spinach Pesto** with Roasted **Almonds** &  
**Semi-dried Tomatoes**

**Homemade Ratatouille**

**Spinach Leaves** & **Fresh Goat's Cheese**

**Mozzarella au gratin**  
(vegan option available)

# OUR AUTUMN BOWLS

## THE BUTTER PANEER



**A dish inspired by Indian cuisine**  
**Carrots & Squash** Cooked in **Coconut Milk**  
**Grilled Paneer**  
**Pearl Barley**  
**Fresh Coriander & Roasted Cashews**

## TEMPEH IN TERIYAKI

Marinated **Tempeh** in **Teriyaki Sauce**

**Variety** of Pan-Fried **Vegetables**

**Wholegrain Basmati Rice** with Black  
Sesame Seeds

Homemade **Satay Sauce**

Fresh & Crispy **Onions**



## AUTUMN LASAGNE



**Wheat Lasagne Pasta**  
with layers of :

Cream of **Squash, Ricotta & Goat's Cheese**

**Pan-fried Spinach & Mushrooms**

**Butternut** Cubes

**Tomato & Fresh Goat's Cheese** Sauce

**Parmesan cheese** au gratin

# OUR FRESH BOWLS



Our Fresh Bowls are made using **Seasonal Vegetables** and **our inspiration**.

In each bowl, you'll find :

- 3 pieces of homemade **meatballs** or **patties**
- a mix of **Carbs & Pulses** to provide all the essential amino acids and extra protein
- an assortment of **Roasted Cooked Vegetables**
- **Raw Vegetables**
- **Homemade Vegan Sauce** to enhance the flavour of your dish
- **Topping:** a mix of **Seeds, Nuts** and **Fresh Herbs**

All our bowls can be customized to suit your **allergies, intolerances and diets**.

We invite you to let us know.

