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build your own
POKE & SALAD BOWLS

Gooseberry
CAFE & RESTAURANT

build your own POKE & SALAD BOWLS

1. CHOOSE YOUR BASE 8

GREEN SALAD / POKE RICE / HALF SALAD HALF RICE

2. GET VITAMINATED 8

AVOCADO / BABY POTATOES / BEETROOT / BROCCOLI
CABBAGE / CARROTS / CAULIFLOWER / CORN
CUCUMBER / FRESH MUSHROOMS / GRILLED EGGPLANT
GRILLED ZUCCHINI / GREEN SALAD / JALAPENO / KALE / OLIVE
ONION / RADISH / SWEET POTATOES / ROASTED PUMPKIN
SPINACH / SNOW PEAS / TOMATOES

3. ADD PROTEIN

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|------------------------------|----|
| PARMESAN / FETA | 15 |
| HALLOUMI CHEESE | 40 |
| CANNED TUNA / POKE TUNA | 35 |
| BATTERED FISH / SPICY PRAWNS | 35 |
| BACON / GRILLED CHICKEN | 30 |
| BLACK BEANS | 20 |
| TOFU / TEMPE / EGG | 15 |
| MARINATED CARAMELIZED TOFU | 15 |

4. THROW IN SOME CRUNCH 8

ALMONDS / SUNFLOWER KERNELS / NORI / PICKLED GINGER
SOURDOUGH / GLUTEN FREE BREAD / TORTILLAS / SESAME

5. DRESS YOUR MAGIC 8

LEMON MUSTARD MAYO / VINAIGRETTE / AIOLI MAYO
PONZU SAUCE / BALSAMIC / OLIVE OIL / WASABI
SRIRACHA MAYO / TARTAR SAUCE