

• SOWL BOX - 6/01, 12/01, 14/01,  
19/01, 21/01, 26/01 & 28/01 •

# Sōwl

YOUR OWN BOWL

## TO START!

OUR YELLOW POWER SHOT!  
\*HOT\_HOT\_HOT\*

## HOT BOWL

SWEET POTATO SLICES, STEAMED  
BROCOLIS, ZUCCHINI SPAGHETTI,  
MEDITERRANEAN VEGGIES MIX,  
FALAFELS, DIP CARROT CASHEW,  
SEEDS AND HONEY-MUSTARD  
VINAIGRETTE.

*Put the food on a plate and heat it up in the  
microwave for 4 minutes at 650W, add the  
vinaigrette.*

## DRINK

FRESH JUICE OF THE DAY

## SNACKS

CHOCOLATE TRUFFLES

&

WINTER FRUIT SALAD

SOME OF OUR PREPARATIONS CONTAIN ALLERGENS.FOR MORE INFOHAVE A LOOK ON OUR WEBSITE  
WE CANNOT TOTALLY RULE OUT THE ACCIDENTAL PRESENCE OF OTHER ALLERGENS THAT MAY HAVE OCCURRED DURING  
MANUFACTURING AT OUR SUPPLIERS OR DURING THEIR USE IN RESTAURANTS. PLEASE, BE CAREFUL. YOUR FOOD IS TO  
BE CONSUMED ON THE DAY OF DELIVERY.