



# VITAL bowls



16.9

GF

## BRAISED BRISKET BOWL

BRAISED BEEF BRISKET, kale, beets, red onion, truffle mayo dressing, roasted pumpkin, sushi brown rice, green shallots, super seeds, feta cheese

KJ 1655 ● Protein 21.42g



15.9

GF

## POWER PROTEIN CHICKEN BOWL

POACHED CHICKEN, kale, grilled oyster mushrooms, roasted chickpeas, sushi brown rice, red onion, boiled egg, hemp seeds, roasted sesame dressing

KJ 1537 ● Protein 26.30g



15.9

DF

## THAI LEMONGRASS CHICKEN BOWL

POACHED CHICKEN, beets, edamame, red onion, sushi brown rice, wakame, carrots, wombok slaw, lemongrass dressing, peanuts, shallots

KJ 1917 ● Protein 21.40g



15.9

GF

## POACHED CHICKEN SUPERFOOD BOWL

POACHED CHICKEN, kale, beets, carrots, cucumber, cherry tomatoes, sushi brown rice, red onion, oyster mushrooms, sesame dressing, super seeds

KJ 1612 ● Protein 21.28g



19.9

DF

## TERIYAKI SALMON BOWL

POACHED SALMON, wombok slaw, beets, edamame, sushi brown rice, oyster mushrooms, wakame, boiled egg, Teriyaki ponzu, tamari almonds

KJ 1407 ● Protein 21.35g



19.9

GF/DF

## MISO SALMON BOWL

POACHED SALMON, kale, beets, sushi brown rice, oyster mushrooms, edamame, red onion, miso coconut dressing, wakame, sesame, green shallots

KJ 1311 ● Protein 16.17g



15.9

VGN

## SPICY FALAFEL BOWL

BAKED FALAFEL, sushi brown rice, beets, carrots, roasted chickpeas, red onion, light Harissa dressing, cucumber, paprika pumpkin, Fried pita

KJ 1612 ● Protein 20.12g



15.9

VGN

## SESAME & TOFU BOWL

PONZU BRAISED TOFU, kale, beets, edamame, brown rice sushi, red onion, womb slaw, green shallots, roasted sesame dressing, wakame, crispy shallots.

KJ 1403 ● Protein 19.87g



16.9

GF

## TRUFFLE CHICKEN & THYME BOWL

POACHED CHICKEN, beets, carrots, kale, sushi brown rice, red onions, pepita seeds, edamame, light truffle mayo dressing

KJ 1612 ● Protein 23.40g