



PLANT BASED MENU

For the Love of Animals & the Planet
welcome to Balance Bowl.

*Enjoy your plant-based experience
& thank you for choosing us today,*
Ewik & Fil

START YOUR PLANT-BASED JOURNEY HERE

Ideal starter, lunch or a little sharer

€7.95

Go Fishless

*0.03% of ocean plastic comes from straws,
at least 46% comes from discarded fishing nets*

GF **NO Calamari Crunch**

Made from Oyster Mushrooms & Garlic **NO** Mayo
| *If you don't like it Fishy tell us* |

Bao Buns

Filled with Hoisin **NO** Duck & Asian style Salad

GFA **Chef's Soup**

with toasted Ftira

GF **Green Wakame Salad**

Popping with Edamame & Mange Tout

GF **CAN'T GET ENOUGH?**

€5.95

Loaded Fries

Regular or Sweet Potato

Trio of Salads

Sesame Carrots, Red Slaw & Greens

Pea-Tahini Dip & Crunchy Nachos

Crispy Baby Potatoes

with Basil Pesto & Dill Sauce

GF **DIPS & SAUCES**

Homemade

€2.00

Garlic **NO** Mayo | Soft **NO** Cheese |
Basil Pesto | Pea Tahini |
NO Tzatziki | Dill Sauce

BALANCE BOWLS

€14.95



I'm Alive

This is the **SALAD** of all salads!

Fresh Greens, whole food Quinoa and Pea-tahini all tossed together with toasted Pine Nuts & smokey Corn on the Cob



The Buddha



It's a **FEAST!**

*Warm Coco Rice, Green goddess Salad, Hoisin **NO** Duck made from Jackfruit, BBQ Tofu with Balance Bowl's Pea-tahini Dip*



Madras



Rich & **AUTHENTIC!**

Layers of love(ly) Chickpea Sauce & Baby Potatoes with Coco Rice & Indian Bread

| low on chillies – but you can always spice me up! |



Pyzy

Giant Polish potatoes **CLASSIC!**

Stuffed with Lentils and hand-picked Forest Mushrooms by Mamma, drizzled with Dill Sauce

Balance Bowl

*The secret to life
is to find the right **BALANCE**
in everything you do.*



GLUTEN FREE



GLUTEN FREE AVAILABLE



HIGH PROTEIN



HP **SPECIALITY**
€16.95

High Protein

*You won't leave protein deficient after this
experience.*

GF **NO Schnitzel**

The only **KIND** on the rock!

*Made from Soya served with Baby Potatoes, Trio of Salads
& a choice of Garlic **NO** Mayo, Dill Sauce or **NO** Tzatziki*

GF **Cauliflower NO Steak**

Flower **POWER!**

*Marinated overnight in our Secret Recipe, baked slowly and
crowned with Crunchy Oyster Mushrooms on a Pea-tahini bed
with fresh Cherry Tomato gems and toasted Pine Nuts*

NO Doner Kebab

Only for Greek **GODS & GODDESSES!**

*Glorious BB's Special Salad, Seitan Doner & **NO** Tzatziki served in
massive Pitta Bread with a side of Loaded Fries*

GFA **NO Bacon Cheeseburger**

Probably **THE BEST** vegan burger on the planet!

Served with beer coated Onion Rings and Loaded Fries

| make me gluten free with a schnitzel |

KIDS CORNER

Crunchy NO Nuggets €6.95

6 pieces of NO Nuggets served with Fries
& Ketchup

Kids Burger €7.95

Plain Burger with plant-based Patty
& Ketchup served with Fries & Ketchup



COFFEES

Cappuccino	€3.00
Latte	€3.50
Americano	€2.00
Macchiato	€1.70
Espresso Lungo / Double	€1.50 / €3.00
Flat White	€3.50
Mocha	€4.00
Tea Varieties	€3.00
Grain Coffee INKA	€2.50

SPECIALTY BEVARAGES

Raspberry / Green Chai	€4.00
Iced Coffee / Marble Iced	€4.00
Golden Milk	€3.50
Dirty Golden Milk	€4.00
Green Matcha / Matcha Coffee	€4.00 / €4.50
Vanilla Latte	€4.00
Dark Hot Chocolate	€4.00
White Hot Chocolate	€4.00



FRESH JUICES

Ginger Shot	€1.50
<i>Ginger, Apple, Lime</i>	
Turmeric Shot	€1.50
<i>Turmeric, Orange, Black Pepper</i>	
PowerHouse	€5.00
<i>Celery, Cucumber, Lime, Kale, Turmeric, Apple & a pinch of Black Pepper</i>	
Tropical Eclipse	€5.00
<i>Orange, Lime & Pineapple Juice</i>	
Regenerate	€5.00
<i>Carrot, Apple, Orange, Lime & Ginger</i>	
Stress Free	€5.00
<i>Beet, Apple, Celery, Cucumber & Ginger</i>	

SMOOTHIES

Detox	€6.00
<i>Kale, Banana, Apple, Kiwi, Lime, Chia Seeds, Flaxseeds & Green Spirulina</i>	
Blue Grotto	€5.00
<i>Melon, Banana, Lime, Blue Spirulina & Plant Milk</i>	
Caribbean Festival	€5.00
<i>Banana, Orange, Pineapple, Coconut Cream & Lime</i>	
Protein Kick	€5.00
<i>Walnuts, Banana, Avocado, Dark Cacao, Cinnamon & Plant Milk</i>	



SOFT BEVERAGES



Still / Sparkling Water 250ml / 750ml €2.50 / €3.50

Organic Mixers €3.50
Tonic / Ginger Ale / Ginger Beer / Cola

Bio Soda Pops €3.50
*Mint&Cucumber / Maracuja&Orange / Lemon&Bergamote /
 Rhubarb&Ginger / Apple&Pear / Matcha Power*

Mangajo Drinks €2.50
Pomegranate&Green Tea / Açai-berry&Green Tea

Greens €2.50
Lemonade / Lemon&Lime / Orangeade / Cola

Coconut Water €3.00

Iced Tea €2.50
Lemon / Peach

Pepsi / Pepsi Max / Kinnie / Kinnie Diet €2.50

MOCKTAILS

Sweet Shirley Temple €6.95
Ginger Ale & Grenadine

Choc & Orange Extravaganza €6.95
Aranciata & Chocolate syrup

COCKTAILS

Aperol Spritz classic or Blood Orange €6.95
Aperol, Prosecco & Sparkling water/Aranciata Rosa

Gin o'clock €6.95
Gin, Tonic, Lime & Cucumber

Small Island Iced Kinnie €6.95
Rum, Tequila, Gin, Vodka, Lime Juice & Kinnie

Pineapple Margerita €6.95
Tequila, Lime & Pineapple Juice

SHOTS

Single Shot €2.00
Rum / Gin / Vodka / Tequila / Whiskey / Bourbon

WINE & BUBBLES

Glass Bottle
250ml

Maltese - Medina

Chardonnay - Girgentina €5.95 €12.95

This unoaked, light and crisp dry wine allures with subtle flowery scents and refreshing flavours of green apple.

Rosé - Grenache Cabernet €5.95 €12.95

This delicious slightly spicy rosé tastes of strawberries and fresh red summer fruits, and shows real regional character.

Syrah - Superior €5.95 €12.95

Made from hand-picked Syrah bunches, this unoaked and fruit-packed ruby-red dry wine is medium to full bodied.

Italy - Lunaria | ORGANIC & FAIRTRADE

Charisma - Trebbiano D'Abbruzzo €8.95 €21.95

This Lunaria white wine reveals all sorts of apples, nashi pear, pears and quince. Wonderfully silky texture & lively fruit acidity.

Ruminat - Primitivo €8.95 €21.95

The first nose flatters with notes of blueberries, black currants and mulberries. The fruity hints of the bouquet are joined by more fruity-balsamic nuances.

Prosecco - Medium/Dry €11.95



CRAFT BEERS & CIDERS

Corona €3.95

Moretti €3.95

San Miguel  €4.95

St. Bernardus €5.95

Chouffee €5.95

Mealoc Cider €3.95

Cisk €2.50

Cisk 0% €2.50

Heineken 0% €2.50