

@onehappybowl



ONE
Happy Bowl

MENU

Healthy happiness in a bowl!

onehappybowl.com

All vegan and gluten free. Please notify us if you have any allergies.

All Day Breakfast

8.00 am - 4.00 pm

**20% LOCAL
DISCOUNT**

COCONUT YOGURT:

Topped with signature OHB granola & fresh fruits

\$10

NUTTY BANANA SPLIT:

Whole banana topped with coconut yoghurt, seeds mix, peanut butter, almonds & fresh fruits

FLAMINGO OATMEAL:

Warm oatmeal with beet powder, vanilla protein, seed mix & topped with fresh fruits, coco flakes & agave syrup

POWER FRUIT SALAD:

Mixed fresh fruits + an energy ball (various flavors)

OAT BANANA PANCAKES:

Our signature pancakes made with GF oats, banana & coconut milk. Comes with fresh fruits, granola sprinkle & agave syrup

Smoothie Bowls

TROPICAL IMMUNE BOOSTER:

Mango, banana, fresh ginger, turmeric, chia seeds powder & coconut milk.

Toppings: banana, strawberries, kiwi, homemade granola, coconut flakes & almonds

GREEN ENERGY:

Cucumber, pineapple, banana, spirulina, chia seeds powder & coconut milk.

Toppings: banana, blueberries, strawberries, goldenberry, homemade granola & seeds mix

BLUEBERRY MUFFIN:

Blueberries, banana, lemon zest, chia seeds powder & coconut milk.

Toppings: banana, strawberries, blueberries, goldenberry, homemade granola & almonds

ADD-ONS: gluten free oats \$1 - peanut butter \$2 - chia/flax seeds \$2 - coconut flakes \$2 - agave syrup \$2
homemade granola \$2 - almonds/walnuts \$2 - extra fruits \$2 - vegan protein \$3



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Lunch

11.00 am - 4.00 pm

**20% LOCAL
DISCOUNT!**

Signature Bowls

\$14.50

Choose brown/white rice, quinoa, zoodles or lettuce/spinach mix as your base.

FRESH ENERGY: tofu feta, fresh spinach, cucumber, chickpeas, tomatoes, lemon-tahini sauce & alfalfa sprouts

CRUNCHY LOVER: spicy tempeh, cucumber, zucchini, carrots, red cabbage, thai peanut sauce & spring onion

SPICY TACO: black bean hummus, nacho chips, fresh spinach, avocado, tomato, creamy sriracha sauce & spicy sunflower seeds

CRAVING BREAKFAST: tofu scramble, fresh spinach, black beans, avocado, tomatoes, choose sauce & choose coconut bacon or alfalfa sprouts

SUSHI VIBES: watermelon 'tuna, cucumber, edamame beans, mango, avocado, Asian ginger - garlic sauce and peanut-chili-coconut crunch

PROTEIN EXPLOSION: roasted chickpeas, sweet potato, corn, black beans, bell peppers, creamy sriracha sauce & dukkah (spiced nuts mix)

CHICKPEA OF THE SEA: chickpea 'tuna' salad, cucumber, corn, tomatoes, olives, lemon-tahini sauce & gluten free herb croutons

COLORFUL CARIBBEAN: BBQ pulled jackfruit, pineapple, black beans, sweet potato, broccoli, creamy sriracha sauce & pickled red onion

Create Your Own

Seasonal Special

Create your own
bowl with the
special sheet!

**FROM
\$14.50**

Ask us for the
Seasonal Special
bowl!

\$16.50



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Create Your Own

Happy Bowl!

1. Choose your base

- | | | |
|-------------------------------------|----------------------------------|--|
| <input type="checkbox"/> White rice | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Local lettuce & spinach mix |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Zoodles | |

2. Choose your premium

- | | | |
|--|---|--|
| <input type="checkbox"/> Tofu feta | <input type="checkbox"/> Roasted chickpeas | <input type="checkbox"/> Chickpea 'tuna' salad |
| <input type="checkbox"/> Spicy tempeh | <input type="checkbox"/> Watermelon tuna | <input type="checkbox"/> Black bean hummus |
| <input type="checkbox"/> Tofu scramble | <input type="checkbox"/> BBQ pulled jackfruit | |

3. Choose 4 toppings

- | | | |
|---------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Avocado | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Corn | <input type="checkbox"/> Edamame |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Chickpeas |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Red cabbage | <input type="checkbox"/> Black beans |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Carrots | <input type="checkbox"/> Pineapple or mango |

4. Choose your sauce

- | | | |
|--|--|---|
| <input type="checkbox"/> Lemon - tahini | <input type="checkbox"/> Asian ginger - garlic | <input type="checkbox"/> Fresh tomato vinaigrette |
| <input type="checkbox"/> Creamy sriracha | <input type="checkbox"/> Thai peanut | |

5. Choose your final touch

- | | | |
|---|---|--|
| <input type="checkbox"/> Dukkah (spiced nuts mix) | <input type="checkbox"/> Peanut - chili - coconut | <input type="checkbox"/> Fresh cilantro & mint |
| <input type="checkbox"/> Alfalfa sprouts | <input type="checkbox"/> Pickled red onion | <input type="checkbox"/> Spicy sunflower seeds |
| <input type="checkbox"/> Spring onion | <input type="checkbox"/> Coconut bacon | |



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Spring Special

Vegado Gado Bowl

Spicy tempeh, broccoli, cucumber, red cabbage, bell peppers & pickled veggies.

Topped with Thai peanut sauce & cassava krupuk.

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in a bowl!*

\$16
Locals 20%
discount!

onehappybowl.com/orderonline

