



**HOT GRAIN BOWLS**

KITCHEN

Made to Order: Eat In | Takeaway

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1. **Mediterranean Beluga Bowl £7.95 (GF,VG\*, VE\*)**

Braised Black Beluga Lentils with Sofrito and Piquillo Peppers, Seasonal Ratatouille, Charred Broccolini with Sesame Seeds, Fresh Mixed Salad,

Parsley Salsa Verde\*

Grilled Citrus-Marinated Chicken

Grilled Halloumi or Manouri

Grilled Vegan Cheese

Grilled Sea Bass ( £10.50 )

***\* Salsa Verde contains Anchovies***

1. **California Bowl £7.95 (GF, VE)**

Short Grain Brown Rice with Sorrel Pesto, Preserved Lemon and Fresh Dill, Grilled Seasonal Kale with Sesame Seeds and Crunchy Bean Sprouts,

House-Pickled Carrots, Candy Beets, Avocado

1. Grilled Chicken
2. Grilled Halloumi or Manouri
3. Grilled Vegan Cheese (VE\*)
4. Grilled Beet-Cured Salmon ( £9.90 ) or Sea bass (£10.50)
5. **Summer Bowl £8.50 (GF, VE)**

White & Red Quinoa with Nocellara Green Olives, Spring Onion and

Fresh Herbs, Griddled & Chilled Seasonal Vegetables with Sesame Seeds, Avocado with Mojo de Ajo, Charred Broccolini with Preserved Lemon,

Green Harissa, Za’atar Spice Blend

Grilled Chicken

Grilled Halloumi or Manouri

Grilled Vegan Cheese (VE)

Grilled Salmon (£9.90)

Grilled Sea Bass ( £10.50 )

**GF** – Gluten Free **VG**- Vegetarian **VE** – Vegan

**Manouri** – Greek PDO Cheese , Firm texture and rich, buttery flavour

13 Harrow Place, E1 7DB

Mon – Fri | 11:30 – 15:30

Tel: 020 7377 8586

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**4. Thai Bowl \* £7.95 (GF)**

Brown & Riceberry Rice Salad with Thai Herbs, Cauliflower ‘Laab’ , Smoky Aubergine Salad with Sesame Seeds, Cucumber & Daikon ‘Som Tum’ with Tomatoes and Crushed Roasted Peanuts, Spicy Tamarind Dressing

Thai Grilled Chicken

Grilled Halloumi

Grilled Hot and Sour Salmon ( £9.90 )

Grilled Sea Bass (£10.50)

***\*Contains Fish Sauce & Nuts***

**5. Middle Eastern Jewel Bowl £7.50 (VG)**

Giant Couscous with Cauliflower and Kale ‘rice’, Charred Broccolini with

Sesame Seeds, Tahini Dill Fine Beans, Seasonal Ratatouille, Fresh Mixed Salad,

Mint-Pomegranate Pesto

1. Grilled Chicken
2. Grilled Halloumi or Manouri
3. Grilled Beet-Cured Salmon ( £9.90 )

 **6. Japanese Bowl £8.50 (GF, VGO)**Short Grain Brown Rice, Simmered Adzuki Beans with Shiitake Mushrooms and Wakame Seawee, Carrot Daikon and Lotus Root Kinpira, Shichimi Togarashi, Pickled Cucumbers, Sesame Seeds, Marinated Woodear Mushrooms, Radish Pickle, Mild Spicy Miso Saucea) Braised Miso “Mapo” Tofu b) Yakitori Style Chicken

c) Grilled Salmon (£9.90) or Sea Bass (£10.50)

**Salvitxada Veggie Bowl £7.50 ( Mon & Tues only )**

Quinoa Patties\*, Seasonal Ratatouille, Grilled Seasonal Kale, Sesame, Crunchy Bean Sprouts, Charred, Broccolini, Sesame, Avocado, Salvitxada Sauce

*\*Patties contain Dairy*

 **Daily Vegetarian Soup**

 (S) £ 3.50 (L) £5.50

**COLD GRAIN BOWLS**

Made Fresh Daily | Ready to Pick Up from the Fridge

**\* FREE Miso soup with all Cold Takeaway options \***

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**Japanese Beet-Salmon Soba Bowl**

House-Cured Beet Salmon, Soba Buckwheat Noodles, Shiitake, Kale & Carrot Stir-Fry, Pickled Cucumbers with Sesame, Marinated Woodear Mushrooms, Fresh Salad, Avocado, Soy-Yuzu Dressing

Small £5.50 | Large £7.50

**Beet-Salmon Tartare Bowl (GF) £7.95**

Beet Salmon with Chives, Furikake and Micoherbs, Seasoned Brown & RiceBerry Rice with Adzuki Beans, Wakame & Dulse Seaweed Salad, Spinach Gomae, Avocado, Seasonal Tomatoes, Fresh Salad, Pickled Ginger Ponzu Dressing

**Pastrami Salmon Freekeh Bowl**

House-Cured Pastrami Salmon, Freekeh & Wheatberries, Preserved Lemon Salsa Verde Labneh Balls, Walnut Spice Dukkah, Roasted Beets

Tahini Dill Fine Beans, Grilled Seasonal Kale

Small £5.50 | Large £7.50

**Niçoise Salad Bowl (GF) - £7.50**

Grilled Beet Salmon, Purple & New Potatoes, Soft Boiled Egg, Pickled Red Onions, Roasted Beets, Fine Beans, Fresh Salad, Sorrel & Horseradish Yoghurt Dressing