

# HOUSE BOWLS

## OUR FAVOURITE BOWL COMBINATIONS!

ALL BOWLS COME WITH HOUSE SHOYU DRESSING & SESAME SEEDS.

### Choose your Size

**HIGH TIDE** (REGULAR) / **LOW TIDE** (SNACK)

### Pick Your Base

CHOOSE ONE (1)

**SUSHI RICE** (served hot)\* / **RICE NOODLES** (served cold)\*  
/ **MIXED CABBAGE** / **LEAFY GREENS**

\*SPLIT YOUR RICE OR NOODLES WITH CABBAGE OR LEAFY GREENS

### Choose your Bowl

**THE LEGEND** 14 / 10  
**MISO-GLAZED SALMON**

CABBAGE, KALE, CARROT, PICKLED RED ONION,  
**ROASTED SESAME DRESSING**, TOPPED WITH CRISPY SHALLOTS  
& SEAWEED SALAD

**OLD MATE** 15 / 11  
**SPICY BEEF BRISKET**

KALE, BEETS, SPICY BROCCOLI, PICKLED RED ONION,  
**HOT HONEY DRESSING**, TOPPED WITH UMAMI CRUNCH  
& SWEET POTATO

**THE FORAGER** 14 / 10  
**TERIYAKI SHIITAKE MUSHROOM** (VG)

CABBAGE, KALE, CARROT, RADISH, PICKLED RED ONION,  
**ROASTED SESAME DRESSING**, TOPPED WITH CRISPY SHALLOTS  
& PICKLED GINGER

**KOMOREBI** 12 / 8  
**YUZU CHICKEN OR YUZU TOFU** (VG)

LEAFY GREENS, CARROT, BEETS, CUCUMBER, PICKLED RED ONION,  
**ROASTED SESAME DRESSING**, TOPPED  
WITH UMAMI CRUNCH & AVOCADO

**THE FLOW** 12 / 8  
**YUZU CHICKEN OR YUZU TOFU** (VG)

CABBAGE, CARROT, PICKLED RED ONION, EDAMAME, RADISH,  
CORIANDER, **GREEN GODDESS THAI DRESSING**, TOPPED WITH CRISPY  
SHALLOTS & PICKLED GINGER

### Optional add-ons

**AVOCADO** + 0.8  
**SPICY BROCCOLI** + 0.7  
**SWEET POTATO** + 0.7  
**SEAWEED SALAD** + 0.7  
**CHILLI JAM** (CORNISH LARDER) + 0.7  
**PICKLED GINGER** + 0.7  
**SEA SALAD FLAKES** (CORNISH SEAWEED) + 0.7

\*All bowls are Gluten and Dairy Free with the exception of the Tobiko crunch add-on which contains gluten.

# BUILD YOUR OWN

## CUSTOMISE YOUR BOWL EXACTLY HOW YOU LIKE IT!

ALL BOWLS COME WITH HOUSE SHOYU DRESSING & SESAME SEEDS.

### Step 1 - Choose Your Size

**HIGH TIDE** (REGULAR)

11

**LOW TIDE** (SNACK)

7

### Step 2 - Choose Your Base

CHOOSE ONE (1)

**SUSHI RICE** (served hot)\* / **RICE NOODLES** (served cold)\*  
/ **MIXED CABBAGE** / **LEAFY GREENS**

\*SPLIT YOUR RICE OR NOODLES WITH CABBAGE OR LEAFY GREENS

### Step 3 - Pick Your Protein

**YUZU CHICKEN**

+1

**YUZU TOFU** (VG)

+1

**TERIYAKI SHIITAKE MUSHROOM** (VG)

+3

**MISO-GLAZED SALMON**

+3

**SPICY BEEF BRISKET** (CORNISH)

+4

### Step 4 - Load Up Your Veg

UP TO FIVE (5)

**CABBAGE** / **KALE** / **LEAFY GREENS** / **CARROT** / **BEETROOT** / **CUCUMBER**  
/ **RADISH** / **EDAMAME** / **CORIANDER** / **RED ONION** (PICKLED)

### Step 5 - Dress it Up

UP TO TWO (2)

**ROASTED SESAME** (VEGAN OPTION)

**HOUSE HOT HONEY**

**HOUSE HOT MAPLE** (VG)

**HOUSE GREEN GODDESS THAI** (VG)

### Step 6 - Add Some Crunch

UP TO TWO (2)

**CRISPY SHALLOTS** / **UMAMI CRUNCH**\*\* / **TOBIKO**\* / **WASABI PEAS**

\*\*Cashew nuts, sunflower seeds and pumpkin seeds roasted with tamarini. \*Contains gluten.

### Optional add-ons

**AVOCADO** + 0.8  
**SPICY BROCCOLI** + 0.7  
**SWEET POTATO** + 0.7  
**SEAWEED SALAD** + 0.7  
**CHILLI JAM** (CORNISH LARDER) + 0.7  
**PICKLED GINGER** + 0.7  
**SEA SALAD FLAKES** (CORNISH SEAWEED) + 0.7



### Order Online

Scan the QR code to pre-order your Bonza Bowl for pickup.



### Our Ingredients

At Bonza Bowl, we aim to keep things real. We steer clear of ultra processed food and sugar-filled sauces, we champion local Cornish and South West produce wherever it's practical - from beef, honey and greens to dairy, broths and drinks from small UK makers. **It's slow-food values in a fast-food format.**

We prepare our food using **gluten-free ingredients** wherever possible, including **gluten-free oats and sauces.**

Please note: we cannot guarantee that ingredients are not prepared in premises that also process gluten or other allergens.

### Allergies?



**MOST OF OUR MENU ITEMS CONTAIN ALLERGENS.**

Ask to see a copy of our **Allergen Matrix** or scan the QR code to view and download.

Please make one of our friendly staff aware of any allergies - we are always happy to assist.

## PROTEIN SNACK POTS

Check the counter fridge for a selection of protein rich snack pots (available seasonally).

Choose from **Chia Pudding** and **Overnight Oat Pots** - topped with yoghurt, granola, fruit, berries, hemp seeds and nut butters.

Made with Cornish Whole Milk and Yoghurt.

# DRINKS

## Smoothies

ALL VEGAN

6.50

### THE QUEENSLANDER

MANGO, BANANA, PINEAPPLE, COCONUT WATER & COCONUT YOGHURT

### ACAI DREAM

ACAI, MANGO, BANANA, APPLE JUICE & COCONUT YOGHURT

### BERRY BLISS

MIXED BERRIES, MANGO, BANANA, APPLE JUICE & COCONUT YOGHURT

### CACAO COAST

CACAO POWDER, COCONUT, DATE, BANANA, OAT MILK & COCONUT YOGHURT

**ADD ORGANIC WHEY PROTEIN** (20G)

+1

**ADD PEANUT BUTTER** (20G)

+0.5

**ADD HEMP SEEDS** (10G)

+0.8

**ADD CHIA SEEDS** (10G)

+0.5

## Iced Matcha

4

ORGANIC CEREMONIAL GRADE MATCHA FROM UJI, KYOTO. INCREASES ENERGY & IMPROVES MOOD. RICH IN ANTIOXIDANTS. SWEETENED WITH YOUR CHOICE OF LOCAL **CORNISH HONEY** OR **MAPLE SYRUP**.

WITH **CORNISH WHOLE MILK** OR **OAT MILK** (Oil Free/VEG/GF).

**ADD A COLD FOAM OR CREAM TOP!**  
Matcha or Ube Cold Foam or Whipped Cream Top (dairy)  
+1.00

**STRAWBERRY**

+1

**MANGO**

+1

**BANANA**

+1

**UBE (ORGANIC PURPLE YAM)**

+1

## Coconut Cloud

5

CHILLED **ORGANIC COCONUT WATER** TOPPED WITH A CREAMY DAIRY COLD FOAM WITH A DASH OF MAPLE SYRUP. FRESH, HYDRATING & SMOOTH.

**CHOOSE FROM MATCHA, UBE OR SALTED MAPLE COLD FOAM**

## Cold Brew Chai

4

COLD BREWED **STICKY CHAI** WITH CORNISH WHOLE MILK.

FOR SOMETHING EXTRA SPECIAL TOP WITH OUR CREAMY DAIRY SALTED MAPLE COLD FOAM.

**ADD SALTED MAPLE COLD FOAM** (dairy)

+1

**ADD HOJICHA** (roasted green tea)

+1

