



GNAM

CREATE YOUR BOWL



REGULAR € 10

(2 proteins, 3 add-on, 1 crunchy, 1 sauce)



LARGE € 12

(2 proteins, 4 add-on, 2 crunchy, 1 sauces)

FIRST OF ALL

- Sushi Rice
- Black Rice
- Basmati Rice
- Quinoa
- Lattice

PROTEINN

1 EXTRA PROTEIN + € 1,00

- Raw Salmon
- Seared Salmon
- Tuna
- Seared Tuna
- Surimi *
- Octopus*
- Shrimp *
- Cooked Shrimp*
- Chicken*
- Teriyaki Chicken *
- Raw Meat
- Pulled Pork *
- Burrata
- Feta
- Tofu

ADD-ON

1 EXTRA ADD ON + € 0,50

- Avocado
- Mango
- Cream Cheese
- Edamame*
- Sweet and sour peppers
- Pineapple
- Strawberry
- Caramelized Onion
- Tomatoes
- Carrots
- Wakame Seaweeds*
- Purple Cabbage
- Sweet Potatoes
- Dried Tomatoes
- Zucchini
- Jalapenos
- Ginger
- Chickpeas
- Olives
- Corn
- Cucumbers

CRUNCHY

1 EXTRA CRUNCHY + € 0,50

- Almonds
- Hazelnut Grain
- Pistachio Grain
- Nachos
- Taralli
- Sesame
- Crunchy Onion
- Cashew Nuts
- Platano Chips
- Nuts
- Hot Chips
- Nori seaweed

SAUCE

1 EXTRA SAUCE + € 0,50

- Teriyaki
- Soia
- Spicy Mayo
- Mayo
- Pesto
- Tzatziki
- Guacamole
- Evo Oil
- Nalu
(Mint & Lime)
- Spicy Nalu
(Paprika)
- Wasabi
- Mango Sauce

NAME

NOTE

*Frozen product



GNAM

SPECIAL BOWL

REGULAR € 11

LARGE € 13

FIRST OF ALL

SUSHI RICE

BLACK RICE

BASMATI RICE

QUINOA

SALAD

Byron Bay

Tuna, mango, caramelized onion, zucchini, hazelnut grain

Male

Raw meat, sun dried tomatoes, corn, caramelized onion, taralli

Waikiki

Salmon, avocado, carrots, wakame seaweed*, crunchy onion

Gold Coast

Chicken*, sweet and sour peppers, zucchini, sun dried tomatoes, nachos

Tamarindo

Tofu, avocado, edamame*, cecili, cashew nuts

Lanzarote

Flambe Salmon, mango, philadelphia, edamame*, almonds

Mamanuca

Octopus*, sweet potatoes, olives, ginger, nuts

Uluwatu

Shrimps*, strawberry, datterini tomatoes, philadelphia, pistachio grain

Bali

Cooked shrimps*, wakame seaweed*, violet verza, mango, sesame

Oahu

Surimi*, olives, mango, corn, platano chips

Fuerteventura

Pulled pork*, datterini tomatoes, avocado, violet verza, hot chips

SALSE

Teriyaki

Soia

Spicy Mayo

Mayo

Pesto

Tzatziki

Guacamole

Evo Oil

Nalu

(Mint & Lime)

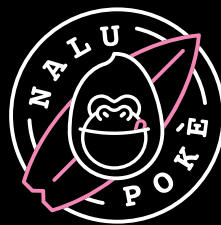
Spicy Nalu

(Paprika)

Wasabi

Mango Sauce

*Frozen product



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OUR APP

NAME

NOTE