



SYDNEY'S FIRST POKE, WHOLEFOODS & MYLK BAR

BOWL.R is about eating real food. We are food lovers first and foremost, we believe you are what you eat. At BOWL.R we want to inspire a cultural shift towards conscious eating through quality, locally sourced ingredients that are prepared in-house in a pure, fresh and unprocessed way.

POKE BOWLS

BUILD YOUR OWN BOWL.R

Made to order. See menu board.

HOUSE FAVOURITES

DANIEL-SAN

Sashimi ocean trout, brown rice, lettuce mix, avocado, beetroot, chilli, cucumber, edamame, pickled ginger, radish, house-made spicy dressing, roasted sesame drizzle, roasted sesame seeds, fried shallots, tobiko.

COBRA-KAI

Poached chicken, brown rice, avocado, cucumber, edamame, house fermented kraut, seaweed salad, radish, house-made coconut lime dressing, sriracha mayo drizzle, roasted sesame seeds, fried shallots, toasted coconut.

MR MIYAGI (V)

Baked miso cauliflower and sweet potato, brown rice, lettuce mix, carrot, corn, coriander, edamame, house fermented kraut, pickled red onion, seaweed salad, house-made miso yuzu dressing, vegannaise drizzle, crushed wasabi peas, hemp seeds, roasted sesame seeds, fried shallots.

TAI-CHI

Sashimi kingfish, brown rice, avocado, cucumber, edamame, seaweed salad, house-made soy dressing, Japanese mayo drizzle, sesame seeds, fried shallots, toasted nori.

BUDDHA (V)

Tofu, buckwheat noodle, lettuce mix, avocado, beetroot, carrot, corn, edamame, house fermented kraut, shiitake mushrooms, house miso sesame dressing, vegannaise drizzle, hemp seeds, roasted sesame seeds, fried shallots, toasted nori.

BEEFED UP

10-hour slow cooked Teriyaki beef brisket, brown rice, lettuce mix, beetroot, carrot, corn, edamame, pickled red onion, shiitake mushroom, sriracha mayo drizzle, fried shallot, roasted sesame seeds.

SUMO

Sashimi trout, sashimi kingfish, brown rice, lettuce mix and a bit of everything.

WHOLE BOWLS

Made fresh to order. Served with mixed lettuce, fresh herbs and house-made dressings.

ASIAN QUEEN BOWL (GF/V OPTION)

Choose: Chicken or Tofu. Buckwheat soba noodles, wombok, cabbage, carrot, shallots, cucumber, corn, lettuce, sprouts, green papaya, coriander, mint, peanut lime dressing, crushed nuts, fried shallots, shredded coconut.

BALMAIN BOWL (GF/V OPTION)

Choose: Poached Chicken or haloumi. Rocket, kale, quinoa, tomato, cucumber, radish, onion, walnuts, herbs, grated apple, hemp seeds, Dijon vinaigrette, balsamic glaze drizzle.

LOVE YOU LONG TIME BOWL (GF)

Choose: Lemongrass Chicken, beef or tofu. Vermicelli noodles, shredded carrots, red cabbage, shallots, mint, coriander, nuts, sesame seeds, fried shallots, nuoc mam cham dressing.

MEDITERRANEAN BOWL (GF)

Lamb kofta spiced mince, hummus, rustic tabouli, chickpeas, quinoa, feta, walnuts, pomegranate, herbs, sumac vinaigrette, pomegranate drizzle.

NAKED AMIGO BOWL (V/GF)

Pulled BBQ jackfruit with plant-based mince, Mexican black beans, corn, red cabbage, pineapple kaffir lime salsa, smashed avocado, tortilla, corn chips and smoked chipotle vegannaise drizzle. Add beef brisket.

OODLES OF NOODLES BOWL (VG/GF)

Grilled haloumi, oodles zucchini noodles, cashew kale pesto, kale, tomato, peas, shallots, almonds, hemp seeds, vegannaise drizzle.

ADD ON: Beef Brisket | Avocado | Ocean Trout |

Poached chicken | Haloumi | Soft boiled egg | Tofu

MINI BOWLS

HOUSE-MADE 18HR BONE BROTH

HOUSE-MADE NUTRITIONAL VEG BROTH

ADD ON: Broth Bombs | Fresh coriander, chilli, garlic, ginger, lemon

juice, parsley, shallots, turmeric | Buckwheat soba noodles

HOUSE-MADE STEAMED DUMPLINGS BOWL

Vegetable (v) or Chicken - 6 pieces

Miso, soy and sesame or Szechuan chilli

MINI ME MENU (dine in only, under 12)

Minis Poke Bowl

Choice of base | 3 Good Stuff | 1 Protein | Dressing | Drizzle | Sesame Seeds

Vice Cone

Minis Smoothies

MYLK BAR

100% natural. Made from fruits, nut and coconut mylks, coconut water. Dairy, refined sugar and gluten free. Nothing nasty - not even ice!

BOWL.R VICE SOFT SERVE - CUP OR CONE SMOOTHIES

SMOOTHIE BOWLS

Served with seasonal fruit, house-made granola and coconut.

BADA BING (choc, banana, coffee)

Banana, coconut flesh, espresso shot, raw cacao, nut mylk and coconut water.

BLACK BEAUTY (banana, honey, cinnamon)

Banana, coconut flesh, activated charcoal, nut mylk, cinnamon, maple syrup, collagen powder, pitaya swirl.

BLUE MERMAID (anti-aging and anti-inflammatory)

Blue spirulina, blue superfood blend - ginger, cardamom, cinnamon, sea minerals, banana, coconut, pineapple, manuka honey, hemp seeds, collagen powder, coconut milk.

COCO (salted caramel)

Coconut flesh, maca, banana, dates, nut mylk, maple syrup, caramel swirl, pink Himalayan salt.

DRAGON (tropical)

Pink pitaya, mango, banana, passionfruit, lychee, coconut water, shredded coconut.

HORNETT (green)

Baby spinach, kale, coconut flesh, pineapple, dates, hemp seeds, nut mylk, super greens, probiotics powder, pitaya swirl.

MARILYN (mango)

Mango, coconut flesh, pineapple, nut mylk, maple syrup, pitaya swirl.

PRINCE (acai)

Acai, blueberries, banana, nut mylk, maple syrup, pitaya swirl.

SANCHEZ (banana, peanut butter, blueberries)

Banana, blueberries, coconut flesh, raw protein, peanut butter, cinnamon, nut mylk, pitaya swirl.

SNICKERS (choc, peanut butter, caramel)

Peanut butter, cacao, maca, banana, raw protein, coconut flesh, almond milk.

ADD ON:

HOUSE MADE DRIZZLE

Caramel | Cacao | Peanut Butter | Pink Pitaya | Maple Syrup

TOPPINGS

Almonds | Bee Pollen | Buckinis | Goji | Cacao nibs

VICE cream topping | Raw protein | Probiotic powder | Collagen powder

SUPERFOOD RAINBOW LATTES

ACTIVATED CHARCOAL

Black is the new black, charcoal to be exact. This dark and dreamy latte mixed with espresso, honey and hint of cinnamon is a healthy detox remedy, helps reduce gas and alleviate bloating.

BLUE MERMAID

A fusion of Blue Spirulina is nutrient dense, high in vitamins, enzymes and minerals with powerful antioxidant and anti-inflammatory properties and Blue Butterfly Pea Flower is an ancient Thai herbal botanical ground to a fine matcha powder. Potent in anthocyanin antioxidants, it has been used for centuries in Ayurvedic traditions for its medicinal properties and anti-aging effects.

CHAI TEA (house-made)

This fragrant tea is rich in antioxidants with a mix of exotic aromatic herbs and spices such as cardamom, cinnamon, ginger, fennel, black pepper, star anise that have been used for thousands of years to promote general health and well-being, as well as treating various ailments.

CHAGA MUSHROOM

Chaga mushroom blended with maca, raw cacao, ginger, cinnamon & a touch of lavender – full of earthy deliciousness and amazing immune boosting properties.

DANDY CHAI

Roasted dandelion root blended with exotic chai spices. A nutty, roasty flavour with highlights from the spicy mix. High in essential vitamins & minerals.

FEEL GOOD CACAO

An organic combination of raw cacao powder, raw dark chocolate, maca and coconut to make possibly the healthiest and most delicious drinking chocolate on the planet! Rich in magnesium, full of antioxidants and flavonoids. It also contains pleasure boosting and mood enhancing properties to stimulate your mind and lift your spirits.

GOLDEN TURMERIC

This bright golden gift from nature holds amazing health benefits, rounded out organic turmeric powder with ginger, liquorice, cinnamon and coconut powders and then added just a dash of ground pepper (to help the body absorb the properties of turmeric), boosts immunity, energy and gut health.

MATCHA GREEN

Enjoy the incredible benefits of Japan Matcha, a powdered green tea produced by artisan tea growers. Matcha leaves are stone ground into a fine powder providing amazing levels of the antioxidant EGCG. Our Matcha Latte mix is a delicious, organic blend of Japan Matcha, Barley Grass, Lemon Myrtle, Liquorice, Goji Berry, Cardamom and Coconut powders. A powerhouse of antioxidants that is highly alkalising.

VIOLET

Taro is a root vegetable high in dietary fibre and Vitamin B, high in antioxidant levels. Incredible taste and fragrance.

Red Velvet

Full of sweet, earthy flavours with a touch of spice. The sweetness from beetroot, cinnamon, cardamom and raw cacao combines perfectly with ginger and hibiscus. Plus it's packed full of antioxidants, helps detoxify and fights inflammation. An indulgence, without the guilt.

Add Soy, Almond or Coconut Mylk

COFFEE & TEA (All day til 8PM)

CAPPUCCINO | LATTE
ESPRESSO | LONG BLACK
Soy | Nut mylks

ORGANIC TEAS

Chamomile | China Sencha | Fresh Lemon, Ginger and Honey | Earl Grey | French Breakfast | Green Tea | Jasmine | Oolong

OVER ICE

Iced coffee | Iced cacao | Iced mocha | Iced tea | Iced superfood rainbow lattes

ICED COFFEE (water and ice)

ICED TEA (water, ice and fresh fruit)

OTHER REFRESHMENTS

BOWL.R COLD PRESSED JUICES

See fridge for choices.

FRESH COCONUTS

THE BOMB

Fresh coconut with shot of espresso.

LEMON

Coconut water, turmeric, lemon juice, cayenne pepper.

BLACK

Coconut water, activated charcoal powder.

WATER

SPARKLING WATER – 750ml

BRUNCH (Saturday & Sunday only til 3PM)

BANANA BREAD
SOURDOUGH TOAST
GRANOLA OR CHIA CUPS

MAPLE BACON AND EGG ROLL

Maple bacon, egg, caramalised onion, a bit of green stuff with smoked BBQ sauce on a milk bun.

BREAKFAST BURRITO (GF)

Maple bacon, eggs, brown rice, black beans, avocado, kaffir lime and pineapple salsa, corn chips.

VEGAN BREAKFAST BURRITO (V/GF)

BBQ pulled jackfruit, brown rice, black beans, avocado, kaffir lime and pineapple salsa, corn chips.

ADD ON: Maple bacon | Haloumi | Poached chicken | Smashed avocado | Mushrooms | Soft boiled egg

SMASHING OUT BALMAIN'S BIGGEST SANDWICHES

BANGIN' SANDWICHES

Includes a regular coffee
Choose: white or wholemeal bread

BLT

Bacon, egg, lettuce, tomato, cheese, pickles, mayo.

CHICKEN

Poached chicken, cucumber, shallots, lemon mayo, lettuce, toasted coconut.

PLANTR

Roasted vegetables, cashew kale pesto, vegannaise, vegan cheese, lettuce.

REUBEN

Beef brisket, cheese, house-made kraut, lettuce, mayo.

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Our products may contain traces of nuts, soy, gluten, diary, eggs and raw ingredients. We endeavor to ensure our products meet customers individual dietary requirements. However, we cannot guarantee this.

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