

LA BRASSERIA



WELLNESS WEEKENDER

CREATE YOUR HEALTY BOWL

☐ Medium 14

☐ Large 18

BASE

Pick as many as you like

☐ Rocket

☐ Black Rice

☐ Mixed Salad

☐ Lamb's Lettuce

VEGGIES

Pick as many as you like

☐ Green Beans

☐ Avocado

☐ Cherry Tomatoes

☐ Boiled Potatoes

☐ Sweetcorn

☐ Cucumber

☐ Beetroot

☐ Sweet Potato

PROTEIN

Pick as many as you like

☐ Boiled Egg +2

☐ Tinned Tuna +4

☐ Grilled Chicken +6

☐ Mozzarella +4

☐ Smoked Salmon +7

☐ Goat Cheese +4.5