

# LA BRASSERIA



## WELLNESS WEEKENDER

### CREATE YOUR HEALTY BOWL

☐ Medium xx

☐ Large xx

#### BASE

*Pick 2*

☐ 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 1*

☐ Boiled Eggs

☐ Tinned Tuna

☐ Grilled Chicken

☐ Mozzarella

☐ Smoked Salmon

☐ Goat Cheese