



BOWLITA

POKE

MENU

Colourful, fresh,
unapologetically delicious.



Our Bowls

REGULAR 10,90 €

LARGE 13,90 €



Salmone Sfacciata

White rice, salmon, tomato, avocado, ponzu, black sesame, pistachio, almonds.
1, 4, 6, 8, 11

Regular



Tonno Bello

Brown rice, tuna, courgettes, marinated carrots, teriyaki, white sesame, walnuts, tzatziki.
1, 4, 6, 7, 8, 11



La Diavola

White rice, salmon, wakame, tomato, pickled onion, black sesame, raisins, hot sauce, spicy mayo.

3, 4, 11



Polpo Ribelle

Basmati rice, octopus, red cabbage, carrots, edamame, olives, black sesame, ponzu, soy sauce, honey.
1, 6, 11, 14



Pollo del Bancone

Black rice, chicken, courgettes, marinated pepper and carrots, soy sauce, teriyaki, crispy onion, almonds.
1, 6, 8



Arcobowl

Basmati rice, peppers, carrots, red cabbage, courgettes, sun-dried tomatoes, raisins, sesame, lime.
11



Cous Cous

Cous cous, salmon, avocado, tomatoes, pistachios, ponzu, black sesame, cornflakes.
1, 4, 6, 8, 11

Salad Bowl 10,90 €



Salmone Free

Mixed leaves, salmon, avocado, tomatoes, pistachios, extra virgin olive oil, lemon dressing.
4, 8



New Caesar

Mixed leaves, Grana cheese, datterini tomatoes, chicken, taralli, extra virgin olive oil, tzatziki.
1, 7

Build Your Bowl

Follow the steps and make it your own.

1. SIZE

REGULAR 10,90 €

1 base · 2 proteins · 3 vegetables · 1 sauce · 1 CRUNCH

LARGE 13,90 €

2 bases · 2 proteins · 3 vegetables · 2 sauces · 2 CRUNCH

2. BASE

- White rice
- Brown rice
- Black rice
- Basmati rice
- Lettuce / baby spinach
- Cous cous

3. Proteins

Extra +1,00 €

- Salmon
- Seared salmon
- Plain prawns* +0,50
- Tuna
- Chicken
- Seared tuna
- Octopus* +0,50
- Pulled pork
- Tofu
- Feta

4. Vegetables

Extra +0,50 €

- Avocado +0,50
- Cherry tomatoes
- Cucumber
- Carrots
- Courgettes
- Red cabbage
- White cabbage
- Peppers
- Wakame seaweed
- Pickled onion
- Edamame
- Chickpeas
- Mango +0,50
- Corn
- Jalapeños 

5. Sauces

Extra +0,30 €

- Ponzu
- Teriyaki
- Guacamole +0,50
- Extra virgin olive oil
- Spicy mayo 
- Soy sauce
- Honey sauce
- Basil pesto
- Hot sauce 
- Mayonnaise
- Philadelphia +0,50
- Lime oil
- Tzatziki
- Bowlita sauce
(mayonnaise and lime)

6. CRUNCH

Extra +0,30 €

- Black sesame
- White sesame
- Pistachio
- Almonds
- Walnuts
- Crispy onion
- Cornflakes
- Nachos
- Taralli
- Sun-dried tomatoes
- Beetroot
- Raisins
- Black olives

ALLERGEN GUIDE

1 Gluten 2 Crustaceans 3 Eggs 4 Fish 5 Peanuts 6 Soy 7 Milk

8 Tree nuts 9 Celery 10 Mustard 11 Sesame 12 Sulphites 13 Lupin 14 Molluscs

For allergies or intolerances, please ask our staff.

*Frozen product.

Tacos & Tartare

Tacos



Salmon

8,90 €

Corn tortilla, rice, salmon, avocado, red cabbage, Mayonnaise, lime.
3, 4



Tuna

8,90 €

Corn tortilla, rice, tuna, mango, cucumber, sriracha mayo, sesame
3, 4, 11



Prawn

8,90 €

Corn tortilla, rice, crispy prawn, cabbage, avocado, Bowlita sauce.
1, 2, 3



Chicken

8,90 €

Corn tortilla, rice, chicken, spicy mayo, corn, crispy onion, lettuce
1, 6



Pulled Pork

8,90 €

Corn tortilla, rice, pulled pork, cabbage, honey sauce, pickled onion.



Vegetarian

8,90 €

Corn tortilla, rice, tofu, avocado, beans, corn, lime.

6

Tartare



Classic Salmon

9,90 €

Salmon, tomato, lemon, salt, pistachio
4, 8.



Classic Tuna

9,90 €

Tuna, tomato, lemon, salt, almonds.
4, 8



Gourmet Salmon

11,90 €

Salmon, tomato, lemon, avocado/mango, onion, pistachio.
4, 8



Gourmet Tuna

11,90 €

Tuna, tomato, lemon, avocado/mango, onion, almonds.
4, 8



Prawns

12,90 €

Prawns, avocado, tomatoes, pistachio, lemon.
2, 8

Burger & Wrap

Burger

All 10,90 € · Octopus 11,50 €



Salmon

10,90 €

Salmon, mayonnaise, avocado, beetroot, black sesame, pistachio, ponzu.
1, 3, 4, 6, 8, 11



Tuna

10,90 €

Tuna, mayonnaise, white cabbage, tomato, black sesame, crispy onion, honey.
1, 3, 4, 11



Octopus

11,50 €

Octopus, mayonnaise, red cabbage, carrots, ponzu, black sesame, almonds, olives.
1, 3, 6, 8, 11, 14



Pulled Pork

10,90 €

Pulled pork, mayonnaise, lettuce, tomato, red cabbage, honey, black sesame.
1, 3, 11



Vegetarian

10,90 €

Avocado, tomato, red cabbage, white cabbage, black sesame, Honey sauce.
1, 11

Wrap

Four recipes, one price.



Salmon

8,90 €

Salmon, mayonnaise, lettuce, avocado, tomato, black sesame, pickled onion, pistachio.
1, 3, 4, 8, 11



Tuna

8,90 €

Tuna, mayonnaise, lettuce, white cabbage, tomatoes, cucumber, beetroot, walnuts, honey.
1, 3, 4, 8



Chicken

8,90 €

Chicken, mayonnaise, lettuce, peppers, courgettes, almonds, raisins, teriyaki, sesame.
1, 3, 6, 8, 11



Vegetarian

8,90 €

Avocado, tomatoes, red cabbage, white cabbage, black sesame, honey.
1, 11



Eat happy

On the Side

Starters



Nachos & Guacamole

6,00 €

Crunchy corn nachos with homemade guacamole.



Nachos with Dip

3,50 €

Crunchy nachos with your choice of dip.

Soups



Creamy Vegetable Soup

7,90 €

Seasonal vegetable soup served with croutons.
1, 9

Creamy Chickpea Soup

7,90 €

Creamy chickpea soup served with croutons.
1, 9

Bean Soup

7,90 €

Beans served with croutons.
1, 9

Desserts



Mochi

1 Pc 2,50 / 2 Pc 4,00 / 3 Pc 5,00 €

- Strawberry,
- Chocolate,
- mango,
- vanilla,
- coconut



Cheesecake

1, 3, 7

5,00 €

- Nutella,
- Caramel,
- Mixed berries,
- Mango

Fresh Juices



Detox

3,99€

Apple, cucumber, spinach, mint, ginger, lemon.



Exotic

3,99€

Peach, mango, apple, lemon.



Fuel

3,99€

Pomegranate, apple, orange, lemon.



Vitamin

3,99€

Orange, apple, carrot, lemon.



Elisir

3,99€

Apple, pomegranate, blueberry, lemon.

Soft Drinks

Water 50 cl

1,30 €

Tea Fuzie peach/lemon

2,50 €

Coca-Cola / Zero / Zero Sugar Zero Caffeine/ Fanta/ Sprite

3,00 €

Beers

Corona 33 cl

4,00 €

Messina Cristalli di Sale

5,00 €

Ichnusa unfiltered

4,50 €

Wines

Chardonnay

8,00 €

Pinot Grigio

8,00 €

Soave

8,00 €

Prosecco DOCG

8,00 €