

APPETIZERS

PRAWN CEVICHÉ

Par cooked prawns marinated in a tangy lime dressing. Onions. Green chillies. Avocado. Wasabi guacamole. Wonton crisps. Spring onions. Sesame seeds.

750

POKÉ NACHOS

Sashimi salmon & tuna. Spicy soy marinade. Tempura battered seaweed chips. Spring onions. Sesame seeds. Tobiko. Wasabi mayo.

750

CHICKEN KARAAGE

Crispy Japanese fried chicken. Asian slaw. Chilli mayo. Spring onions. Sesame seeds.

650

VEGETARIAN OPTION: CAULIFLOWER KARAAGE

*can be made Vegan

500

SUPERFOOD MISO SOUP

Classic Miso soup made even healthier with the addition of nutrient dense spinach.

550

CUCUMBER AVO BITES (V)

Raw cucumber. Wasabi guacamole. Asian slaw. Lotus root chips. Sesame seeds. Spring onions.

350



POKÉ BOWLS

House Favourites

Choose your base: Sushi rice, Red rice, Zoodles, Mixed greens, Half & half or No base.

SPICY SALMON

Sashimi salmon. Spicy soy sauce. Edamame. Cucumbers. Tomatoes. Onions. Avocado. Tobiko. Wakame. Wonton crisps. Wasabi mayo. Spring onions. Sesame seeds. Pickled cucumbers and Pickled ginger.

(L) 1,450

(R) 1,250

SRIRACHA HONEY PRAWN

Sriracha honey marinated prawns. Mango. Edamame. Red bell peppers. Red cabbage. Pickled red cabbage. Black sesame miso mayo. Lotus root chips. Spring onions. Sesame seeds.

(L) 1,350

(R) 1,150

TANGY TUNA

Sashimi tuna. Passionfruit soy sauce. Mango. Green chillies. Onions. Red cabbage. Tobiko. Panko. Shredded seaweed. Chilli mayo. Spring onions. Sesame seeds. Pickled cucumbers and Pickled ginger.

(L) 1,350

(R) 1,150

FIRECRACKER CHICKEN

Spicy fried chicken. Sweet corn. Green bell peppers. Red cabbage. Avocado. Pickled red cabbage. Wasabi mayo. Spring onions. Sesame seeds.

(L) 1,150

(R) 1,050

TERIYAKI CHICKEN

Teriyaki chicken. Sweet corn. Carrots. Onions. Red bell peppers. Shredded seaweed. Wonton crisps. Chilli mayo. Spring onions. Sesame seeds. Pickled cucumbers and Pickled ginger.

(L) 950

(R) 850

VEGETARIAN OPTION: TERIYAKI EGGPLANT

*can be made Vegan

(L) 850

(R) 750

SHOYU TOFU (V)

Seared tofu. Shoyu sauce. Edamame. Tomatoes. Cucumbers. Carrots. Red cabbage. Shredded seaweed. Wonton crisps. Spring onions. Sesame seeds. Pickled cucumbers and Pickled ginger.

(L) 850

(R) 750



Build

POKÉ TACO

Tacos with a Poke twist!



Choose your base: Sushi rice, Red rice, Zoodles, Mixed greens, Half & half or No base.

SPICY SALMON

650

SRIRACHA HONEY PRAWN

600

TANGY TUNA

600

FIRECRACKER CHICKEN

500

TERIYAKI CHICKEN

450

TERIYAKI EGGPLANT *can be made Vegan

350

SHOYU TOFU (V)

350

POKÉRRITO

Burritos with a Poké twist!



Choose your base: Sushi rice, Red rice, Sushi rice & Red rice, Sushi rice & Zoodles, Sushi rice & Mixed greens, Red rice & Zoodles, Red rice & Mixed greens.

SPICY SALMON

1,250

SRIRACHA HONEY PRAWN

1,150

TANGY TUNA

1,150

FIRECRACKER CHICKEN

950

TERIYAKI CHICKEN

850

TERIYAKI EGGPLANT *can be made Vegan

750

SHOYU TOFU (V)

750

NICE CREAM (V)

STRAWBERRY NICE CREAM

Strawberry. Banana. House made granola. Kithul Coconut chips.

650

MANGO NICE CREAM

Mango. Banana. House made granola. Kithul Coconut chips.

600

PASSION FRUIT NICE CREAM

Passion fruit. Bananas. House made granola. Kithul Coconut chips.

550

SPINACH & MINT NICE CREAM

Spinach. Mint. Banana. House made granola. Kithul Coconut chips.

450



DESSERT

MATCHA PANNA COTTA

Miso butterscotch. Kithul coconut chips.

700



ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE



OUR STORY

Bowl'd stemmed from the idea to give people here in Sri Lanka a healthier option for fast food. We are a quick service restaurant that aims to help you create delicious, healthy meals that use fresh produce and seasonal ingredients. We primarily focus on Poké Bowls, which originates from Hawaii, traditionally consists of raw fish that has been marinated in umami-packed sauces, paired with vegetables and topped over rice. Bowl'd has put its own healthier twist on this by giving you lot's of different options so that you can build your bowl however you see fit! We cater to a wide range of diets from vegan, vegetarian, low carb and gluten free - basically, there's something for everybody!



GLOSSARY

- Panko: Japanese breadcrumbs
- Edamame: Japanese soy bean
- Miso: Japanese soy bean paste
- Tobiko: Flying fish roe
- Wakame: Seaweed salad
- Zoodles: Sprialised raw zucchini
- Spicy Soy: Soy sauce mixed with a house-made chilli sauce and few other secret seasonings
- Passion Fruit Soy Sauce: Soy sauce mixed with passion fruit and a few other secret seasonings
- Shoyu: Sesame based soy sauce
- Sriracha Honey Soy Sauce: Soy sauce mixed with kithul, house-made chilli sauce and a few other secret seasonings
- Firecracker Sauce: Fiery soy sauce based dressing
- Nice Cream: Vegan ice cream! Frozen bananas blended to a soft ice cream like consistency and flavoured with fruits
- Gotukola: Aka Pennywort is a crunchy Sri Lankan herb with numerous health benefits
- Matcha: Japanese green tea powder
- Kithul: Plant based local honey
- Pokerrito: A fusion of Mexico and Hawaii with seaweed replacing your traditional tortilla wrap
- Poke Taco: A fusion of Mexico and Hawaii with tempura battered seaweed replacing your traditional taco shell

THE 411

- All our sauces are made in-house.
- Some items on our menu vary according to seasons.
- We don't use refined sugar in any of our sauces, 'Nice Cream, Drinks or Sweets - Kithul is substituted for sugar!