

WINE

Sparkling

Amanti Prosecco, Italy
Fleury Champagne, France

Glass	Bottle
\$11	\$45
	\$80

White

Pour Le Vin Sauvignon Blanc, France
Shut the Gate, Riesling, SA
Terra Viva Pinot Grigio, Italy
Dominique Portet Chardonnay, VIC
Le Domaine d'Henri Chablis, France

\$12	\$45
\$13	\$50
\$13	\$50
\$14	\$55
	\$75

Rosé

Fabre en Provence Rosé, France

\$13	\$50
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Red

Granite Hills Pinot Noir, VIC
Harvest Syrah, SA
Shut the Gate Tempranillo, SA
Domaine Parent Pommard, France

\$14	\$55
\$13	\$50
\$14	\$55
	\$95

All wines are organic, low-intervention and bio-dynamic

BEER + CIDER

Beer

Asahi
Balter XPA
Balter Captain Sensible
Brewmanity Social Beast Pale Ale
Brewmanity Tango + Splash Juicy Lager
Carlton Draught
Cascade Light
Great Northern
Peroni
Pure Blonde

\$10
\$11
\$11
\$11
\$11
\$10
\$10
\$10
\$10
\$10

Cider

Colonial Brewing Co. Bertie Apple Cider

\$9



SCAN QR CODE TO ORDER FROM
YOUR TABLE



Or we can help you at the counter



bowlme.over

03 7038 0506

bowlmeover.com.au

Open 7 days

100% Plant Based

Available for functions. Head to our website for
information

ALL DAY BREAKFAST

AVO TOAST	\$12
Sourdough toast, avocado, cherry tomatoes, tofu feta, seed mix, balsamic + lemon.	
BREAKFAST WRAP	\$14
Mushrooms, spinach, hashbrown, bacon (vegan), mayo + relish in a wholemeal wrap	
BLAT	\$14
Bacon (vegan), lettuce, avocado, tomato, mayo + relish	
TOAST	\$8
Two slices with strawberry chia jam, peanut butter or vegemite	
<i>Gluten Free + \$2</i>	

SMOOTHIE BOWLS

PICK ME UP BOWL CN GF	\$12
Acai blended with strawberries + bananas, topped with granola, strawberries, banana + flaked coconut	
PEANUT BUTTER BOWL CN GF	\$14
Acai blended with strawberries + bananas, topped with flaked coconut, granola, cacao nibs, banana, strawberries + peanut butter	
TROPICAL BOWL CN GF	\$14
Acai blended with strawberries + bananas, topped with flaked coconut, granola, banana, strawberries, coconut yogurt + passionfruit	
BOWL WITH THE LOT CN GF	\$16
Acai blended with strawberries + bananas, topped with flaked coconut, granola, banana, strawberries, chocolate goji berries, chocolate sauce + peanut butter	

EXTRAS \$2

Cacao nibs	Chocolate sauce
Peanut butter	Strawberry chia jam
Coconut yoghurt	Chocolate goji berries
Almond butter	Brownie chunks
Passionfruit	

NOURISHING FOODS

From 10am

BURRITO BOWL CN GF	\$18
Rice, burrito bean mix, avocado, tomato, cucumber, nacho cashew cheese sauce, coconut yoghurt, corn chips + coriander	
STICKY TOFU BOWL CN GF	\$18
Rice, sticky tofu, marinated broccoli, spinach, carrots, edamame, zesty coconut sauce, crispy shallots, bean sprouts + mint	
CHICKPEA CURRY BOWL CN GF	\$18
Rice, chickpea + green pea curry, spinach, carrot, red cabbage, zesty coconut sauce, beansprouts, crispy shallots + coriander	
LOADED GREEN SALAD CN GF	\$14
Spinach, marinated broccoli, edamame, avo, zesty coconut sauce, crispy shallots, pickled ginger, bean sprouts, sesame seeds + mint	
FALAFEL WRAP	\$14
Falafel, spinach, quinoa tabbouleh, hummus + aioli in a wholemeal wrap	
CHICKLESS WRAP CN	\$14
Chickless schnitzel, spinach, avocado, garlic aioli + smokey chipotle	
PUMPKIN TOASTIE	\$14
Roast pumpkin, spinach, mozzarella + pesto on sourdough	
MUSHROOM TOASTIE	\$14
Mushroom, thyme, mozzarella, garlic aioli + spinach on sourdough	
NO BEEF WITH ME BURGER CN	\$16
Housemade patty, cheese, tomato, lettuce, bacon, burger sauce + dill pickles (vegan)	
CHICKLESS BURGER CN	\$16
Schnitzel, bacon, greens, avocado, coleslaw, Smokey chipotle aioli on a brioche bun (vegan)	
SOUP OF THE DAY	\$12
<i>Add toast \$2</i>	

SUPERFOOD SMOOTHIES

GREEN GOODNESS GF	\$12
Spinach, kale, chia seeds, mango, coconut water, passionfruit + flax	
THE NUTTER CN	\$12
Banana, peanut butter, dates, cacao powder, chia seeds + oat milk	
SUPER BERRY GF	\$12
Banana, mixed berries, coconut milk, dates + chia seeds	
PIÑA COLADA GF	\$12
Pineapple, banana, coconut yoghurt, coconut milk + dates	
MINT CHOC CN	\$12
Banana, almond butter, spinach, spirulina, oat milk, peppermint oil, maple + cacao	
KICK STARTER CN	\$12
Espresso, banana, dates, oat milk + peanut butter	
POWER UP CN	\$12
Banana, oats, protein powder, strawberries, oat milk + almond butter	
STAYCATION GF	\$12
Mango, banana pineapple, coconut milk + dragonfruit	
EXTRAS \$2	
Peanut butter	Protein Powder
Spirulina	Coffee
Matcha	Maca Powder
Chia Seeds	

100% Plant Based | CN: Contains Nuts, GF: Gluten Free

ALLERGENS: Many of our dishes contain nuts, gluten and soy. Please speak with staff for any allergen information. This is a shared kitchen and all food may contain traces of nuts, gluten and soy.

HOT DRINKS

Latte, Flat White, Cappucino	\$4.5
Large	+\$0.5
Ice Latte, Chai, Chocolate	\$5
Espresso	\$5
Double Espresso	\$3.5
Short Black	\$4
Long Black	\$3.5
Hot Chocolate	\$4
Chai Latte	\$5
Turmeric Latte	\$5
Babycino	\$2
Tea by Love Tea	\$4
English Breakfast	
Earl Grey	
Green	
Peppermint	
Lemongrass + ginger	
Oat, Almond or Soy milk	

KIDS MENU

KIDS AVO	\$8
Avocado + cherry tomatoes on one slice of sourdough	
KIDS ACAI BOWL CN GF	\$10
Acai, banana and strawberry blend topped with granola, bananas, strawberries + coconut flakes.	
KIDS TOASTIE	\$8
Tomato + mozzarella on sourdough	
BANANARAMA SMOOTHIE CN	\$8
Banana, peanut butter, dates + oat milk	
BERRY GOOD SMOOTHIE GF	\$8
Banana, mixed berries, dates + coconut milk	
ORANGE JUICE GF	\$4
Cold pressed orange juice	