

# Create your own bowl in 5 steps

Mühlerad Bistro

TOP OF THE FALLS

1

## 1 x Basis

Eisbergsalat / Iceberg salad

Jasmin Reis / Jasmine rice

Schwarzer Reis / Black rice

2

## 1 x Protein

Lachs / Salmon CHF 6.00

Planted Chicken CHF 4.00

Pulled Pork CHF 4.00

Thunfisch / Tuna CHF 8.00

3

## 2 x Mix In

Ananas / Pineapple

Avocado

Cherry Tomaten / Tomatoes

Edamame

Gurke / Cucumber

Jungspinat / Young spinach

Mais / Sweet corn

Mango

Randen / Red beet

Rote Bohnen / Red beans

Zusätzliches Mix In

Additional Mix In CHF 1.50

4

## 1 x Dressing

Salatdressing / Salad dressing

Sesam Miso

Soja Sauce / Soy sauce

Spicy Mango

Teryaki

5

## 1 x Topping

Cashewnüsse / Cashew nuts

Chia Samen / Chia seeds

Chili

Frühlingszwiebeln / Spring onions

Granatapfel / Pomegranate

Ingwer / Ginger

Petersilie / Parsley

Sesam / Sesame seeds

Zusätzliches Topping

Additional Topping CHF 1.50

### Own Bowl:

1 x Basis

2 x Mix In

1 x Dressing

1 x Topping

CHF 14.00

# Housebowls

## Mühlerad Bistro

TOP OF THE FALLS

### Housebowl **RED** / CHF 20.-

- **Schwarzer Reis** / Black rice
- **Lachs** / Salmon
- **Randensalat** / Beetroot
- **Rote Bohnen** / Red beans
- **Cherry Tomaten** / Tomatoes
- **Scharfe Mango** / Spicy Mango
- **Frühlingszwiebeln** / Spring onions
- **Granatapfelkerne** / Pomegranate

### Housebowl **GREEN** / CHF 18.-

- **Eisbergsalat** / Iceberg salad
- **Planted Chicken**
- **Avocado**
- **Edamame**
- **Spinatsalat** / Spinach salad
- **Hausdressing** / House dressing
- **Frühlingszwiebeln** / Spring onions
- **Chia Samen** / Chia seeds

### Housebowl **YELLOW** / CHF 18.-

- **Jasmin Reis** / Jasmine rice
- **Pulled Pork**
- **Ananas** / Pineapple
- **Mais** / Sweet corn
- **Mango**
- **Sesam Miso**
- **Cashewnüsse** / Cashew nuts
- **Petersilie** / Parsley

### Snack

Portion Edamame gesalzen /  
Salted Edamame

CHF 5.50 (150 gr.)

### Herkunftsdeklaration /

Declaration of origin:

<b>Lachs</b> / Salmon	<b>Schweiz</b> / Switzerland
<b>Pulled Pork</b>	<b>Schweiz</b> / Switzerland
<b>Thunfisch</b> / Tuna	<b>Indischer Ocean</b> / Indian Ocean

Alle Preise sind in CHF und inkl. 7.7 % MWST / All prices are in CHF and incl. 7.7 % VAT