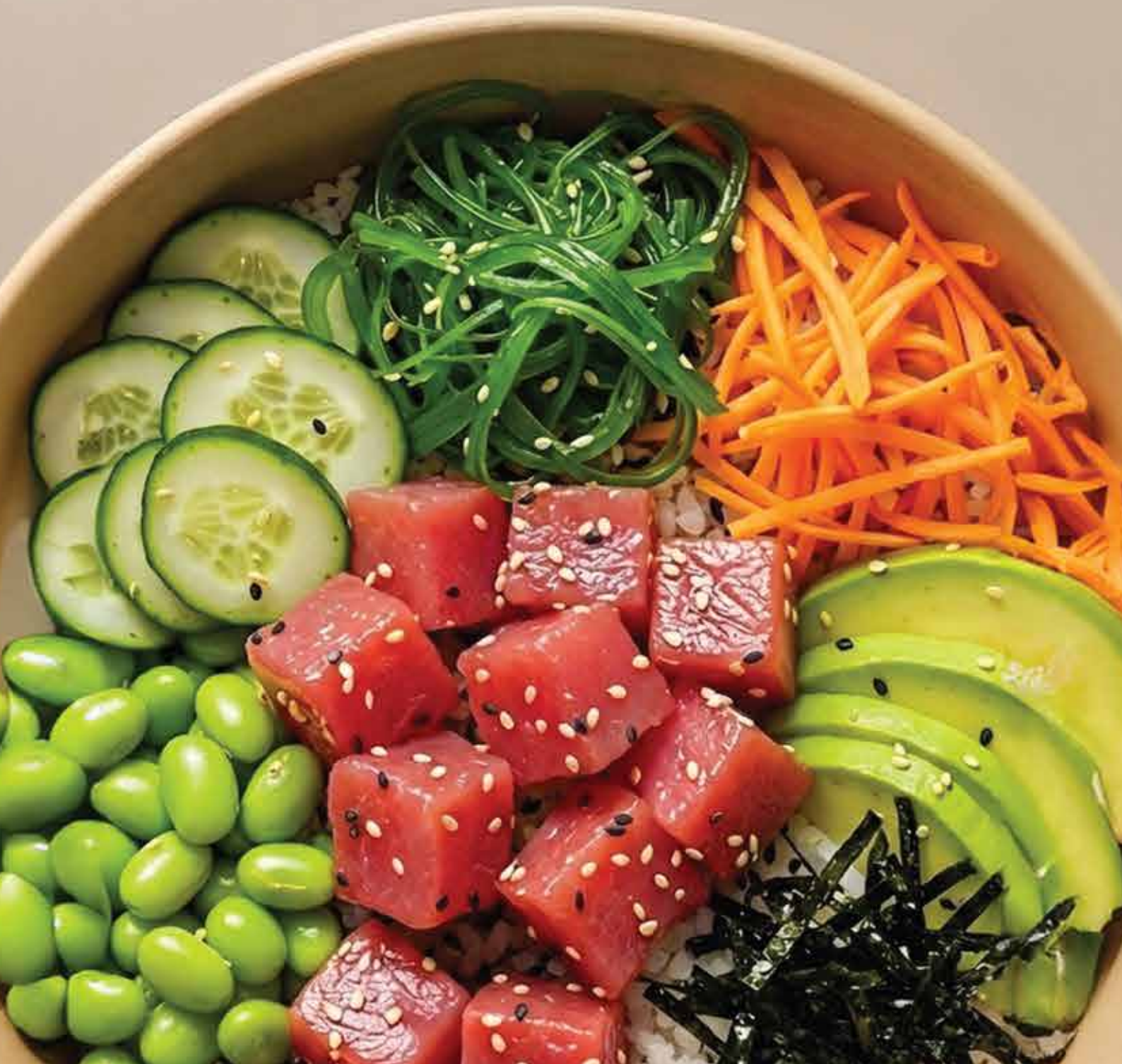




BALANCE  
C A F E





# BUILD YOUR BOWL

<b>Medium Bowl</b> <b>500₺</b>	<b>Large Bowl</b> <b>650₺</b>
<b>What's included:</b> <ul style="list-style-type: none"><li>• 2 Greens</li><li>• 2 Vegetables</li><li>• 1 Carbohydrate</li><li>• 1 Protein</li><li>• 1 Healthy Fat</li><li>• 1 Topping</li><li>• 1 Sauce</li></ul>	<b>What's included:</b> <ul style="list-style-type: none"><li>• 3 Greens</li><li>• 3 Vegetables</li><li>• 1 Carbohydrate</li><li>• 2 Proteins</li><li>• 1 Healthy Fat</li><li>• 1 Topping</li><li>• 1 Sauce</li></ul>
<b>Protein included:</b> Egg • Chicken • Tuna	<b>Protein included:</b> Egg • Chicken • Tuna

## **Premium Proteins (+ extra)**

Salmon • Shrimp • Beef

Price on menu

## **Customize Your Bowl**

You can customize your bowl with extra items from the menu





## GREENS

Iceberg Lettuce	180₺
Arugula	100₺
Dill	110₺
Parsley	12.4₺
Mint	20₺
Lollo rosso Lettuce	120₺ 100₺

## VEGETABLES

Tomato	28₺
Cucumber	24₺
Broccoli	25₺
Cauliflower	25₺
Green bean	10₺
Asparagus	110₺
Carrot	40₺
Red cabbage	35₺
Bell pepper	20₺
Avocado	75₺

## CARBOHYDRATES

Sweet Potato	20₺
Potato	35₺
Basmati Rice	75₺
Buckwheat	35₺
Quinoa	70₺
Rice Crouton Dry	30₺
Lentil	35₺

## PROTEINS

Egg	35₺
Beef Steak	250₺
Chicken Breast	60₺
Tuna	100₺
Smoked Salmon	100₺
Boiled Shrimps	75₺
Salmon	130₺

## HEALTHY FATS

Walnut	70₺
Almond	45₺
Cashew	135₺
Sunflower Seed	32₺
Raisin	20₺
Dried Apricot	120₺

## SAUCES

Ranch Sauce	70₺
Balsamic	60₺
Honey Mustard	50₺
Pesto Sauce	140₺
BBQ Sauce	30₺
Hot Sauce	65₺
Spicy Mayonnaise	105₺
Hummus	25₺
Caesar Sauce	75₺

## TOPPINGS

Feta Cheese	75₺
Parmesan Cheese	80₺

## GRANOLA

Granola	285₺
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## DESSERT

Malabi	200₺
Crumble Cheesecake	290₺
Choco Truffle	165₺



## TEA(LOOSE LEAF – PER CUP)

Yoga Tea	170₺
Well-Being Tea	170₺
Turmeric Chai	170₺
Blossom Tea	185₺
Caramel Cream Tea	185₺
Moroccan Mint Tea	185₺
Milk Oolong	175₺
Green Dragon	185₺
White Tea (Beyaz Çay)	185₺

## MATCHA DRINKS

Classic Matcha	250₺
Iced Matcha Latte	265₺
Matcha Tonic / Juice	270₺
Matcha Latte with Fruit Puree	300₺

## CLASSIC COFFEE

Espresso	130₺
Americano	190₺
Turkish Coffee	100₺
Filter Coffee	165₺
Long Black	190₺
Cappuccino	200₺
Latte	200₺
Flat White	245₺
Mocha	225₺
Iced Mocha	250₺

## SPECIALTY COFFEE

Aerocano	230₺
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## SMOOTHIES

Detox Green	190₺
Nut Bomb	365₺

## OAT DRINKS

Oat-Banana	185₺
Coffee + Oat	185₺

## SPORTS DRINKS

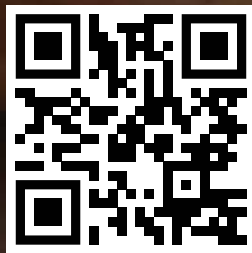
BCAA Drink	145₺
L-Carnitine Drink	330₺
Protein Shake	230₺
Gainer	165₺
Pre-Workout	150₺

## SOFT DRINKS

Cola Zero (330ml)	110₺
Sprite Zero (330ml)	110₺
Fresh Juice (250ml)	250₺
Water (330ml)	80₺
Water (750ml)	110₺
Tonic (330ml)	125₺
Soda (250ml)	100₺
Sport Snacks	300₺

## EXTRAS

Extras	50₺
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