



Apapika

20% OFF BOWLS

**THIS IS AN EXCLUSIVE OFFER FOR CONTRIBUTING
MEMBERS OF THE VIC STAFF ASSOCIATIONS / UNIONS**



FOOD

SIGNATURE BOWLS

from 11 a.m.

Lani Chicken *A, C, E, F, M, N* 12,80

Hot Korean, Chicken, Baby Spinach, Sweet Potato, Avocado, Red Cabbage, Cucumber, Creamy Mayo, Seaweed, Peanuts

Truffle Teriyaki *A, C, F, M, N* 12,80

Teriyaki, Cucumber, Spring Onion, Corn, Carrots, Edamame, Chicken, Truffle Mayo, Sesame, Fried Onions

Peanut Chicken *E, F, M, N* 12,80

Sesame Dressing, Cucumber, Baby Spinach, Carrots, Chicken, Edamame, Red Cabbage, Peanut Sauce, Peanuts, Sesame

Truffle Ginger Beef *A, C, F, M, N* 13,80

Honey Ginger, Roast Beef, Red Cabbage, Cucumber, Edamame, Spring Onions, Pomegranate, Truffle Mayo, Fried Onions, Sesame

Tuna Turner *C, D, F, M* 13,80

Ponzu, Tuna, Avocado, Red Cabbage, Cucumber, Edamame, Spring Onions, Kimchi Mayo, Coriander, Chili Flakes

Teriyaki Salmon *C, D, F, M, N* 13,80

Teriyaki, Salmon, Avocado, Red Cabbage, Mango, Edamame, Spring Onions, Truffle Mayo, Coriander, Sesame

SIGNATURE BOWLS

from 11 a.m.

Hawaiian Salmon *A, C, D, F, M, N* 13,80

Tahini Lemongrass, Salmon, Avocado, Red Cabbage, Carrots, Cucumber, Edamame, Truffle Mayo, Seaweed, Sesame


Veggie Dream *E, F, G, M* 11,80

Date Mustard, Feta, Avocado, Sweet Potato, Red Cabbage, Cucumber, Pomegranate, Peanut Sauce, Peanuts, Cranberries

Tofu Toto *E, F, M, N* 11,80

Teriyaki, Tofu, Avocado, Sweet Potato, Red Cabbage, Corn, Pomegranate, Parsley Mayo, Peanuts, Coconut Chips

Planted Chicken Bomb *A, F, M* 13,80

Teriyaki, Planted Chicken (pea protein) , Baby Spinach, Sweet Potato, Cucumber, Corn, Red Cabbage, Parsley Mayo, Coriander, Fried Onions

Spinach Truffle Salad *C, F, M, N* 6,90

Baby Spinach, Teriyaki, Truffle Mayo, Sesame

EXTRA SERVING






salmon (+3) | roast beef (+3) | planted chicken (+3) | add-ins (+1)
chicken (+2) | tofu (+2) | tuna (+3) | sauce (+1) | crunch (+1)

BUILD YOUR OWN BOWL

1.BASE

Sushi rice | Arabic turmeric rice
Couscous | Glass noodles (+1.5)
Leaf spinach | Zoodles


2.DRESSING

Tahini Lemongrass  | Teriyaki 
Datte Mustard  | Honey Ginger 
Ponzu  | Hot Korean






3.GREENS (5x)

Pomegranate (+1)

4.PROTEIN

Feta | Salmon (+2) | Tuna (+2)
Sous-vide Roastbeef (+2)
Tofu | Planted Chicken (+2) 
Sous-vide Chicken (+1)

5.SAUCE

Truffle Mayo  | Creamy Mayo 
Kimchi Mayo  | Peanut sauce 
Parsley Mayo  | Arabic Garlic

6.CRUNCH (2x)

Sesame | Fried onions | Crunchy za'atar
Chili flakes | Peanuts | Cranberries
Coconut chips | Coriander | Seaweed (+1)
Kimchi (+1) | roasted corn

from 11,80

FOOD

SANDWICHES

TheCado *A, C, G, H, N*

Bread, Avocado, Tomato slices,
Arugula, Pesto

TunaCado *A, C, D, G, H, M, N*

Bread, Tuna mousse, Tomato slices,
Avocado, Arugula, Pesto

Cream Cheese Salmon *A, C, D, G, H, N*

Bread, Cream Cheese, Smoked Salmon,
Arugula, Pesto

Mozzarella Caprese *A, C, G, H, N*

Bread, Mozzarella, Tomato slices,
Arugula, Pesto

Mediterrano *A, C, G, H, N*

Bread, Feta, Tomato slices,
Arugula, Pesto

Truffle Pastrami *A, C, G, H, N*

Pastrami, Tomato slices, Arugula, Pesto,
Parmesan, Truffle mayo

Spicy Tuna *A, C, D, G, H, M, N*

Tuna mousse, Avocado, Tomato slices,
Arugula, Jalapeños, Pesto

DESSERT

Pistacchio Cookie *A, C, F, G*

Classic Cookie *A, C, F, G, H*

🌱 ... vegan 🌾 ... gluten free
planted chicken = pea protein

SIGNATURE CURRIES

from 11 a.m.

6,90 **Coco Jambo Chicken** *A, E, F, H* **12,80**

Turmeric rice, Cashew Pat Thai curry, Cherry tomatoes,
Chicken, Sprouts, Peanuts, Peanut butter

7,90 **Red Hot Chicken** *A, F, G, N* **12,80**

Turmeric rice, Red curry, Chicken, Eggplant,
Sprouts, Cherry tomatoes, Sour cream, Sesame

7,90 **Coco Jambo Naked** *A, E, F, H* 🌱 **9,80**

Turmeric rice, Cashew Pat Thai curry, Cherry tomatoes,
Sprouts, Peanuts, Peanut butter

7,90 **Red Healing** *A, F, N* 🌱 **9,80**

Turmeric rice, Red curry, Eggplant, Sprouts,
Cherry tomatoes, Coriander, Sesame

7,90 **Red the Tofu** *A, F, N* 🌱 **11,80**

Turmeric rice, Red curry, Tofu, Eggplant,
Sprouts, Cherry tomatoes, Sesame



DRINKS

FRESH JUICES

Green Energy

Avocado, Spinach, Apple, Lemon, Olive oil

5,90

Recovery

Strawberries, Banana, Apple, Olive oil

5,90

Skin & Glow

Carrot, Ginger, Apple, Lemon, Turmeric, Olive oil

5,90

After Pilates

Pineapple, Cucumber, Lemon, Apple, Olive oil

5,90

Green Superstar ^L

Cucumber, Celery, Lemon, Apple, Olive oil

5,90

Just A Chill Guy

Strawberries, Ginger, Apple, Olive oil

5,90

CAFE & TEE

at selected locations

Espresso

2,50

Espresso double

3,70

Macchiato

3,30 / 4,50

Americano

4,10

Cappuccino

4,70

Flat White

4,90

Café Latte

4,70

Hot Chocolate

4,70

Tea (Assorted varieties)

2,90

SHAKES

Matcha Date

^{A, B, C, F, G, H, O}

Matcha, Banana, Dates,
Whey protein, Oat milk

7,90

Glow & Gain

^{B, C, F, G, H, O}

Strawberries, Banana, Dates,
Whey protein, Oat milk

7,90

Happy Gut

^{A, G}

Psyllium husks, Strawberries, Dates,
Banana, Kefir, Oat milk

7,90

SHOTS

Ingwer Shot

Ginger, Apple, Lemon

2,90

Turmeric Shot

Turmeric, Apple, Lemon, Black pepper

2,90

MATCHA

Strawberry ^A

7,20

Mango ^A

7,20

Latte ^A

7,20

All our sauces & dressings are homemade.
Our staff will be happy to inform you about all
allergens in our dishes!

