

Tangles

Build Your Own Healthy Bowl

Step 1 – Pick a Size:

- Light (75g protein or 100g pumpkin) \$10.90
- Regular (100g protein or 150g pumpkin) \$13.90
- Large (150g protein or 225g pumpkin) \$16.90

Step 2 – Select a Protein:

- Yuzu Ponzu Salmon
- Signature Marinated Salmon
- Yuzu Ponzu Tuna
- Signature Marinated Tuna
- Sous-Vide Chicken
- Bacon
- Pumpkin ✓
- Hokkaido Prawn ✓ NEW
- Hokkaido Squid ✓ NEW
- Fish Nuggets ✓ NEW

Step 5 – Add Special Toppings (+\$1.90 each): *Optional*

- Kimchi ✓
- Capelin Fish Roe
- Avocado (1/2) ✓
- Roasted Pumpkin ✓
- Mixed Mushrooms ✓
- QQ Tofu ✓ NEW

Step 7 – Pick a Dressing:

- Basil Pesto
- Lemon Shoyu
- Balsamic Vinaigrette
- Tangles Signature
- Wasabi Ponzu Mayo

Step 3 – Choose a Base:

- Couscous
- Quinoa
- Brown Rice
- Romaine Lettuce

Step 4 – Add 4 FREE Toppings:

- Carrot
- Japanese Cucumber
- Cherry Tomatoes
- Black Olives
- Pickled Beetroot
- Pumpkin Seeds
- Hard-Boiled Egg

Step 6 – Add Premium Toppings (+\$3.90 each): *Optional*

- Yuzu Ponzu Salmon
- Signature Marinated Salmon
- Yuzu Ponzu Tuna
- Signature Marinated Tuna
- Sous-Vide Chicken
- Bacon
- Hokkaido Prawn ✓ NEW
- Hokkaido Squid ✓ NEW
- Fish Nuggets ✓ NEW