

Peeld

allergies or intolerances:
please ask a member of staff
to change your ingredients!

🌾 contains gluten

poke bowls traditional hawaiian sushi bowls

1) choose your bowl...

classic

edamame, wakame seaweed,
radish, pineapple, spring onion,
sesame

spicy 🌶️

edamame, carrot, mango salsa,
candied jalapenos, sushi ginger,
crispy shallots, chilli & ginger
seasoning

oahu 🌾

wakame seaweed, guacamole,
carrot, mango, pomegranate, crispy
shallots, sesame

korean

wakame seaweed, cucumber,
kimchi, radish, sushi ginger, nori,
kimchi nori seasoning

2) choose base...

sticky sushi rice
brown rice
rainbow slaw
mix of 2

3) choose protein...

tofu	9.95
salmon	11.95
tuna	11.95
vegan chick'n 🌾	11.95
bbq brisket	12.95

4) choose sauce...

ginger peanut	VG
teriyaki	VG 🌾
roasted sesame	V
chipotle aioli	V
sriracha mayo	V 🌶️
honey sriracha	VG 🌶️
chilli jam	V 🌶️

5) add...

guacamole	1.25
kimchi	1.25
other toppings	0.75
extra sauce	0.50

hot bowls

served with sticky or brown rice

ginger peanut 11.95

grilled chicken breast pieces or
tofu in ginger, peanut & crispy chilli
sauce, edamame, radish, cabbage,
coriander, spring onion, peanuts

shawarma 11.95

pulled chicken shawarma, carrot,
tomato, cucumber, guacamole,
pomegranate, coriander, sumac,
chipotle aioli

seoul brisket 12.95

pulled bbq brisket, gochujang
sauce, radish, kimchi, cucumber,
crispy chilli oil, spring onion,
chilli and ginger seasoning

special

all out 🌾 12.95

tuna & salmon in sesame shoyu,
guacamole, pineapple, edamame,
wakame, candied jalapenos, nori,
toasted peanuts, crispy onions

acai + fro-yo

natural frozen yoghurt and traditional brazilian acai.

1) choose your base...

acai 9.50

4 toppings

frozen yoghurt 7.50

4 toppings

kids size fro-yo 5.50

2 toppings

2) choose toppings...


- | | |
|----------------|-----------------|
| • strawberries | • almonds |
| • blueberries | • peanuts |
| • raspberries | • peanut butter |
| • mango | • chia seeds |
| • pineapple | • goji |
| • pomegranate | • granola 🌾 |
| • milk choc | • dark choc |

3) choose a sauce...

- strawberry
- blueberry
- chocolate
- honey
- agave
- maple syrup

Peelo

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protein shakes

matcha cha cha **5.95**

banana, spinach, almond butter,
vanilla protein powder, jenki
matcha

wakey wakey **5.95**

banana, peanut butter, dates,
cacao powder, pea protein, maca

smoothies **5.50**

green machine

avocado, mango, spinach,
broccoli, coconut, ginger, lime

loco coco

mango, pineapple, coconut,
lime, mint

5 a day

strawberry, pineapple, kiwi
mango

very berry mary

blueberry, raspberry, banana,
flaxseed

matcha

matcha latte **4.50**

ceremonial grade matcha,
milk. hot or iced.

iced strawberry matcha latte **5.50**

ceremonial grade matcha,
milk, strawberry compote

iced blueberry matcha latte **5.50**

ceremonial grade matcha,
milk, blueberry compote

add syrup **0.95**

vanilla
caramel
hazelnut
maple

tea **3.00**

english breakfast

peppermint

ginger lemon

green tea

earl grey

kids **comes with PIP juice 7.95**

1) choose style

bento box
poke bowl

2) choose base

white rice
brown rice
slaw

3) choose 3 veggies

carrot, edamame,
cabbage, radish, mango,
pineapple, wakame
seaweed, guacamole,
spring onion, crispy
onion, pomegranate

4) choose protein

tofu
vegan chicken
ginger peanut chicken
salmon
tuna

5) choose sauce

ginger peanut
teriyaki
roasted sesame
chipotle aioli
sriracha mayo
honey sriracha
chilli jam

