

WELCOME TO **BOWLAVISTA** - GREAT TO HAVE YOU HERE! A SELECTION OF FRESH, CREATIVE AND HEALTHY DISHES AWAITS YOU. FOR US, LIVING **CONSCIOUSLY** MEANS TREATING ALL THE INHABITANTS OF OUR PLANET **WITH RESPECT**. TOGETHER WITH YOU WE WOULD LIKE TO MAKE A POSITIVE CONTRIBUTION. WE ONLY USE **FRESH & REGIONAL** INGREDIENTS OF THE BEST QUALITY, MUCH OF THEM FROM **OUR OWN FARM UHAA*** IN RABIL. EVERY DAY WE OFFER A COLORFUL VARIETY THAT PROVIDES *INSPIRATION*.

OPEN DAILY FROM 08:00 - 22:00

SUNDAY 08:00 - 15:00

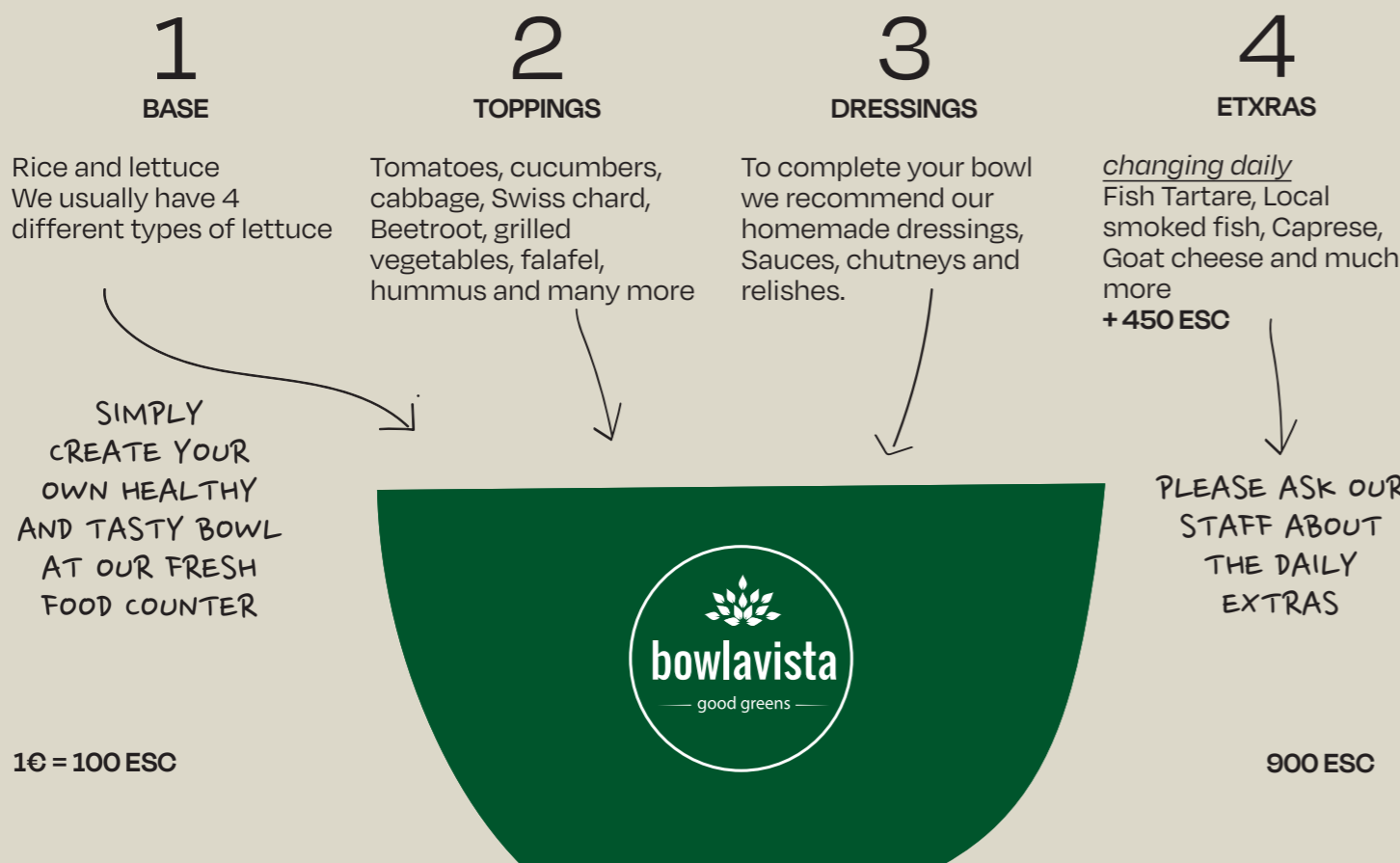
FREE WIFI goodlife123

Every Sunday from **10 a.m. LIVEMUSIC** and breakfast

Every Thursday from **6 p.m. HAPPY HOUR** and Livemusic



OUR BOWL CONCEPT
daily from 8 a.m - 8 p.m.



GOOD DRINKS

FRESH VEGETABLE & FRUIT JUICES 450
Prepared with the Angel slowjuicer. *You will find the daily changing selection at the fresh food counter.*

Fruit Smoothies and fresh Orange Juice 350
Still water 1.5L 250
Mineral water 1L 250
Tonic water 33cl 200

HOMEMADE LEMONADES

Lemon / Lemon-Mint / Lemon-Beetroot / Lemon-Blue Clitoria-Flower / Lemon - Basil 300
Still or with bubbles

VIRGIN COCKTAILS

Bowla Basil Smash *lemon, basil, sugar, soda* 450
Ipanema *lemon, sugar, tonic, soda*
Virgin Colada *coconut milk, pineapple, cream*

COCKTAILS

Aperol Spritz 600
Limoncello Spritz
Campari Spritz
Gin Basil Smash *lemon, fresh basil, sugar, soda*
Caipirinha *cachaça, lemon, sugar*
Mojito *fresh mint, lemon, sugar, rum, soda*
Pina Colada *rum, coconut milk, pineapple juice, cream*

BOWLAVISTA SPECIAL COCKTAILS

Bowlaquiri *beetroot liqueur, lemon juice, rum*
Caipicuja *maracuja liqueur, fresh maracuja, pitu, tonic*

COFFEE

Espresso 100
Espresso Macchiato 100
Cappuccino 250
Americano 200
Latte Macchiato 350

APPETIZER-DIGESTIVE 400
Campari / Martini / Amaretto / Jägermeister / Aperol / Per Se / Ramazotti / Limoncello

SPIRITS
Grogue / Pontche / Local Rum / homemade passion fruit/ beetroot liqueur 300
Havana Club / Pitu / Vodka / Beefeater Gin 400
Havana Reserva / Tanqueray Gin / Bombay Gin / Jonnie Walker Red Label 500
Hendricks Gin 700

WE ONLY USE FRESH BASIL FROM OUR OWN UHAA FARM

BEER

Sagres Mini 200
Super Bock 250
Heineken 300
Alcohol-free beer 250
Malt beer 200

WINE

	15 CL	75 CL
WHITE		
Segredos de Sao Miguel Portugal	300	1400
Poesie Soave Italia		2500
Poesie San Lorenzo Italia		2500
Sossego Alentejano Portugal		2400
ROSÉ		
Poesie Rosato Veneto Italia		1800
RED		
Segredos de Sao Miguel Portugal	350	1500
Pera Doce Portugal	350	1500
Poesie Valpolicella Cantina di Soave		2500
Poesie San Lorenzo Cantina di Soave		2500
Pera Doce Reserva Portugal		2000
Tito Paris Collection Portugal		2000
Trinca Bolotas Alicante Alentejo Portugal		2500
Amarone della Valpolicella 2015 Italia		5000
PROSECCO	10 CL	
Settecento Cantina di Soave Italia		3000
Bonaval Cava 33 España	350	2000
733 Lessini Durello Cantina Montechia Italia		3000



BREAKFAST & LUNCH

FRESH BREAKFAST BOWL 650
simply create your healthy and tasty bowl at our fresh food counter

FRIED CATCHUPA 500
with 2 scrambled or fried eggs

OMELETTE
onions, cheese, tomatoes and 2 / 3 or 4 eggs 400 / 500 / 600

BIG BOWLAVISTA BREAKFAST
with Yogurt, Fruits, various nuts and dry fruits Bread, Homemade Jams, Goat Cheese, Humus, Falafel, Veggie sticks and scrambled or fried eggs for 1 / 2 / 3 or 4 persons 1200 / 2100 / 3000 / 3800

TOAST WITH TUNA OR GOAT CHEESE 500
Tomato, lettuce and pickles

APERITIVO & STARTERS

CAPRESE 900
with goat cheese from the Mandongue cheese factory in Bofaeira with tomatos & fresh basil

BRUSCHETTA  700

FISH SKEWERS
fish of the day, avocado, pineapple & pumpkin relish 4 / 6 / 10 skewers 1100 / 1400 / 2100

HUMUS PLATE 
with toasted bread, veggie sticks and garlic dip for 2 / 4 / 6 persons 500 / 900 / 1200

FISH OF THE DAY TARTARE 1300
with avocado & mango

GARLIC BREAD WITH LOCAL GOAT CHEESE
for 2 / 4 / 6 persons 600 / 1000 / 1300

TUNA AVOCADO STEW 1100

SMOKED FISH TARTARE 1100
with mango

BOWLATIVO #1
veggies with humus, Falafel, Bruschettine, smoked fish, cheese, and homemade jam & Dip of your choosing 2 / 3 or 4 persons 1200 / 1700 / 2200

SANDWICHES 800
with tomato, lettuce, pickles
you can choose between:

CHEESE & OMELETTE, MANGO CHUTNEY **LOCAL GOAT CHEESE, PLUM CHUTNEY**

TUNA & ZUCCHINI RELISH **AVOCADO & BOILED EGG**

AVOCADO & APPLE-ORANGE CHUTNEY 

FRESH PANCAKE 500
with homemade jam, seeds and dry fruits

+ banana 100
+ fruit salad 100
+ chocolate 100

CACHUPA BOWL (AS A LUNCH PORTION) 750
A national dish of Cape Verde, with vegetables, falafel, Hummus and fried or scrambled eggs


+ including fish 900


WE ONLY SERVE
LOCAL FISH
OF THE BEST
QUALITY.



BOWLATIVO # 2
Fried local goat cheese with sugar cane honey from Santo Antao, courgette with tuna pate, Skewers with fish of the day, homemade dip and bread for 2 / 3 or 4 persons 1300 / 1800 / 2500


LOCAL SMOKED FISH 1200
served on lettuce with tomato, cucumber & grated carrot with homemade orange and apple chutney

PUMPKIN - COCONUT SOUP  600
with toasted bread

BETROOT - COCONUT SOUP  600
with toasted bread


MAIN COURSES

FISH FILLET OF THE DAY 1600
turmeric sauce, homemade yam puree from Santo Antao & grilled vegetables

VEGAN STROGANOFF  1300
zucchini, aubergines, onions & mushrooms in curry coconut sauce, served with homemade fried potatoes

CATCHUPA 1500
with fish fillet of the day, homemade-beetroot puree & grilled vegetables

ZUCCHINI CARBONARA 1300
with local goat cheese, aubergine & egg (boiled)

AVOCADO & ANANAS  1500
in coconut sauce with yam puree from Santo Antao

FISH FILLET OF THE DAY 1600
with Vegetable curry & fried banana in black wholegrain

VEGETABLES & AVOCADO  1500
in peanut sauce with homemade red couscous

TUNA TATAKI 1800
in sesame seeds with homemade beetroot puree avocado-pineapple-fig sauce & soy dip

PASTA "PENNE"
with tuna-vegetable sauce 1300
with vegetable sauce  1100


SALAD BOWL 1350
with fish fillet of the day and dressing

ALL OUR JAMS, CHUTNEYS
AND RELISHES ARE
HOMEMADE. YOU CAN BUY
THEM IN OUR SHOP.

DESSERT

DESSERT OF THE DAY 600

HOMEMADE PANNA COTTA 450
with papaya jam

HOMEMADE MOUSSE AU CHOCOLAT  450
(vegan with oat milk)

HOMEMADE APPLE PIE 450
served in a glass with cinnamon-cream

OUR BURGERS ALWAYS
COME WITH LETTUCE,
TOMATOES, BURGER
PICKLES, GOAT CHEESE AND
HOMEMADE FRIES.

HOMEMADE BURGERS

1 Choose your Burger Bun: Whole Wheat or Black Whole Wheat. *Locally produced*

2 choose your homemade burger patty:

LENTIL POWER

A powerhouse of lentils, couscous, onions, turmeric, rolled oats, flaxseed, roasted sunflower seeds, carrots and parsley

1200 

SMOKE-A-LICIOUS

Featuring locally produced smoked fish, onions, peppers, carrots, roasted walnuts, garlic, basil, lemon, parsley and a hint of mint

1300


RED BOWLA BURGER

Low in calories but packed with vitamins. With beets, onions, rolled oats, garlic, roasted sunflower seeds, bell peppers, carrots, basil and parsley

1200 

VERY, VERY CHICKPEA

The classic among veggie burgers, with chickpeas, onions, oatmeal, garlic, roasted sunflower seeds, carrots and parsley

1200 

3 Choose your dressing: Cocktail, French or Sesame. *homemade*

4 Choose as an accompaniment between homemade potatoes, sweet potatoes and your favorite dip. *included*

FOLLOW US ON
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MORE INFORMATION AND
INSIDES TO OUR FARM TO
TABLE CONCEPT

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