#### SHAKES RG \$5.50 LG \$6.25

KITKAT SHAKE CHOCOLATE SHAKE BANANA SHAKE STRAWBERRY SHAKE ORFO SHAKE BLUEBERRY SHAKE MANGO SHAKE CHOCO CHIP BANANA TARO SHAKE COCONUT

#### SMOOTHIE RG \$5.50 LG \$6.25

STRAWBERRY OREO COKIES BANANA BANANA YOGURT PINEAPPLE YOGURT LASSI TARO COCONUT

#### SLUSH RG \$5.50 LG \$6.25

LYCHEE PINEAPPLE STRAWBERRY MANGO PASSION FRUIT PEACH WATERMELON TARO

#### ADDITIONAL TOPPINGS RG \$0.50 LG \$0.75

TAPIOCA PEARLS POPPING BOBA (Mango, lychee, honey, strawberry) PUDDING JELLY (lychee coconut coffee)

#### **PROTEIN SHAKE** RG \$8.00 LG \$9.00

VANILLA BANANA MANGO CHOCOLATE CHOCOLATE BANANA STRAWBERRY BLUEBERRY CHOCOLATE AND PEANUT COCONUT

#### **REFRESHING JUICE** RG \$5.25 LG \$6.00

MANGO PEACH LYCHEE MANGO YOGURT JUICE LYCHEE YOGURT JUICE STRAWBERRY JUICE

#### TEA WITH OR W/O BOBA RG \$5.50 LG \$6.25

MILK TEA (Brown Sugar) THAI MILK TEA LYCHEE MILK TEA MATCHA MILK TEA MINT TEA PINEAPPLE TEA MANGO TEA LEMON TEA EARL GREY MILK TEA STRAWBERRY TEA PASSION FRUIT TEA ROSE MILK TEA WATERMELON MILK TEA TARO TEA

### BUBBLETEA



## RICE BOWLS

#### STEP 1

PICK YOUR SIZE REGULAR \$15 LARGE \$18 **CHOOSE YOUR** BASE WHITE RICE

**BROWN RICE** RAMEN NOODLES MIXED GREENS

#### STEP 2

PICK YOUR MIX IN **REGULAR PICK 5** LARGE PICK 6

CUCUMBER CARROT ONION CORNS MUSHROOMS CABBAGE SPINACH JALAPENO TOMATO KALE

KIMCHI PINEAPPLE BELL PEPPER MANGO CHICKPEA **BOILED EGG AUOCADO** FRESH CILANTRO LETTUCE EDAMAME

#### STEP 3

PICK YOUR PROTEIN **REGULAR PICK 2** LARGE PICK

TUNA MARINATED TUNA CRABMEAT SHRIMP CHICKEN **BACON STRIPS** TOFU STEAKS

#### STEP 4

PICK YOUR SAUGE

GOCHUJANG CREAMY MISO SESAME AIOLI **GARLIC SAUCE** WASABI MAYO TERIYAKI SPICY MAYO HONEY GARLIC **DONAIR WHITE SAUCE** SPICY THAI SOY SAUCE SRIRACHA SAUCE

#### STEP 5

PICK YOUR TOPPING CHILLI FLAKES

OREGANO **NORI FLAKE GREEN ONIONS** SESAME SEEDS CRISPY ONIONS GINGER

1. Chicken Teriyaki Blast: chicken breast, rice, onion, cabbage, mushrooms, bell peppers With sesame seeds and crispy onions on top.

2. Hawaiian Feels: marinated tuna, rice, carrot, pineapple, cabbage, mango, cucumber, kimchi Bell peppers.honey garlic saucewith sesame seeds on top.

3. Veggie Delight: tofu, rice, cabbage, cucumbers, carrot, mango, pineapple, garlic sauce, chickpeas With crispy onions on top.

4. Gyudon bowl: Crab. Onions. Carrot, Lettuce .Tomatoes, Creamy meson With green onions and chili flakes on top

RG \$16 LG \$19

RG \$16 LG \$19

RG \$15 LG \$18

RG \$15 LG \$18



SIPS AND BITES 250-591-4040

> Order Online sipsandbites.ca Or Call 250-591-4040 640 5th Street Nanaimo





# SALAD BAR

# ITALIAN DISHES

CAESAR ISLAND Romaine lettuce, Crutons, Bacon bits, Parmesan cheese And Caesar dressing (on side)	\$10	LASAGNA EXPRESS With Feta cheese Choice of meat sauce or veg sauce / Served with garlic toa Add one veggie as per choice: Spinach, Bell peppers, Mushrooms, Kale	\$16 ast
LAUGHING LEAVES lettuce, Radishes, Cucumbers, Onion, Chickpeas, Boiled Eggs Tomato, Avocado, Cheddar Cheese	\$10	SIZZLIN SPAGHETTI With Feta cheese Choice of meat sauce or veg sauce / Served with garlic toa Add meatballs (3pc) for \$2 Add one veggie as per choice: Spinach, Bell peppers, Mushrooms, Kale	<b>\$16</b>
CHEF'S GARDEN  Boiled Chickpea, Mixed Salad, Tomato, Red Onions, Fresh Mint (dressing: yogurt, lemon juice with salt and pepper)	\$10	PERFECT PENNE With Feta cheese Chicken, Parsley, Parmesan, Olive Oil and Mozzarella Served with garlic toast	\$16
GREEK VILLAGE Cube Cucumber, tomato, Red Onion, Green Pepper Black Olives, Feta Cheese, Olive Oil and Lemon Juice	\$12	Add one veggie as per choice: Spinach, Bell peppers, Mushrooms, Kale  CREAMY BELLYBUSTER  Farfalle, Mushrooms, Green Peppers, Parsley, Parmesan	\$18
BUNNY BOWL	\$12	Ranch Sauce, Mozzarella, Served with garlic toast Add one veggie as per choice: Spinach, Bell peppers, Mushrooms, Kale	
Corn,Mixed Salad,Sliced Avocado,Sliced Red Onions,Parmesan Cheese,Chopped Mint and cilantro(Dressing:lime juice olive oil,liquid honey,salt)		CHICKY ALFREDO Spaghetti, Chicken, Feta Cheese, Cheddar Cheese Black Olives, Alfredo Sauce, Served with garlic toast Add one veggie as per choice: Spinach, Bell peppers, Mushrooms, Kale	\$18
NACHOC HADNECC		SUNDAY CHUCKLES	\$18

black pepper

### NACHOS MADNESS

Nachos / Olives / Pico(no cilantro) Cheddar And Mozzarella Cheese(Served with Salsa)

Additional Topping \$2.50

Black Olives, Green Olives, Green Pepper, Tomato, Red Onion Hot Peppers, Jalapeno, Beef, Chicken, Salsa

SM/\$15.00

LG/\$20.00

### SIPS AND BITES 250-591-4040

Order Online sipsandbites.ca Or Call 250-591-4040 640 5th Street Nanaimo



Ditalini ,Red sauce,Beef,Mozzarella Cheese,Parmesan,

Add one veggie as per choice: Spinach, Bell peppers, Mushrooms, Kale

