

## 4.5 Fresh juice 🌿

Squeezed on demand

## 4.5 Smoothie 🌿

POPULAR

Shrek / Blueberry / Tropical / Mango

## 4.5 Milkshake 🌿

Shrek / Blueberry / Tropical / Mango - Vegan available

## 5.9 Protein Shake 🌿

30G PROTEIN

Peanut Butter / Grind Espresso - Vegan or Whey

## 4.0 Iced Coffee

Iced Americano / Iced Latte / Iced Mocha

## Tea 1.5

Breakfast / Mint / Ginger / Herbal / Fruity

## Coffee

Regular

Large

Available with Milk, Oat or Coconut

Espresso

2.2

Macchiato

2.5

Flat white

2.9

Americano

2.5

3

Cappuccino

3

3.5

Latte

3

3.5

Chai Latte

3.5

4

Mocha

3.5

4

Hot chocolate

3.5

4



**PONDOK**

**Hungry at Home? We also do fresh healthy delivery**

## 5.5 Wrap

Falafel / Halloumi / Falloumi / Avo Falafel / Avo Halloumi

## 3.5 Baguette

RECOMMENDED

Falafel / Ful / Liver / Muqalqal / Sujuk / Cheese

## 7.5 Rice/Salad Bowl

Falafel / Halloumi / Falloumi / Avo Falafel / Avo Halloumi

## 5.5 Flat Bread Plates

Mousaqa / B. Ganoush / Ful / Soup / Hummus

## 10.5 Tapas Platter

POPULAR

Sharing Platter, also a great breakfast

## 6.0 Flat Bread Meats

RECOMMENDED

Liver / Sujuk / Muqalqal

## 7.9 Quesadilla

NEW

Chicken Quesadilla with fries

MAKE IT A  
MEAL  
+2.5

## Extra bites

Tasty bites on the side

## 7.9 Burger

NEW

Angus Beef with fries

4.0 5x Falafel

6.0 10x Falafel

2.0 Fries

5.5 Halloumi fries

0.5 Flat Bread

0.5 Sauce

**PONDOK**

**The Tastiest & Healthiest in Bournemouth**