



## UNDER THE SEA

### BARLEY & MESCLUN

Charred Corn  
Pomegranate  
Roasted Broccoli  
Pickled Shallots  
Toasted Almonds  
Coriander  
Lemon Tahini Dressing

paired with:

**ZA'ATAR BARRAMUNDI**  
15.9  







## GAINS CITY

### QUINOA

Avocado  
63°C Egg  
Spicy Edamame  
Roasted Broccoli  
Sesame Seeds  
Toasted Almonds  
Smoked Paprika Vinaigrette

choose 1:

**CHICKEN BREAST**  
13.9    
or **UMAMI TOFU**  
13.9  



## PESTO MANIFESTO

### PASTA & MESCLUN

Spicy Edamame  
Roasted Broccoli  
Cucumber  
Roasted Cherry  
Tomatoes  
Pine Nuts  
House Special Basil Pesto

choose 1:

**GARLIC SHRIMP**  
15.9   
or **CHICKEN BREAST**  
13.9    
or **AVOCADO** 12.9  



## KENA SALMON 2.0

### SOBA

Charred Corn  
Spicy Edamame  
Sauteed Shiitake  
63°C Egg  
Pickled Ginger  
Furikake  
Sesame Ginger Dressing

paired with:

**HONEY SOY SALMON**  
16.9 



## TITO BURRITO

### BROCAULI-RYCE

Avocado  
Pico De Gallo  
Charred Corn  
Black Beans  
Coriander  
Crushed Tortilla Chips  
Cilantro-Lime Yogurt

choose 1:

**TACO MINCED BEEF**  
15.9    
or **UMAMI TOFU**  
14.9   









## FUN WITH BLACK

### BLACK RICE

Avocado  
Cucumber  
Honey Mango  
Red Cabbage  
Pickled Ginger  
Sesame Seeds  
Coriander  
Spicy Coco-Peanut

choose 1:

**UMAMI TOFU**  
13.9      
or **CHICKEN BREAST**  
13.9  

## LOYALTY PROGRAM

Dine and be rewarded!

Make a purchase and receive your FREE loyalty card today!

smol

## FITNESS PARTNERS

Virgin active

Fitness First

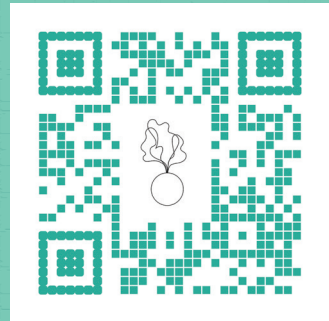
PURE FITNESS

## CORPORATE & DELIVERY

We deliver islandwide and have an exclusive menu available for finger foods, snacks and drinks.

Email [eat@smol.sg](mailto:eat@smol.sg) to find out more.

## LEAVE A REVIEW



@HUNGRYFORMOL

## NUTRITIONAL INFO



### KENA SALMON 2.0

Calories: 598  
Protein: 45  
Net Carb: 53  
Fat: 23



### GAINS CITY with chicken / tofu

Calories: 643 / 641  
Protein: 46 / 38  
Net Carb: 50 / 51  
Fat: 30 / 34



### PESTO MANIFESTO

with shrimp / chicken / avo  
Calories: 525 / 559 / 556  
Protein: 38 / 40 / 19  
Net Carb: 33 / 33 / 34  
Fat: 26 / 28 / 36



### UNDER THE SEA

Calories: 440  
Protein: 32  
Net Carb: 39  
Fat: 15



### TITO BURRITO

with beef / tofu  
Calories: 676 / 486  
Protein: 35 / 28  
Net Carb: 32 / 32  
Fat: 42 / 24



### FUN WITH BLACK

with tofu / chicken  
Calories: 534 / 536  
Protein: 23 / 31  
Net Carb: 47 / 46  
Fat: 25 / 22