

BLISSFUL CARROT



素食外賣店

= BEST SELLER
人氣

= VEGAN
全素

= GLUTEN FREE
無麩質

= NUT FREE
無堅果

= LOW CARBS
低碳水

= PROTEIN RICH
高蛋白

BLISSFUL CARROT

global vegetarian eatery

HOT MAINS 熱盤主菜

INDIAN CURRY BOWL **\$108**
印度咖喱蔬菜飯
Mixed vegetable & chickpea curry with served with steamed rice, dhal makhani, grilled naan on the side, topped with grilled paneer, fresh cilantro & garlic almond chutney 印度雜菜鷹嘴豆咖喱 伴 小扁豆泥、印度烤餅、印度奶酪配上新元舊及脆製蒜頭杏仁酸辣

BURRO BOWL **\$98**
墨西哥風味拌飯
Refried black beans seasoned with cumin & lime, served with steamed rice, grilled corn, zucchini, bell peppers & onion, fresh pico de gallo salsa and topped with crumbled feta, avocado (seasonal) & fresh cilantro 孜然煮燻豆泥 伴 烤玉米、翠肉瓜、鷹嘴豆、洋蔥及茄加沙沙醬 配上菲達芝士、牛油果 (季節性) 及新元舊

→ Make it VEGAN with Daiya mozzarella shreds! 可以純素芝士轉為全素 (純素無蛋奶)

LENTIL BOWL **\$98**
小扁豆高蛋飯
Beluga lentils stew with zucchini, eggplant, peppers, onion, baby bok choy/ spinach & mushrooms with steamed rice & lemon tahini sauce 綠扁豆、翠肉瓜、茄子、洋蔥、炒小豆菜 / 菠菜、香菇 配 香檸芝麻醬

Bimi-BAP BOWL **\$98**
“韓式”拌飯
Sautéed bak choy & mixed vegetables with spicy pea-nut-chili sauce topped with tamari grilled tempeh, fried egg, steamed rice, sesame seeds, fresh cilantro and crispy dried shallots 炒羽衣甘藍及各式蔬菜，配上花生辣、高蛋白含量丹貝及煎蛋

SEASONAL BUDDHA BOWL **\$98**
時令繽紛能量碗
Chef's choice! 主廚精選燉製

ASIAN FRIED RICE **\$88**
有聲紅米炒飯
Locals comfort food healthy served! Colorful stir-fried red rice with refreshing mixed vegetables, tofu and egg. Veggie mixed including snap peas, cabbage, bell pepper, carrot, celery, onion and garlic. Topped with seaweed & sesame. 地道美味健康之選，同時滿足味覺與心靈的多對蔬菜，配上豆腐、炒蛋、芝麻及紫菜

GREEN GODDESS BOWL **\$98**
西蘭花雞竹枝伴麵
Sautéed broccoli, cauliflower, asparagus & sharp cheddar, tossed together with house pesto, edamame, quinoa and baby spinach topped on a bed of zucchini noodles, garnished with fresh mint, basil, nutritional yeast & lemon wedge. 西蘭花雞竹枝伴麵。無麩質 / 低碳水 特製雞勁青醬炒西蘭花、車打芝士、椰菜花、雞竹枝、毛豆、菠菜加上小水芝士 (純素)，配上意大利黑五瓜麵條高蛋醬，灑上新鮮薄荷、羅勒和營養酵母及鮮檸檬

Try with grilled tempeh or tofu + \$25
有聲配搭建議：加配上香烤天貝或香烤豆腐更添風味

BLISSFUL BEYOND BURGER **\$118**
Beyond 未來素肉漢堡
Featuring Beyond "Burger Patty", avocado smear, vegan DAYA cheese, red chichory leaves, angula, ripe red tomato, housemade pickle, quinoa multi seed bun, served with a side of seasoned sweet potato chips. Beyond 未來素肉漢堡加上紫麥麵包，製成素美乃滋醬，純素馬蘇里拉芝士，牛油果醬，番茄及蔬菜，伴配香烤薯條

SALADS 沙拉

MEXICAN FIESTA **\$88**
墨西哥沙拉
Fresh chopped cherry tomato, grilled corn, steamed quinoa, sliced red onion, black beans, avocado ("seasonal"), fresh cilantro, crumbled feta, pumpkin seeds & spicy chipotle dressing 新鮮沙律菜、小番茄、烤玉米、黑豆、鷹嘴豆、牛油果 (季節性) 配上新元舊及脆製蒜頭杏仁酸辣

→ Try with our VEGAN BEYOND CHORIZO for extra protein! 有聲配搭建議：配上未來素肉腸Beyond Chorizo 多添一點美味和優良蛋白質 + \$35

CASHEW CURRY DREAM **\$88**
咖哩腰果沙律
Grains & lentils, broccoli, cauliflower, shredded cabbage, chickpeas, bell peppers served over a bed of greens with spicy cashew currying dressing, topped with garlic almond chutney, cashews & chopped cilantro 高蛋穀物及扁豆，西蘭花，椰菜花，捲心菜絲，鷹嘴豆，煎餅，沙拉蔬菜，配上特製微辣的咖

I AM RAW **\$88**
“我是生食者”沙律
Assorted daily market veggies on bed of mixed greens, topped with sprouted mixed seeds, nutritional yeast, scoop of house hummus and house "I am raw" garlic dressing 新鮮蔬菜、雞錦菜仁、鷹嘴豆泥 配上 營養酵母 伴 “我是生食者”蒜香汁

AVOCADOS ARE A SEASONAL ITEM, AND WILL BE SUPPLEMENTED WITH OTHER FRESH VEGGIES WHEN UNAVAILABLE 牛油果屬季節性食材，廚師會根據當季作改動以時令蔬菜代替

WRAPPED, ROLLED & PANINI'D 卷餅和三文治

CHOOSE >>> Whole Grain Bread or Tortilla, or Cabbage Wrap
選擇 >>> 全麥麵包或玉米卷餅，或捲心菜卷

DAILY MARKET 蔬菜卷 **\$68**
Juliened fresh veggies, mixed greens, cheddar cheese, house made hummus & pesto dressing 新鮮蔬菜條、沙律菜、芝士、鷹嘴豆泥、新鮮豆苗 配 雞勁青醬 伴 沙律

→ Make it VEGAN with Daiya mozzarella shreds! 可以純素芝士轉為全素 (純素無蛋奶)

Mexican Grilled Cheese **\$78**
墨西哥黑豆烤芝士三文治
Chipotle spiced black beans, tomato, grilled corn, cilantro, avocado ("seasonal"), & melted cheddar 墨西哥香料黑豆、番茄、烤玉米、香菜、牛油果 (*季節性) 和車打芝士

CURRIED EGG **\$68**
咖喱雞蛋三文治
Curried egg salad with golden raisins, toasted sunflower seeds, dried curry leaves, pistachios, shredded carrot & purple cabbage with wild rocket 咖喱雞蛋沙律配葡萄乾、香烤南瓜籽、葵花籽、杏仁、胡蘿蔔和紫椰菜及野生火箭菜

TLT **\$78**
Grilled smokey tempeh, lettuce, tomato, avocado with house vegan mayo 香烤天貝、生菜、番茄、牛油果，配上純素美乃滋醬

RUEBEN **\$78**
魯賓三文治
Grilled smokey tempeh, tomato, avocado, housemade sauerkraut, & spicy tahini dressing 烤天貝、番茄、牛油果，自家製酸菜，配以辣芝麻醬

CALIFORNIA 加州卷餅 **\$78**
Rice, beans, shredded lettuce, grilled veggies, avocado ("seasonal"), grilled corn, greek yogurt, shredded cheddar & fresh pico de gallo salsa 紅米飯、豆類、生菜絲、香烤五穀蔬、牛油果 (*季節性)、烤玉米、希臘酸奶、車打芝士，配上 Pico de Gallo 墨西哥紅蕃茄莎莎醬

→ Try with our VEGAN BEYOND CHORIZO for extra protein! 有聲配搭建議：配上未來素肉腸Beyond Chorizo 多添一點美味和優良蛋白質 + \$35

ALL DAY BREKKIE 全日早餐

BREAKFAST BURRITO **\$85**
玉米卷餅早餐
Scrambled eggs, cheddar, chipotle spiced beans & grilled vegetables, sautéed spinach & pico de gallo salsa 炒雞蛋、車打芝士、墨西哥五香辣豆、香烤五穀蔬菜、炒菠菜，配上 Pico de Gallo 墨西哥紅蕃茄莎莎醬

→ Try with our VEGAN BEYOND CHORIZO for extra protein! 有聲配搭建議：配上未來素肉腸Beyond Chorizo 多添一點美味和優良蛋白質 + \$35

2 EGG BREAKFAST **\$88**
雙蛋早餐
2 eggs cooked any style, grilled vegetables, grilled crostini toast with house pesto, crumbled feta, & side potatoes 自選煮雙蛋風格，配以香烤五穀蔬菜，烤吐司和特製雞勁青

BEYOND Breakfast Sandwich Beyond 未來素肉早餐 **\$68**
An upgraded veggie version of the all time breakfast classic. English Muffin, Beyond breakfast patty, fried egg, sharp cheddar & chipotle mayo 早晨樂經典風味的進階改革素食版。英式鬆餅之間層層疊疊著未來素漢堡扒、煎蛋、車打芝士和墨西哥美乃滋醬

GLUTEN FREE PANCAKES **\$78**
無麩質班戟
Coconut or Blueberry pancakes, fresh off the griddle, served with fresh fruits, natural sweetener & shredded coconut 椰子或藍莓香煎班戟，配以新鮮水果，天然糖漿和椰絲

SMOOTHIE BOWLS 超級果昔碗 **\$68**
Choose any of our smoothies to turn into a 12oz breakfast bowl: topped with house granola, fresh fruits, & super seeds 歡迎把我們任何一款的鮮果昔製成超級果昔碗作早餐或營養便餐。多款小果調配的鮮果昔添上格蘭諾拉麥片，新鮮水果和超級種子

ACAI BOWL **\$68**
超級水果巴西碗
Superfruit blend of acai, superfruit berries, topped with house granola, fresh fruit, & coconut 超級水果巴西碗以及維莓的混合能量碗，加上自製格蘭諾拉麥片，新鮮水果和椰絲

VEGGIE SIDES & EXTRA PROTEINS 小點配菜

Cauliflower Rice 椰菜花飯	32	Vegan Mozzarella 全素莫扎里芝士	15	Paneer 印度芝士	28
Steamed Corn 蒸玉米	25	Vegan Parmesan 全素巴馬芝士	20	Tofu 烤豆腐	25
Steamed Broccoli 蒸西蘭花	25	Hummus 鷹嘴豆泥	20	Egg 蛋	18
Grilled Asparagus 烤蘆筍	25	Blissful Sauerkraut 自家製幸福酸菜	20	Tempeh 烤天貝	25
Zucchini Noodles 翠玉瓜麵條	28	Extra dressing 額外醬汁	10	Vegan Mince Meat 素肉克治	32
Half Avocado 半個牛油果	20	Steamed Red Rice 紅米飯	20	Beyond Sausage	
		Steamed Quinoa 藜麥	32	未來漢堡香腸	35

AT THE BLISSFUL CARROT,

WE BELIEVE IN ENVIRONMENTAL ACTIVISM THROUGH FOOD AND KNOW THAT EVERY BITE IS A VOTE FOR THE FUTURE WE WANT TO SEE, AND FOR OUR CHILDREN TO SEE. WE ALSO WANT TO SHOW YOU JUST HOW GOOD PLANT BASED EATING CAN BE!

WE ARE COMMITTED TO SUSTAINABLE PRACTICES, CAREFUL SOURCING, BIODEGRADABLE PACKAGING, AND FRESHLY MADE, PLANT BASED INGREDIENTS IN EVERY BITE.

THE WORLD IS IN A CRITICAL STATE. BY EATING MORE PLANT-BASED MEALS, YOU ARE NOT ONLY ADOPTING ENVIRONMENTAL ACTIVISM THROUGH YOUR DAILY FOOD CHOICES, BUT YOU WILL LIKELY HAVE MORE ENERGY AND A LONGER LIFE AS A RESULT!

CONTACT US TO FIND OUT MORE ABOUT

聯繫我們以了解更多

>>>> CATERING 餐飲服務及到會

>>>> JUICE DETOXES (1-14 DAY PROGRAMS) 果汁排毒計劃 (1-14天, 任君選擇)

>>>> CUSTOM BAKERY 定制烘培糕點

SERVING MACAU THE BEST, FLAVOR POPPIN, PLANT BASED EATS SINCE 2014

BABY CARROTS 兒童菜單

>>> specially curated for those ages 12 & under

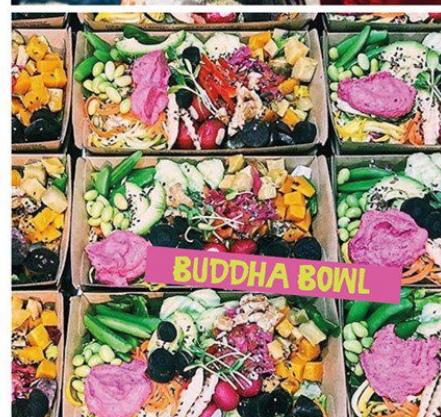
Cheese Quesadilla   **\$60**
Whole grain tortilla with sharp cheddar, served with steamed rice, broccoli & corn 全麥玉米餅配上車打芝士, 伴以紅米飯, 西蘭花及玉米

Veggie fried rice with tofu    **\$65**
Assorted finely chopped veggies (for the toughest critics) stir fried with rice & grilled tofu 細切五色蔬菜及豆腐炒紅米飯

Mini Pancakes  **\$60**
3 mini gluten free pancakes topped with cacao drizzle & berries 3個迷你無麩質班戟配上可可醬及雜莓

SMOOTHIES (8oz) **\$40**
>> Strawberry NaNa 草莓香蕉 
Strawberries, Banana, OJ, Oat Milk
草莓, 香蕉, 鮮橙汁, 燕麥奶

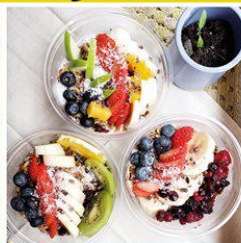
>> Chocolate PB Monkey 小猴子的朱古力花生醬昔 
peanut butter, cacao, dates, coconut milk, banana
花生醬, 純可可粉, 蜜棗, 亞麻籽, 香蕉, 椰奶



GRAB N GO!

CHECK OUR COLD CASE DAILY TO FIND ALL YOUR FAVORITE RAW, VEGAN BREAKFAST BOWLS, COLD PRESSED JUICES, AND MORE, FRESHLY MADE & MADE READY-TO-GO!

歡迎於店選取各種您喜歡的“有營養, 方便快捷素食卷餅便餐, 早餐碗, 每日新鮮製作, 即買即享用!”



CALI BURRITO



DELIVERY AVAILABLE THROUGH THE AOMI APP! 外賣送餐 由奧覓手機應用程式提供!



FIND US, LOVE US, TAG US!

@ THEBLISSFULCARROT

SHAREITWITHTHECARROT LETSGETFERMENTAL

RUA DIREITA CARLOS EUGENIO 79-A,
EDF GO10 FAI KOK, RC/B, TAIPA, MACAU
冰仔施督憲正街79A

THUR-TUES 10-8
CLOSED WEDS
每天上午10時到下午8
逢週三休息

+853 6298 8433
THEBLISSFULCARROT@GMAIL.COM

BEVERAGES

Fresh coconuts 椰青 \$30

VEGAN SMOOTHIES 鮮果昔 \$65

Sunshine Slush 氣陽光
banana, kiwi, pineapple, kale, orange, chia, flax, lemon, ginger, coco milk

香蕉, 奇異果, 菠蘿, 羽衣甘藍, 橙, 奇亞籽, 亞麻籽, 檸檬, 姜, 椰奶

Green Machine 綠野仙蹤
banana, mango, spirulina, chia, flax, bee pollen, coco milk

香蕉, 芒果, 螺旋藻, 奇亞籽, 亞麻籽, 蜂花粉, 椰奶

Protein Junkie 蛋白狂人
banana, cacao, PB, hemp, cinnamon, vegan protein, coco milk

香蕉, 可可, 花生醬, 大麻, 肉桂, 素蛋白粉, 椰奶

Peaceful Mamma 和諧之母
banana, strawberry, orange, flax, chia, fenugreek, oat milk

香蕉, 草莓, 橙, 奇亞籽, 亞麻籽, 胡蘆巴, 燕麥奶

Blissed Out 抗氣補充
banana, raw cacao, superfruit berries, orange, flax, oat milk

香蕉, 原可可, 超級水果巴西莓, 橙, 亞麻籽, 燕麥奶

COFFEE & TEA 咖啡和茶

Black 黑咖啡 \$30

Latte (Oat or Coconut milk) 拿鐵 (燕麥奶或椰奶) \$34

Chai Spiced Coffee 五香咖啡 \$34

Organic House Tea 有機茶 \$28

Kombucha on tap, 500 mL 紅茶菌發酵茶 \$55

BLISSFUL BAKERY

PRE-ORDERS!

FIRST RULE OF BC : SOURCE INGREDIENTS FROM ORIGIN WHEN POSSIBLE

SECOND RULE: EVERYONE HAS THE RIGHT TO GOOD CAKE! WE MAKE UPON REQUEST: GLUTEN FREE, VEGAN, SUGAR FREE, YEAST FREE

THIRD RULE : **48 HOURS ADVANCE NOTICE & PRE-PAYMENT REQUIRED**

FOURTH RULE : MINIMUM ORDER FOR COOKIES, CUPCAKES & BROWNIES IS ONE DOZEN. TRUST US, YOU WILL NEED THEM ALL

FIFTH RULE : ALL CAKES ARE DOUBLE LAYERED UNLESS REQUESTED OTHERWISE, WITH THE EXCEPTION OF CARROT CAKES WHICH ARE SINGLE LAYER

SIXTH RULE : INSIDE YOU WILL FIND NO REFINED INGREDIENTS, AND WE ALWAYS USE ORGANIC WHEN POSSIBLE!

CUPCAKES \$275/FULL DZN (0+\$50)

CAKES

275 / SMALL (SERVES 6+) (0+\$50)

450/ MEDIUM (SERVES 10+) (0+\$50)

600/ LARGE (SERVES 16+) (0+\$70)

900/ X LARGE (SERVES 30+) (0+\$100)

↓ SELECT YOUR FLAVOR ↓

CLASSIC CARROT CAKE (SMALL \$200/ MEDIUM \$400/ LARGE \$525)

CHOCOLATE HEAVEN

dark chocolate layer w/ cacao ganache filling, dark chocolate frosting, chocolate shavings (add chocolate covered espresso beans for an extra zip)

DARK CHOCOLATE RASPBERRY

dark chocolate layers w/ raspberry chia jam filling, vanilla bean frosting and fresh raspberry topping

BLISSFUL CARROT CAKE

our all time classic, a single carrot spiced layer with vanilla bean frosting and walnut topping

COCONUT PEANUT BUTTER

Vanilla bean layers with coconut peanut butter filling and coconut vanilla bean frosting

STRAWBERRY FIELDS

vanilla bean layers w/ strawberry creme filling, vanilla bean frosting, fresh strawberry topping (or strawberry lemonade w/ lemon layers)

GERMAN CHOCOLATE

dark chocolate layers, coconut, date caramel filling and topping

SUGAR FREE BERRY MADNESS

vanilla or dark chocolate layers with mixed berry remoulade filling, topped with a cornucopia of fresh seasonal berries, sweetener with fruit purees

DARK CHOCOLATE MINT

dark chocolate layers with peppermint infused filling and frosting

COOKIES, TARTS, RAW, & BREAD

SUPERSEED COOKIES

\$220/DZN (0+\$50)

KEY LIME TART

\$250/10 SLICE (0)

LEMON TART

\$250/10 SLICE (0)

RAW CASHEW CREAM BERRY PIE

\$300 (0+\$25)

RAW PEANUT BUTTER POW PIE

\$300 (0+\$25)

COCONUT PUMPKIN PIE

\$250 (0+\$25)

CLASSIC HEARTY APPLE PIE

\$250 (0+\$25)

BLISSFUL UNCHEESECAKE

\$350 (0)

FUDGE BROWNIES

\$300/DZN (0)

BANANA BREAD LOAF

\$200 (0+\$50)

(PLAIN, BERRY, OR CHOCOLATE CHIP)

PUMPKIN BAR

\$300/DZN (0)

MULTIGRAIN BROWN BREAD LOAF \$80 (0)

a party without
CAKE
is just a meeting

