

- o dine in
- o takeaway (+1.5 disposable packaging)



Choice of **COMPLIMENTARY** bottle of homemade drink: (only applicable with a preset bowl)

- o lemongrass tea
- o mint limeade
- o mango tea
- o chrysanthemum ginger
- o I am cool without drink

other



regular 263kcal 23.9
petit 199kcal 17.9

Super Muscle Junkie Salad

baby romaine, rosemary chicken breast, thyme shimeji mushrooms, Nelson's sweet corn, charred broccoli, sesame seeds, chopped peanuts, cranberry vinaigrette



regular 299kcal 25.9
petit 214kcal 19.9

Ultimate Keto Bowl

honey soy chicken thigh, turmeric chicken thigh, garlic Gochujang shrimps, blistered cherry tomatoes, Nelson's sweet corn, cajun cabbage, peppered long beans, harissa eggplant, chopped peanuts, spring onions



regular 548kcal 29.9
petit 388kcal 22.9

Zesty Big Eater Salad

chunky potato salad, garlic Gochujang shrimps, rosemary chicken breast, lemon pepper crusted fish, blistered cherry tomatoes, sweet chilli tofu, spiced cauliflower, chopped peanuts, sesame seeds, cranberry vinaigrette



regular 342kcal 19.9
petit 253kcal 14.9

Shroomami Curry Rice

fragrant brown rice, thyme shimeji mushrooms, sweet chilli tofu, harissa eggplant, garlic pak choy, spring onions, thai green curry



regular 321kcal 22.9
petit 239kcal 17.9

Sweet Veggie of Mine

baby romaine, Nelson's sweet corn, curried cauliflower, herbed potatoes, caramelised pumpkin, sunny full-baked egg, sesame seeds, cranberry vinaigrette



regular 438kcal 21.9
petit 315kcal 16.9

Veggie Pesto Pasta

vegeroni spiral pasta, thyme shimeji mushrooms, charred broccoli, blistered cherry tomatoes, sunny full-baked egg, chopped peanuts, sesame seeds, basil pesto



regular 432kcal 22.9
petit 313kcal 17.9

Vegan Bolognese Pasta

vegeroni spiral pasta, chickpea stew, thyme shimeji mushrooms, peppered long beans, sweet chilli tofu, sesame seeds, smoky tomato Pomodoro

vegetarian

*photos are for illustration purpose only

all prices are subject to 6% SST

Agrain

Preset Bowls

- ✓ no msg
- ✓ made from scratch
- ✓ muslim friendly
- ✓ oven-baked only

@agrainmy www.agrain.my

Now available in *petit* sizes, lower calories

rice



regular 389kcal 18.9
petit 293kcal 13.9

Green Curry Chicken Rice

fragrant brown rice, rosemary chicken breast, harissa eggplant, herbed potatoes, spring onions, thai green curry



regular 439kcal 22.9
petit 314kcal 17.9

Japanese Bento Chicken Rice

fragrant brown rice, honey soy chicken thigh, sweet chilli tofu, garlic pak choy, onsen egg, sesame seeds, teriyaki



regular 447kcal 22.9
petit 323kcal 17.9

The Ultraman Chicken Rice

fragrant brown rice, honey soy chicken thigh, thyme shimeji mushrooms, cajun cabbage, onsen egg, seaweed flakes, garlic chips, salted egg yolk

pasta



regular 409kcal 19.9
petit 309kcal 14.9

Asian Bolognese Pasta

vegeroni spiral pasta, honey soy chicken thigh, caramelised pumpkin, curried cauliflower, sesame seeds, smoky tomato Pomodoro



regular 487kcal 24.9
petit 341kcal 18.9

Chick'n Shrimp Teriyaki Pasta

vegeroni spiral pasta, rosemary chicken breast, garlic Gochujang shrimps, sunny full-baked egg, thyme shimeji mushrooms, cajun cabbage, sesame seeds, seaweed flakes, teriyaki



regular 469kcal 22.9
petit 324kcal 17.9

Chicken Pesto Pasta

vegeroni spiral pasta, rosemary chicken breast, blistered cherry tomatoes, charred broccoli, thyme shimeji mushrooms, sesame seeds, chopped peanuts, basil pesto

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build your own bowl (BYOB)

you are what you eat, eat clean starts today

petit	15.9	regular	18.9	large	23.9
1 base		1 base		1 base	
½ protein*		1 protein*		2 proteins*	
2 supplements		3 supplements		3 supplements	
1 topping		1 topping		2 toppings	
1 dressing		1 dressing		1 dressing	

*substitute with 1 supplement *substitute with 2 supplements *substitute with 4 supplements

ingredients on our menu are vegan & veggie-friendly, unless otherwise specified

Bases

- fragrant brown rice
- vegeoni spiral pasta 🌿
- baby romaine (+1)
- parsley cauliflower rice (+2)
- chunky potato salad (+2) 🌿 🥗

+ 3 per additional serving

Proteins

- honey soy chicken thigh 🌿 🥗
- turmeric chicken thigh 🌿
- rosemary chicken breast 🌿
- chickpea stew
- lemon pepper crusted fish (+3) 🌿 🥗
- garlic Gochujang shrimps (+4) 🌿 🥗 🌶️

+ 6 per additional serving

Supplements

- sweet chilli tofu
- paprika tempeh
- garlic pak choy
- herbed potatoes
- Nelson's sweet corn
- caramelised pumpkin
- blistered cherry tomatoes
- peppered long beans
- curried cauliflower
- harissa eggplant
- cajun cabbage
- onsen egg 🌿
- sunny full-baked egg 🌿
- thyme shimeji mushrooms (+1)
- charred broccoli (+1)

+ 3 per additional serving

Toppings

- seaweed flakes
- chilli flakes 🌶️
- garlic chips
- spring onions
- sunflower seeds
- chopped peanuts
- sesame seeds

+ 1 per additional serving

Dressings

- basil pesto 🌿 🥗
- salted egg yolk 🌿 🥗
- thai green curry 🌿
- cranberry vinaigrette
- smoky tomato Pomodoro
- teriyaki 🌿

+ 3 per additional serving

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Allergen Indicators:

- 🌿 contain gluten
- 🌶️ mild spicy
- 🥗 non vegan-friendly
- 🥛 contains dairy
- 🔥 hot

make it a BYOB set (+5.9)



- signature potato salad 🌿 🥗
- house salad w vinaigrette



- homemade lemongrass tea
- homemade mint limeade
- 100 plus / diet coke
- mineral water

Agrain x Ooh lala

Low calorie healthy ice cream



rm10 each | 2 for rm18

- Valrhona 72% dark chocolate & sea salt
- Niko Neko's roasted brown rice matcha
- earl grey milk tea & salted cream
- roasted pistachio

Other add-ons to your bowl

sides/snacks

- signature potato salad (+5) 🌿 🥗
- house salad w vinaigrette (+5)
- Kintry healthy snacks (+6.5)
- Thips tempeh chips (+6.5)

homemade drinks

- lemongrass tea (+4)
- mint limeade (+4)
- chrysanthemum ginger (+5)
- mango tea (+5)

cold-pressed juices

- orange carrot juice (+10)
- celery spinach juice (+10)
- lemongrass chia juice (+10)
- guava passionfruit juice (+10)

kombucha

- Wonderbrew barley rose (+11)
- Wonderbrew nihon green tea (+11)
- Wonderbrew passionfruit mint (+12)

other drinks

- 100 plus (+4)
- diet coke (+4)
- mineral water (+4)