



THE SQUARE BOX

By: Sixbase Food and Beverage Sdn Bhd

BRING **FITNESS** & **HEALTH** TO YOU



OPEN DAILY :
10.00AM - 9.00PM

At The Square Box,

we believe healthy eating should be exciting—not bland or boring. Our mission is simple: to create meals that fuel your body, satisfy your taste buds, and stay affordable for everyday life.

We care what you eat



Muslim-friendly:
no pork, no lard



Oven-baked as our
primary cooking method



Only fresh chicken is used



Vegetables are carefully sourced
from reliable suppliers



We use Naturel olive oil,
Naturel sunflower oil and sea salt



Sixbase Holdings

SIGNATURE BEST SELLER



OR3

**Teriyaki Chicken
Omurice**

RM 13.00



VB2

**Teriyaki Chicken
Value Bowl**

RM 12.00



CP2

**Signature
Paprika Chicken
Carbonara Pasta**

RM 17.00



PS1

Japanese Bowl

RM 20.00



the mix & match

BUILD YOUR OWN BOWL

BASE

select 1 base

White rice 200g
(240 kcal)

Brown rice 200g
(220 kcal)

Mix Green 100g
(26 kcal)

Fusilli Pasta 150g
(200 kcal)

SAUCES

select 2 sauces

Teriyaki sauce (53 kcal)

BBQ sauce (38 kcal)

Hot & spicy sauce (43 kcal)

Homemade salsa sauce (25 kcal)

Spicy mayo sauce (85 kcal)

Spicy sweet Korean sauce (45 kcal)

Homemade green
chili lime sauce (15 kcal)

Roasted sesame sauce (62kcal)

SIDE

select 3 sides

Tomatoes (5 kcal)

Mashed potatoes (80 kcal)

Purple cabbage (9 kcal)

Pickled radish (10 kcal)

Carrot (12 kcal)

Lettuce (5 kcal)

Edamame (32 kcal)

Green apple (16 kcal)

Spicy edamame (36 kcal)

Coleslaw (34 kcal)

Corn (25 kcal)

Grilled onion (25 kcal)

Japanese cucumber (5 kcal)

Broccoli (10 kcal)

Cabbage (7 kcal)

Chuka wakame (seaweed)
(30 kcal)

TOPPING

select 1 topping

Complementary with
sunflower seed and sesame seed

Almond (58 kcal)

Corn flakes (36 kcal)

Chia seed (39 kcal)

Pumpkin seed (59 kcal)

Tortilla chips (95 kcal)

Chili flakes (16 kcal)

Walnut (65 kcal)

Seaweed flakes (30 kcal)

Peanut (57 kcal)

 Chicken Breast 80g

Herb chicken
(130 kcal)

Teriyaki chicken
(183 kcal)

Rosemary BBQ chicken
(154 kcal)

Signature paprika chicken
(145 kcal)

 Shrimp 100g

Pan-fried oyster shrimp
(160 kcal)

Spicy mayo shrimp
(180 kcal)

Sambal shrimp
(180 kcal)

 Fish 100g

Cajun Tilapia (140 kcal)

 Mushroom 80g

Mushroom stir-fried (100 kcal)

 Tofu 150g

Soy-glazed tofu (120 kcal)

Garlic chili tofu (145 kcal)

PREMIUM ADD ON

Avocado (80 kcal)

Ajitama soy eggs (85 kcal)

Ebiko fish roe (15 kcal)

Hard boiled egg (65 kcal)

Chuka kurage (jellyfish) (58 kcal)

Poached egg (65 kcal)

Cheese slice (50 kcal)

POKE BOWL

Experience the ultimate bowl of nourishment with our hearty poke bowl.
This Hawaiian favourite boasts a variety of toppings, sauces and a base of rice.
Customize your bowl with your choice of protein, fresh vegetables, and a flavorful sauce.
It's mouthwatering and satisfying option for a healthy meal.



PREMIUM BOWL

RM 20.00



PS1

JAPANESE BOWL

- * Grilled onion
 - * Japanese cucumber
 - * Chuka wakame (seaweed)
 - * Seaweed flakes
 - * Chuka kurage (jellyfish)
 - * Ebiko fish roe
 - * Pan-fried oyster shrimp
 - * Hot and spicy sauce
- (598 kcal)

** Complimentary with sunflower seed and sesame seed**

RM 16.00

PS2

PROTEIN PUNCH BOWL

- * Sweet corn
 - * Broccoli
 - * Tomato
 - * Almond
 - * Ajitama soy egg
 - * Rosemary BBQ chicken
 - * BBQ sauce and teriyaki sauce
- (660 kcal)

** Complimentary with sunflower seed and sesame seed**



RM 16.00

PS3

EMBER SPICY BOWL

- * Spicy edamame
 - * Purple cabbage
 - * Tomato
 - * Chili Flake
 - * Tortilla Chip
 - * Poached egg
 - * Signature paprika chicken
 - * Spicy sweet Korean sauce and spicy mayo
- (721 kcal)

** Complimentary with sunflower seed and sesame seed**



RM 16.00

PS4

VEGAN GOODNESS BOWL

- * Japanese cucumber
 - * Carrot
 - * Broccoli
 - * Sweet corn
 - * Walnut
 - * Avocado
 - * Soy-glazed tofu
 - * Roasted sesame sauce
- (599 kcal)

** Complimentary with sunflower seed and sesame seed**



Additional RM1 for take away fee per item, to keep your food safe

Nutritional information is estimated using standard ingredient databases. Actual values may vary due to preparation, portion size, and seasonal ingredients. This information should not be used as a medical guide for strict dietary requirements

PASTA

All pastas are cooked with Olive Oil



PESTO

Homemade sweet basil pesto with almonds, olive oil, & parmesan cheese

PP1

Cajun Tilapia Pesto Pasta

RM 21.00

Smoky cajun tilapia fillet served with our signature sweet basil pesto pasta.

(520 kcal)

PP2

Rosemary BBQ Chicken Pesto

RM 17.00

Tender rosemary BBQ chicken served with our signature sweet basil pesto pasta.

(540 kcal)

PP3

Mushroom Stir-fried Pesto

RM 17.00

A savory stir-fry of seasonal mushrooms served with our signature sweet basil pesto pasta.

(515 kcal)

CARBONARA

Cream-free carbonara made with fresh 2 eggs, parmesan cheese & olive oil for a silky smooth finish.

CP1

Cajun Tilapia Carbonara

RM 21.00

Smoky cajun tilapia fillet served with our rich & silky carbonara pasta.

(575 kcal)

CP2

Signature Paprika Chicken Carbonara



RM 17.00

Tender signature paprika chicken served with our rich & silky carbonara pasta.

(595 kcal)

CP3

Mushroom Stir-fried Carbonara

RM 17.00

A savory stir-fry of seasonal mushrooms served with our rich & silky carbonara pasta.

(570 kcal)

LIGHT MEAL

You may select your carbs



100g baked mix potatoes

or



+



50g baked mix potatoes + 75g Brown rice

ALL LIGHT MEAL INCLUDE:

Herb-baked potatoes, sweet potatoes, fresh greens, mushrooms, broccoli, sweet corn, Ajitama soy egg and homemade lemon garlic mayo



FISH

RM 19.00

LM1

Cajun Tilapia Light Meal

Smoky cajun tilapia fillet served with our signature light meal sides.

(370 kcal)



CHICKEN

RM 15.00

Choose your flavor:

LM2

Teriyaki Chicken Light Meal

Succulent teriyaki chicken breast served with our signature light meal sides.

(337 kcal)

LM3

Rosemary BBQ Chicken Light Meal

Tender rosemary BBQ chicken breast served with our signature light meal sides.

(337 kcal)

LM4

Signature Paprika Chicken Light Meal

Tender paprika chicken breast served with our signature light meal sides.

(332 kcal)



TOFU

RM 14.00

Choose your flavor:

LM5

Soy-Glazed Tofu Light Meal

Savory soy-glazed tofu served with our signature light meal sides.

(307 kcal)

LM6

Garlic Chili Tofu Light Meal 🌶️🌶️

Stir-fried Garlic chili tofu served with our signature light meal sides.

(332 kcal)

OMURICE

Tender
Teriyaki Chicken

Soft & fluffy
Omurice

Best
Seller

ALL OMURICE INCLUDE:

Brown rice, 2 eggs omelette, crisp mini salad of fresh greens, sweet corn, shredded cabbage and carrot.

SEAFOOD

OR1 Cajun Tilapia Omurice **RM 17.00**

Omurice served with cajun tilapia fillet, refreshing side salad and hot & spicy sauce

(610 kcal)



OR2 Pan-fried Oyster Shrimp Omurice **RM 15.00**

Omurice served with pan-fried oyster shrimp, refreshing side salad and hot & spicy sauce

(600 kcal)



CHICKEN

OR3 Teriyaki Chicken Omurice **RM 13.00**

Omurice served with teriyaki chicken, refreshing side salad and teriyaki sauce

(643 kcal)

OR4 Rosemary BBQ Chicken Omurice **RM 13.00**

Omurice served with rosemary bbq chicken, refreshing side salad and bbq sauce

(614 kcal)

OR5 Signature Paprika Chicken Omurice **RM 13.00**

Omurice served with signature paprika chicken, refreshing side salad and hot & spicy sauce

(605 kcal)

VEGETARIAN

OR6 Mushroom Stir-fried Omurice **RM 13.00**

Omurice served with mushroom stir-fried, refreshing side salad and roasted sesame sauce

(580 kcal)

OR7 Garlic Chili Tofu Omurice **RM 12.00**

Omurice served with garlic chili tofu, refreshing side salad and roasted sesame sauce

(605 kcal)



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VALUE BOWL

ALL VALUE BOWL INCLUDE:

Brown rice, sweet corn, juicy tomatoes, broccoli, Japanese cucumber and vibrant purple cabbage



CHICKEN

RM 12.00

Choose your flavor:

VB1

Herb Chicken Value Bowl

Succulent herb chicken served with our BBQ sauce.

(457 kcal)

VB2

Teriyaki Chicken Value Bowl



Succulent teriyaki chicken served with our teriyaki sauce.

(405 kcal)

VB3

Rosemary BBQ Chicken Value Bowl



Tender rosemary BBQ chicken served with our BBQ sauce.

(428 kcal)

VB4

Signature Paprika Chicken Value Bowl

Tender paprika chicken served with our hot & spicy sauce.

(419 kcal)



TOFU

RM 10.00

Choose your flavor:

VB5

Soy-Glazed Tofu Value Bowl

Soy-glazed tofu served with our sesame sauce.

(394 kcal)

VB6

Garlic Chili Tofu Value Bowl



Stir-fried garlic chili tofu served with our sesame sauce.

(419 kcal)



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WRAP DELIGHT



WD1

Avocado Salsa Wrap

RM 12.00

Wrap filled with homemade salsa sauce, crisp lettuce, purple cabbage, boiled egg, tender chicken, avocado, and a side of salad.

(380 kcal)



WD2

Rosemary BBQ Wrap



RM 11.00

Wrap filled with rosemary BBQ chicken, egg mayo, carrot, Japanese cucumber, crisp lettuce, and a side of salad.

(369 kcal)



WD3

Ham & Potato Wrap

RM 10.00

Wrap filled with chicken ham, crisp lettuce, purple cabbage, mashed potatoes, and a side of salad.

(310 kcal)



WD4

Veggie Cheese Wrap

RM 10.00

Wrap filled with mashed potatoes, crisp lettuce, cheese, carrot, purple cabbage, and a side of salad.

(315 kcal)

OUR WRAP

A culinary dish made with healthy soft tortilla rolled around scrumptious fillings, our make-ahead wraps are delicious, portable and ideal for picnics. Each wrap is sliced into delectable portions, allowing you to savor the flavor in every bite. Enjoy a refreshing bite that's packed with fresh flavors every time.

Additional RM1 for take away fee per item, to keep your food safe

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YOUR LOCAL FAVORITE

NS1

Sambal Shrimp Nasi Lemak 🌶️🌶️

RM 13.00

Spicy kick of sambal shrimp served with brown rice, hard boiled egg, Japanese cucumber, grilled onion, crunchy peanut and homemade sambal sauce.

(530 kcal)

NS2

Classic Nasi Lemak 🌶️🌶️

RM 6.00

Classic nasi lemak served with brown rice, hard boiled egg, Japanese cucumber, grilled onion, crunchy peanut and homemade sambal sauce.

(350 kcal)

ADD ON

Rice



RM1.50

Hard boiled egg



RM1.50

Japanese Cucumber



RM1.50

Grilled Onion



RM1.50

Peanut



RM1.50

Sambal Shrimp



RM7.00

Additional RM1 for take away fee per item, to keep your food safe

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BEVERAGES

FRUIT JUICE

FJ1	Passion Fruit Juice		RM 7.00
FJ2	Soursop Juice		RM 7.00
FJ3	Apple Juice		RM 6.00
FJ4	Orange Juice		RM 6.00

SMOOTHIE BLEND

ADD
ON



Whey Protein
RM 6.00



Banana
RM 2.00



Oat
RM 2.00



Chia Seed
RM 2.00

SB1



AVOCADO SOURSOP

Indulge in the creaminess of our avocado, soursop, and yogurt smoothie

RM 13.00

SB2



MIX BERRIES

Antioxidant-packed delight. Blueberries, raspberries, strawberries, yogurt and milk

RM 12.00

SB3



TROPICANA FOREST

Experience a burst of tropical flavors with orange, mango, pineapple, yogurt, and milk

RM 12.00

SB4



SUNSHINE

Savor the tangy sweetness of our mango, passion fruit, yogurt and milk smoothie

RM 12.00

SB5



DETOX GREEN

Enjoy our kiwi, guava, chia seed, yogurt, and milk smoothie for a refreshing treat full of vitamin C

RM 12.00

SB6



ENERGY BOOSTER

A perfect energizing blend with a delightful combination of banana, coffee, oat and milk

RM 10.00



SB7



PROTEIN SHAKE

Power up with our chocolate protein milk smoothie for a nutritious boost

RM 10.00

TEA

TS1	Fruitilicious		(cranberry, blueberry, goji berry, hibiscus, apple, strawberry)	RM 4.00
TS2	Geisha Genmaicha		(Japanese green tea, nutty roasted brown rice)	RM 4.00
TS3	Peach Green Sencha		(sencha green tea, sweet & tangy dried peach)	RM 4.00
TS4	Revered Lavender		(aromatic Ceylon black tea, lavender blossoms)	RM 4.00
TS5	Lotus Blossom		(aromatic Ceylon black tea, lotus petals)	RM 4.00
TS6	Lemongrass&Ginger		(zesty lemongrass, soothing ginger)	RM 4.00