



# **MENU**

### **TOASTS\***

Classic 3,80 €

With tomato and oil

Tuna ◆ 8,00 €

Avocado, sun-dried tomato, pickled onion, baby spinach

Seasonal fruits, syrup of your choice (with sugar-free ice cream + €1.50, with homemade whipped cream + €1.00)

#### AVOCADO TOASTS\*

With cherry tomatoes and sprouts 6,00€

Scrambled ● 7,50 €

Organic eggs, avocado, sprouts, arugula

With feta cheese € 6,90€

With Cherry Tomato and Sprouts

With Greek veggie cheese 6,90 €

With olives, arugula, cherry tomatoes, sprouts

With Salmon ◆ 7,90 €

Smoked salmon, avocado, organic egg, sprouts, arugula

Lactose-free or vegan breads

### BAGELS

Scrambled ● 6,00 €

Organic eggs, avocados

Salmon ◆ 6,90 €

Lactose-free cream cheese, avocado, salmon, arugula

### TORTILLA

French omelette ● 7,50 €

Organic eggs, lactose-free cheese, with toast (mushrooms + €1.00)

#### **VARIOUS SPREADS**

Homemade red pepper hummus ⊜ 6,00 €

Accompanied with bread, celery and carrot



With Chicken Salad\* ♣ 9,00 €
\*chicken, celery, Greek yogurt, walnuts, apple,
onion

Tuna ❖ ❖ ❖ ♠ With veganaise, celery, avocado, sprouts and arugula

Sautéed mushrooms with ● ♠ 9,00 €
With caramelized onion and homemade hummus

Vegan Chicken ♣ ♠ ♠ 9,50 €
With veganaise, avocado, arugula, cheese, lettuce



### **PANCAKES**

Simple 8,00 €
With seasonal fruits and syrup\* to choose from

\* Sugar-free syrups

Chocolate, strawberry, agave, caramel or honey (maple syrup + 0.60 $\odot$ , pistachio cream + 0.70 $\odot$ )

Blueberries with coconut yogurt 8,70 Blueberries, coconut yogurt and honey or agave

Pumpkin Pancakes ● ● 8,50 €
Agave or Maple Syrup (+0.60), banana, crushed chocolate



With seasonal fruits and syrup 8,90 €
Sugar-free syrups: Chocolate, strawberry,
agave, caramel or honey (maple syrup + €0.60,
pistachio cream + €0.70, Nutella + €0.50)

Pumpkin Waffles ⊕ 8,90 €
With coconut cream and maple syrup

With ice cream and cream\* ● 9,00 €

\* sugar-free coconut cream and ice cream





#### SAVORY WAFFLES

ORGANIC egg

9.50€

With caramelized onion, arugula, avocado, sprouts

Vegan burger 🔥

9,90€

Avocado, caramelized onion, cheese, basil pesto (with Beyond meat + €1.00)

Chicken salad\* 🥮 📋 📋

9.50€

\*chicken, celery, Greek yogurt, walnuts, apple, onion



### SALAD BOWLS

💟 Quinoa with edamame 🐟 🧥

10.00€

Sweet corn, avocado, cherry tomatoes, mixed vegetables

♥ Protein quisante ●

10,90€

Edamame, cucumber, avocado, mushrooms, spinach with peanut sauce

Falafel

10,90€

Tomato, cabbage, cucumber, avocado, onion, tahini

Teriyaki Chicken

11,50€

Rice, avocado, edamame, carrot, pineapple

Salmon poke bowl 🔷 💧 🔥

11,90€

Salmon marinated in soy sauce, rice, edamame, pickled onion, avocado, cucumber, radish, mango

Additional features

organic egg + €1.20, avocado + €1.00, tuna + €1.50, salmon + €3.00, vegan chicken + €3.00, tofu + €1.50

Salad sauces == == i

Tahini / Peanut / Vinaigrette



### CREAMS / SOUPS

♥ Cream of vegetables / gazpacho

5,80€



#### PASTE

Creamy Salmon Pasta 📤 🔥

12,00€

Pasta with mushrooms

11,00€



#### **HAMBURGERS**

Vegan burger 🥂

11,50€

Pea protein burger, potato, caramelized onion, cheddar cheese, basil and homemade veganaise, salad

Beyond Burger

12,50€

With potato, caramelized onion, cheese, basil pesto and homemade veganaise, salad



#### **SMOOTHIE BOWLS\***

🛇 Açaí bowl 🍮 🥂

7,50€

BIO Açaí pulp, red fruits and banana with vegetable milk\*\*

🛇 Protein yogurt bowl 🥯 🥂

7,50€

Coconut yogurt, vegetable protein, banana and blueberries with vegetable milk\*\*

💟 Blue bowl 👄 🧥

7,50€

Blue spirulina, frozen banana and pineapple with coconut yogurt

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Toppings: homemade granola (with and without nuts), chia seeds, sunflower, pumpkin, banana, seasonal fruit and coconut chips



# SMOOTHIE

▼ Vitamin

6,00€

Pineapple, apple, kiwi, orange juice

💟 Detox 🍁

6,00€

Ginger, apple, spinach, celery, lemon, orange juice

💟 Green 💠

6,00€

Banana, celery, pineapple, apple, green spirulina and orange juice



#### SWEETS

Cakes, biscuits, cookies, etc. 🥯 🧷

Everything can be found in our display case





























Espresso	1,60€
double espresso	1,90€
chopped up	1,90€
Coffee with milk	2,50€
American	2,20€

Flat White 3,00 €
Cappuccino 3,20 €
Latte macchiato 3,40 €

Dirty chai 3,90 €

Pumpkin Spice Latte 3,90 €

Pistachio latte ● € 3,90 €

Sugar-free vanilla syrup, pistachio cream, milk, coffee

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Mochaccino



# COLD COFFE

American Spritzer Orange juice, ice, coffee	4,00€
Lced latte	3,50€
Iced vanilla or caramel latte	3,80€
Chocolate Frappe Coffee, ice, milk, chocolate, whipped cream	4,50€
Iced dirty chai	4,00€

#### Milks

Cow's milk - lactose-free - soy - oat or almond +0.50€, coconut +0.70€

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#### BIO TEAS AND INFUSIONS

Chai Latte	3,50€
Ice chai latte	3,80€
Matcha Latte	3,50€
Ice matcha latte	3.80€

Green tea - black - chamomile - ginger and lemon - rooibos

2,50€



3,50€

### NATURAL JUICES

Orange juice	3,80€
Carrot juice	4,00€
Granny apple juice	4,50€
Orange and carrot juice	4,00€
Pineapple juice	4,80€



# SOFT DRINKS

Mineral water with or without gas	2,50€
Friz Cola without sugar	2,90€
Kombucha	3,80€
Orange and matcha	4,00€



# MILKSHAKE

Acai 6	,50€
BIO Açaí pulp, red fruits and banana with vegetable milk*	*

Protein ♠
Vegetable protein with strawberry or blueberries

Chocolαte Λ
Banana, cocoa, syrup, pieces of chocolate with vegetable milk (chocolate ice cream +1.5€)



Verdejo white wine	3,70€
Organic red wine	3,90€
33cl bottle beer (only with food)	3,00€

