



**breakfast to dinner
available all-day**

home-made
bowls, salads,
wraps & drinks

PLANT-BASED, ORGANIC, BIO



Vegetarian



All-day bowls

MOTHER EARTH

Brown rice, red cabbage, baby spinach, radishes, tomato-raspberry salsa, purple mole mayo, roasted sunflower seeds, cress, popcorn-hibiscus flower, sprinkle of sumac

€11.90

NAMASTÉ

Basmati rice, quinoa, baby spinach, mint-cucumber, lentil mole, marinated chickpeas, sesame mayo, coriander cress, lentil flips, Jaipur curry

€11.90

VEGACHI

Basmati rice, salad mix, vegetables, kimchi, mint-cucumber, lentil mole, mint-pea cream, sesame mayo, shichimi togarashi, rice cracker, sprinkle of wasabi

€12.90

ASIA

Basmati rice, salad mix, kimchi, mung bean sprouts, cucumber, pepper, smoked organic tofu, shichimi togarashi salmon, sesame mayo, sprinkle of wasabi

€13.90

ORIENTAL

Brown rice, quinoa, salad mix, vegetables, beetroot, aubergine-sesame, marinated chickpeas, brown lentils, purple mole mayo, cress, sprinkle of sumac

€14.90

Build your own bowl

BASICS: select 2 + **ADD-ONS:** select 6 + **DRESSINGS:** select 1

All-day salads

COLOURFUL LEAVES SALAD

Salad mix, mint-cucumber, beetroot, tomato-raspberry salsa, strawberry-mint cream, Coco Corn, roasted sunflower seeds

€11.90

CRUNCH FITNESS SALAD

Salad mix, cucumber, radishes, pepper, carrots, aubergine-sesame, roasted sunflower seeds, lime mayo, mixed nuts

€13.90

**PICK
YOUR
DRESSING**

One free
dressing

**ROLL
YOUR BOWL**

Our bowls
rolled into a wrap
Only €0.50 extra

natoo
HEALTHY ALL THE WAY

Add-ons

€3.20 each

NUTS FOR THE NERVES 

CURRY BALLS 

HOLY BALL 

LENTO BALL 

AUBERGINE-SESAME SLICE 

SHICHIMI TOGARASHI SALMON 

SMOKED TOFU CUBES 

ZA'ATAR FETA 

STRIPS OF CHICKEN BREAST 

€16.90

Shots

€3.20 each

BERRY BOOST 

TURMERIC SHOT 

LINSEED SHOT 

€11.90

Dressings

COLOURFUL LEAVES 

LINSEED LIME 

TURMERIC CARROT 

SPINACH COCONUT 

BETROOT 

BALSAMIC VINEGAR 

& OLIVE OIL

Second
dressing
€1.90

Breakfast Bowls €6.50 each

LAYOVERNIGHT OATS

Overnight oats, granola, red fruit and beetroot jelly, barberry, lemon balm

NOATMILK RICE

Brown rice pudding, oat milk, stewed apple, rice cracker, lemon balm, sprinkle of cinnamon buds

RED BERRYOATS

Oat porridge, red berry jelly, granola, mint

ESPRESSOATS

Oat porridge, hot Lavazza espresso, fine dark chocolate, granola, mint

WITH FRESH
ESPRESSO
SHOT



Sweets €5.50 each

BERRIES & BEETS

Berry and Beetroot Boost, oat cream, granola, fresh mint, sprinkle of lemon balm

FRUITS 'N' OATS

Overnight oats, fruit salad, barberry, rice cracker, lemon balm, sprinkle of cinnamon buds

CHOCONANA

Chocolate mousse, Coconana Banana, coconut yoghurt, Choconana Crunch, sprinkle of Golden Milk

Coffee

LAVAZZA
TORINO, ITALIA, 1895



ESPRESSO	€2.90
ESPRESSO DOPPIO	€3.90
ESPRESSO MACCHIATO	€3.20
CAFÉ CRÈME	€3.90
CAPPUCCINO	€3.90
LATTE MACCHIATO	€4.20

All with oat milk or soya milk

Tea

FRESH MINT	€4.00
FRESH GINGER & ORANGE	€4.00
FRESH GINGER & LEMON	€4.00
CHAI LATTE	€4.50
MATCHA LATTE	€4.50

All with oat milk or soya milk

Yoghurt, fruit and more

FRUIT CUP

Pure fruit cups

€5.90

VEGGI STRAW

Sliced vegetable sticks

€6.90

COCONUT YOGHURT & FRUIT SALAD & GRANOLA

Coconut yoghurt with fruit salad and granola

€6.90

Sweet Balls & Bars

CHOCOMILL BALLS

€3.50

BERRY BEET BALLS

€3.50

GRANOLA CHOCO COCO BAR

€3.90

GRANOLA BERRY BEET BAR

€3.90



Wine

SPARKLING WINE

0.1 | €6.90

WINE

0.1 | €4.40 0.2 | €7.90

White, Rosé, Red

Home-made Iced Tea

EARL ORANGE

0.4 | €5.20

ASSAM APPLE

APPLE THYME

LEMON MINT

RED LAVENDER

