



**breakfast to dinner
available all-day**

home-made
bowls, salads,
wraps & drinks

BY NATURE • PLANT-BASED



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

NAMASTÉ

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

VEGACHI

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

ASIA

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

ORIENTAL

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

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

CRUNCH FITNESS SALAD

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

Fresh & Healthy Burger

ASIA

FALAFEL RED CABBAGE

MEDITERRANEAN

CURRY CHICKEN HUMMUS

PICK YOUR DRESSING

One free dressing

€11.90

€11.90

€12.90

€13.90

€14.90

€16.90

€11.90

€13.90

€12.90

€12.90

€13.90

€14.90

ROLL YOUR BOWL
Our bowls rolled into a wrap
Only €1.00 extra

Add-ons

€3.90 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



Shots

€3.90 each

BERRY BOOST

TURMERIC SHOT

LINSEED SHOT

Dressings

COLOURFUL LEAVES

LINSEED LIME

TURMERIC CARROT

SPINACH COCONUT

BEETROOT

BALSAMIC VINEGAR

& OLIVE OIL

Second dressing
€1.50



Breakfast

CROISSANT 	€3.40
CINNAMON BUN 	€4.50
CHOCOLATE BUN 	€4.50

Breakfast Bowls €6.90 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

Sweet Bowls

€5.90 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	€3.90
FRESH GINGER & ORANGE	€3.90
FRESH GINGER & LEMON	€3.90
CHAI LATTE	€4.50
MATCHA LATTE	€4.50

All with oat milk or soya milk

Yoghurt, fruit & more

FRUIT CUP 	€6.50
Pure fruit cups	
VEGGI STRAW 	€7.50
Sliced vegetable sticks	
COCONUT YOGHURT & FRUIT SALAD & GRANOLA 	€7.50
Coconut yoghurt with fruit salad and granola	

Sweet Balls & Bars

CHOCOMILL BALLS 	€3.90
BERRY BEET BALLS 	€3.90
GRANOLA CHOCO COCO BAR 	€4.50
GRANOLA BERRY BEET BAR 	€4.50

WITH FRESH
ESPRESSO
SHOT

Wine

SPARKLING WINE	0.2 l	€7.50
WINE White, Rosé, Red	0.2 l	€8.50

Homemade Iced Tea

EARL ORANGE	0.5 l	€5.90
ASSAM APPLE		
APPLE THYME		
LEMON MINT		
RED LAVENDER		

Homemade Detox water Tea

BERRY-LIME-MINT	0.5 l	€5.90
ORANGE-GINGER-TURMERIC		
LEMON-THYME-WHEAT		
WATER MIX		

